

The Uxbridge Cosmos

Vol. 20 No. 11

TheCosmos.ca

Thursday, March 21, 2024

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HURRYING TO PLAYOFF VICTORY - Members of the Uxbridge Curling Club focus on the game during playoff week, which is happening at the Club this week and next, culminating on Championship Night next Thursday, March 28. uxbridgecurlingclub.com *Photo by John Covers*



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Planning committee considers 'legalizing' farm operation

Roger Varley

At a public planning meeting on Monday, a planning consultant representing two local farmers sought a zoning by-law amendment in order to "legalize" a business that has been running on their farm for almost two decades.

Kevin Bechard of Innovative Planning Solutions said Henry and Jason Eng have been operating a soil mixing business on a portion of their farm, and need a zoning change to make it legal. The Eng's property stretches from Conc. 4 west to Conc. 3, north of Sandford Road. The eastern half of the property is zoned Rural, allowing for farm operations, while the western half is zoned Environmental Protection. On the edge of the EP land, the Eng's have been running a soil mixing operation since 2005.

A planning justification report by Weston Consulting noted that the amendment is needed "in order to legalize the existing soil mixing operation on the land."

Bechard argued that the Rural zoning designation on the land allows farming and farm-related operations and that the soil mixing is farm-related. The operation involves bringing in fill, manure, wood and other materials to be turned into resalable soil. He said the Eng's want the zoning changed to a rural exception zone to allow for the mixing operation, which he noted "is currently not permitted."

In 2017, the township sought and was granted an injunction that stipulated, among other things, that the Eng's must not expand the existing business operation; must not import any fill or construction debris in excess of what was

needed to maintain the current business; and must proceed with the process to bring their business operation and activities on the property into conformity with the zoning by-law.

Several area residents addressed the planning committee, with the major concern being an increase in truck traffic on Conc. 4. One nearby resident complained about noise from the operation, saying it was more like living near an industrial quarter than a rural area.

Planning committee chair councillor Todd Snooks allowed two weeks for the public to comment on the application. Director of planning services Kyle Rainbow said a decision on the application is likely to come near the beginning of April.

In other council news, the by-law department

...continued on page 3



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Uxbridge at a Glance

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MORE INFO www.uxbridge.ca

Council & Committees

Meeting Schedule for March, 2024

Thursday, March 21
 LIBRARY BOARD @ 7:00 p.m.

Monday, March 25
 COUNCIL @ 10:00 a.m.
 PUBLIC MEETING, DEVELOPMENT CHARGES BACKGROUND STUDY @ 11:30 a.m.
 DOWNTOWN REVITALIZATION @ 3:00 p.m.

Tuesday, March 26
 ACCESSIBILITY ADVISORY @ 3:30 p.m.

Thursday, March 28
 BIA BOARD @ 7:00 p.m.

- Proclamations for March**
- Multiple Myeloma Awareness Month
 - March 8 International Women's Day
 - March 18 Transit Operator and Worker Appreciation Day
 - March 21 World Down Syndrome Day
 - March 23 Earth Hour (8:30pm-9:30pm)
 - March 31 Transgender Day of Visibility

Employment Opportunities

Complete details of all open positions are available at <https://www.uxbridge.ca/careers>

Community Services - Uxpool Swimming Instructors / Lifeguards - Summer

Closes March 29, 2024 at 4:00 p.m.

Community Services - Arena Attendant Assistant, summer student (15+), part-time, contract

Closes March 29, 2024 at 4:30 p.m.

Clerks Department - Clerks Jr. Assistant, contract

Closes March 29, 2024 at 4:00 p.m.

Community Services - Assistant Summer Camp Counsellor (Age 15+), contract

Closes March 29, 2024 at 4:30 p.m.

Community Services - Summer Camp Counsellor (Age 16+), contract

Closes March 29, 2024 at 4:30 p.m.

Uxbridge Historical Centre - Museum Assistant, contract

Closes April 5, 2024

Uxbridge Historical Centre - Collections Assistant, contract

Closes April 5, 2024

Uxbridge Public Library - Summer Program Coordinator, summer student

Closes April 12, 2024

Community Services - Assistant Tourism Development Coordinator, contract

Closes April 19, 2024

Uxbridge Historical Centre - Museum Educators, contract

Closes April 19, 2024

Uxbridge Historical Centre - Museum Preparator, contract

Closes April 19, 2024

Lucy Maud Montgomery Society Of Ontario - Project Assistant, summer student

Closes April 19, 2024

Public Works and Operations - Operations and Capital Project Manager

Closes April 24, 2024

Notice of Statutory Public Meeting Regarding Development Charges

Take notice that Township of Uxbridge Council is holding a public meeting on March 25, 2024, at 11:30 a.m. to discuss proposed development charge rates as well as the policies that will be applied throughout the Township. Council will be considering the approval of an updated development charges by-law on a date following this public meeting.

Development charges are fees on new developments that fund growth-related costs to a municipality which are governed by the Development Charges Act, 1997. The Development Charges Background Study relates to the provision of DC eligible Services which includes Library Services, Fire and Rescue, Parks and Recreation, Services Related to a Highway: Public Works and Fleet, Services Related to a Highway: Roads and Related, and Storm Water Drainage and Control Services. The DC Background Study also includes Development-Related Studies for consideration in the DC by-law but the inclusion of studies would be subject to future legislative changes to the DCA.

The public meeting is an opportunity for the public to review and provide comments on the Development Charges Background Study and the proposed Development Charges By-law(s), as required under The Development Charges Act, 1997.

All interested parties are invited to join the public meeting which will be held in a hybrid format allowing for in-person attendance or virtual viewing of the meeting.

Date: Monday, March 25, 2024

Time: 11:30 a.m.

Location: Council Chambers, Township of Uxbridge, 51 Toronto Street S., Uxbridge, ON, L9P 1T1

Please contact the Clerk's Department prior to 4:30 on Friday, March 22, 2024 if you wish to receive the online call-in information before the meeting.

The proposed development charges by-law will not be considered by Council at this meeting. The by-law will be considered by Council at a future meeting, after considering comments received as part of the public meeting and the consultation process.

The Development Charges Background Study and the proposed Development Charges By-law(s) will be available on the Township's website at <https://www.uxbridge.ca/en/index.aspx> on March 7, 2024. Any person may attend the public meeting and make written or verbal representation either in support of or in opposition to the study and by-law. Registration to speak and written comments should be directed to Carly Somers, Deputy Treasurer no later than 12:00 noon on Wednesday, March 20, 2024, so that necessary arrangements can be made with respect to the agenda. Comments can be sent electronically to Carly Somers, Deputy Treasurer at csomers@uxbridge.ca or to the address below. Comments received before and at the public meeting will be considered by Council before making any changes to the development charges by-law.

Carly Somers, CPA, Deputy Treasurer, Township of Uxbridge
 905-852 9181, ext. 210 csomers@uxbridge.ca Web: uxbridge.ca

Effective March 1, 2024

Notice of Weight Restrictions

Seasonal weight restrictions on Township roads are now in effect.

Restrictions are in place until approx. May 1. Weather conditions will determine the actual end to the enforcement season.



The Township of Uxbridge Municipal Office is closed for Easter

March 29 - April 1

We will reopen again April 2nd. Have a safe and enjoyable long weekend!



Uxbridge BIA's

EASTER Eggstravaganza

Saturday, March 30th
 11:00a.m. - 2:00p.m.
 Along Brock & Toronto St.
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Don't count your chickens, from page 1

submitted a report recommending that chickens not be allowed to be raised in urban, hamlet or village backyards, citing the dangers of avian flu, predators and rodents. By-law said few people have applied for permits to raise chickens.

The Canada Day committee reported that Canada Day celebrations will return to Elgin Park in much the same format as they were run last year, with festivities running from 5:30 p.m. to 10 p.m. The report said fireworks will be part of the evening

as a majority of respondents to a survey indicated they were in favour of pyrotechnics.

Restaurant patios will be allowed to return to the downtown area this summer. Jennifer Beer of the development services department said a new Temporary Patios Policy will allow patios but restaurants will have to ensure their spaces are safe and accessible.

And, finally Easter egg hunts will be held on Easter weekend in Zephyr and Goodwood, and the BIA is planning an Easter Eggstravaganza event for March 30.

BELIEVE IT or NOT?

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Our two cents

Scam me once, shame on... don't bother

We think it's safe to speak for everyone when we say we're fed up with the evil people of the world thinking that the good people of the world are stupid. We're talking about scammers. Enough already. Go away. Go crawl back under your rock. Let the honest people of the world go about their business and live their lives unhampered and not bothered by the likes of scum like you.

It seems that everywhere you turn, there's a new scam alert. Right now the most popular are: the emergency scam/grandparent scam; tech support scam; air duct cleaning fraud; Canada Revenue Agency-related scams; phishing scams; fake websites; contests (when the captain calls...); extortion; and romance scams. We could fill pages on describing each ploy, outlining how to spot them and giving advice on how to avoid/what to do. Suffice to say that there is no one these dirt bags won't prey on. Teenagers, the elderly, and everyone in between. The audacity of these despicable is mind-boggling. It's like trying to figure out where the universe ends. When we get a scam call, we ask the caller if his mother knows what he's doing, and shouldn't he get a real job? They usually call us an eyebrow-raising bad name and hang up.

We would all like to think that we are "in the know" about these scams and schemes, and that we can't possibly fall victim to a single one of them. But sadly, that's not the case. According to the Royal Canadian Mounted Police's website, the Canadian Anti-Fraud Centre (CAFC) has reported that, "in 2023 alone, Canadians lost a staggering \$567 million – an increase of \$37 million from 2022 and \$187 million since 2021. Despite this rise in financial losses, the rate of frauds being reported remains low, with only five to ten per cent reported.

Stay educated on what the latest schemes and scams are. Share your "I got this call..." stories with friends. And if you or someone you know is a victim of a fraud, don't be embarrassed about it, you aren't alone. Report it to the CAFC online or at 1-888-495-8501. Even if you didn't lose money, report it to the CAFC. These creeps need to be stopped.



Letters to the Editor

Re: March 14, page 5 columns

As often happens, even when Roger Varley and Ted Barris write about very different subjects, they are both right.

Roger mentioned the proposed Urban Provincial Park. And that's really all it was, in spite of the hype of the day when it was explained. Like Roger, I could find no word that said anything more than it was a proposal - no boundary, no time frame, no nothing, really. At 84, I probably wouldn't be using it anyway, but I will more likely be dead if and when it ever becomes a reality.

And Ted talked about the new ad for the provincial government that you see, not just for hockey games but every time you try to watch a video or other real entertainment. These ads are also found now in newspapers and magazines, which is probably a good thing, but as Ted pointed out, this is all our money being spent, not Doug

Ford's or his cabinet members.

That, on top of the horrific amount spent on trying to overturn, twice, the provincial supreme court's decision that Bill 124 was unconstitutional! All the while, the majority of constituents were in favour! Using our money against ourselves! And whose money will be used to pay all those who were denied earlier? Ours. It's happening here!

Pat Asling
Sandford

I really agree with Ted Barris. We do not want our hard-earned tax dollars spent on three-word messages, from the Government of Ontario, hoping we will forget that he is "very, very sorry." We also don't want advertising dollars showing up as Cost Adjustments on our Enbridge Bill. Let's hope the full page ad in last week's *Cosmos* is already included in the \$40,000 budget for each connection in Sandford.

Elizabeth Carswell
Uxbridge

Several people commented on the council decision to begin setting dollars aside to find out on a regular basis if "Uxbridge is age-friendly."

I would prefer my tax dollars to be spent on things that are sustainable in environmentally challenging times.

Why are none of the large buildings owned by the Township improved by solar panels, which would not only meet the need to reduce our energy footprint, but produce a stream of revenue on a continuing basis?

One of your readers commented on the swimming pool not being warm enough for seniors, as a target for the age-friendly dollars. How about solar panels to generate the needed energy to heat the pool? The excess can be sold to the electrical company.

I follow this program for my transportation. I charge my EV at home in the low-priced hydro hours and produce electricity during the high-priced daylight hours. We could heat the pool in the evening with low-priced energy and sell all sunny generated electricity to Elexicon during the day (there may even be some grant money available to help).

Maybe the mayor could ask his friend, Mr. Bethlenfalvy, our MPP and the minister of finance, for his help on this issue.

Doug Moffatt
Uxbridge

When one of these disappears, A LOT disappears.



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The Uxbridge Cosmos

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Office Hours: Monday - Thursday 9:30 a.m. - 5:00 p.m., Friday to 4 p.m.

9,800 copies of The Cosmos are published each Thursday in the Township of Uxbridge and delivered by Canada Post.

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CORRECTION

In the March 14, edition of the *Uxbridge Cosmos*, in a piece entitled "Uxbridge Special Olympian comes home a silver medallist," Canadian figure skater Elizabeth was mentioned as having won a gold medal at the 1988 Olympics. Manley won a silver medal at the 1988 Olympics. The *Cosmos* apologizes for the error.

CLARIFICATION

In the March 14, edition of Roger Varley's "Am I Wrong?" column, Mr. Varley stated that, after speaking with a representative of the local thrift shop Chances Are, he discovered that the shop is not moving locations.

A spokesperson for Chances Are revealed that this is not the case, saying the store is "investigating another property but nothing has been officially done" and that "it will not be making any comment until there is something concrete to report."

The *Cosmos* apologizes for any confusion this may have caused.



Am I wrong?

column by Roger Varley

This is justice?

"I have come to regard the law courts not as a cathedral but rather as a casino." Richard Ingrams, The Guardian.

Given the three-ring circus that passes for the justice system in the United States, a good many people might just agree with the above quote.

Obviously, Donald Trump jumps immediately to mind. Despite all the law cases he faces and all the judgments rendered so far, his lawyers appeal every ruling, offer up every obstacle they can think of to delay any resolution and, even when the final judgment has been made, as in the E. Jean Carroll defamation suit, his lawyers continue to argue the case. There's an old saying that justice delayed is justice denied and I would argue that it applies not just to the accused but to society as well.

It reaches such a point of ridiculousness that just about every case involving Trump is likely to end up in front of the U.S. Supreme Court. It makes me wonder why they don't just go straight to the Supreme Court in the first place and save all that wasted time in the lower courts.

However, it's not just in the U.S. that we see strange things happen in court. A ruling came from the B.C. Supreme Court last week that has left me absolutely appalled. The case involved one of two men who dressed as police officers, made their way into a private home and beat a 78-year-old woman so badly that she later died in hospital. While one of the men still awaits trial for murder, the second was merely charged with manslaughter.

Justice Kathleen Ker sentenced Sandy Jack Parisian to seven years in prison! But because of time spent in custody while awaiting trial, he will serve only four years and a few months in prison. For a crime that left a senior citizen beaten to death! This callous pair left the old lady beaten and bleeding on her bathroom floor.

But the judge is not the only one who deserves to be criticized for this ridiculous sentence. The prosecution asked for a sentence

of only eight years, even though they pointed out that Parisian has 160 prior criminal convictions. (That's not a typo: 160 convictions!)

In rendering her judgment, Ker tried to make Parisian look like the one we should be sorry for, not the old lady who died.

"Tragically, Mr. Parisian appears to be a victim of the adverse impact of Canada's colonial history," Ker said. She added the fact that Parisian, who is of Cree descent, suffered through serious neglect and abuse in his childhood and had been in 24 different residential placements by the time he was 17, was a mitigating factor.

The tragedy of Canada's residential school system for Indigenous children is well documented and, quite rightly, a source of shame for this nation. But thousands who survived the abuses, the stripping of their heritage and the pain of being torn from their families did not turn to crime. If this man had 160 prior convictions (and he's only 50 years old), somewhere along the line someone should have recognized that he was unlikely to change his ways. Somewhere along the line, he should have been sent to prison for a long time. If that had happened, a 78-year-old woman might still be alive.

I was just as appalled many years ago when Karla Homolka received a sentence of only 12 years for her role in the rape and murder of a number of young women, including her own sister. That's because she made a plea bargain with Ontario prosecutors and was only charged with manslaughter, not murder. Her husband, Paul Bernardo, was convicted of murder, sent to prison for life and branded a dangerous offender, meaning he likely will never leave prison. But Homolka? A few years in jail and then off to start a new life!

It seems to me that if our courts and justice system can't protect us from the predators by holding them fully to account, then the courts and justice system are a waste of time and need to be done away with. At least, a few judges should be fired!

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Reluctant hero 80 years on

In the dead of night in western Poland, Albert Wallace made sand disappear. That winter of 1944, he trekked through snow, his RCAF airman's pants concealing long sacks of sand excavated from secret escape tunnels. Inside a now darkened theatre, his German captors had allowed POWs to build inside their prison compound, Wallace quietly stepped into a designated row of seats.

"I was told to sit there because that's where the trapdoor was," Wallace said. "I sat in seat Number 13, pulled the sack strings and emptied the sand inside my pants through a trapdoor hidden under the seat."

Shot down in May 1943, RCAF gunner Wallace had been interrogated, processed and deposited in notorious Stalag Luft III, the German prison camp for Commonwealth airmen near Zagan, Poland. He was one of about 800 Canadian air officers imprisoned there in the Second World War beginning in 1942. Then a POW but also a member of the Allied escape committee, he'd volunteered to help make the sand dug from a tunnel code-named Harry vanish without his German guards suspecting an escape attempt was coming. It was the famous Great Escape, which happened 80 years ago this Sunday.

There are days in my year – every year – when I stop to remember men and women from our community who've served Canada in uniform. Each June 6, I remember Queen's Own infantryman Fred Barnard and RCAF ground crewman Cliff Robb, who both stormed ashore in Normandy on D-Day, 80 years ago. Every August 19, I think of Steve Bell, who landed with the Calgary Tanks at Dieppe in 1942. And when Battle of Atlantic Sunday in May comes along, I think of Navy vets Norman Goodspeed and my late neighbour WREN Ronnie Egan. On March 24, it's Al Wallace I'll be remembering; his daughter Barb Trendos (who published *Survival*, a book of her father's wartime experiences) recently moved into Uxbridge Township.

When F/L Wallace was first deposited inside Stalag Luft III POW camp, 81 years ago, he didn't know that tunnel excavation for a planned mass escape had already begun beneath his new residence – North Compound, Hut 104, Room 23. "I had no idea I was actually in the tunnel room," he told me when I was researching my book on the Great Escape. "I didn't know for weeks that ***damn tunnel (trapdoor) was just seven feet from my

bunk bed."

If I've learned one thing about Canadians in wartime predicaments, it's how resourceful they were. No greater challenge confronted a man's physical or mental well-being than surviving the prison camp the Germans called "inescapable." That first winter, as Wallace learned to make sand disappear for the escape committee, he also faced the dilemma of keeping himself and his comrades from freezing to death in their barracks. They discovered that the Germans housed a kitchen facility inside the compound with cooking gear, stoves and coal briquettes. Before long, the Canadian POWs found a way to break into the kitchen, fill their kitbags with the coal and stockpile the pilfered briquettes inside their hut.

"We had so much coal in our room, but there were few spots to hide it," he said. "We put under our bunks. We put it in our Red Cross boxes. And we'd be in our shirt sleeves, hotter than hell, and guys would come in muffed up to their necks with tuques. And we'd say, 'Oh, the heat? It's just our new chimney.'"

Albert Wallace contributed sufficiently to the escape committee's efforts that he earned a spot among those chosen to escape through Tunnel Harry on the night of March 24, 1944. He chose not to go. "We were 800 miles from England. Escape through Germany with 80 million people all speaking German and I spoke only English? It'd take a miracle to get back."

His decision to stay behind saved his life. Of the 80 who emerged from Harry that night, 77 were captured within days (including nine Canadians). Hitler had 50 of the escapers executed (six of them Canadian) and their cremated remains (disguising their murders) returned to the POW camp. And it was that sobering outcome that kept men such as Al Wallace from making much of their roles in the Great Escape. Getting home was reward enough. Still, I'll never forget the night the Roxy screened the Steve McQueen movie back in 2014, then following, I introduced Al Wallace "the man who made sand disappear in the Great Escape."

The audience stood and applauded him for minutes on end, for heroism he'd always denied, but always deserved.

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



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Bruins ousted from playoffs

Roger Varley

And just like that, the Uxbridge Bruins' 2023-24 season is over! The local Junior C squad lost four straight games to the Georgina Ice in the PJHL's Orr Division semi-finals, with the final defeat coming at the arena on Saturday.

After losing the first game 6-2 in

Georgina on Sunday, March 10, the Bruins hosted the Ice at the arena last Wednesday, taking an early lead in the first period. But, although the Bruins handed out lots of hits, the Ice surged back with three goals, including two power-play markers, before the period ended.

The Bruins appeared set for a comeback; however, the Ice stormed back

once more to notch two more goals. Georgina rounded out the scoring for the 6-3 win.

The *Cosmos* selected Uxbridge's Ty Roberts and Georgina's Austin Paulmert as players of the game.

Back in Georgina on Friday night, the Bruins made a stronger showing but lost 3-2. The Ice scored in the first minute of the game and the Bruins' Tanner Ryan responded as the first period wound down. Georgina notched the only goal of the second period and Nolan Winter teamed with Noah Button in the first minute of the third to tie the game. The Ice scored their third goal just 40 seconds later.

In the final game on Saturday, Georgina dominated the first period, scoring three goals in the first eight minutes. That led to Uxbridge pulling starting goalie Andrew

Cloughton and replacing him with Christian Lambert.

In the third period, the Bruins finally came alive. Button scored a power-play goal just 40 seconds into the stanza, and repeated the effort 30 seconds later. However, a double penalty gave the Ice a two-man advantage for a full two minutes and they quickly capitalized with another power-play goal. Later in the period, an empty-netter with one minute left in the game put the lid on the series.

The *Cosmos* selected Winter of the Bruins and Cameron McClachrie of the Ice as players of the game.

Georgina next faces the winner of the other semi-final series between the Clarington Eagles and the Lakefield Chiefs. As of press time, Clarington led that series 2-1.

Give gently used books a new home - swap them!

Justyne Edgell

Attention all readers! Looking for a new read? Have some books you'd like to pass along? Durham Region Book Swap is gearing up for its next in-person event.

Durham Region Book Swap is a group created by Madison Holder, a young woman who recently discovered a passion for reading.

Holder is a fixture on the Uxbridge theater scene, with a lifelong interest in on-screen and on-stage entertainment. But it wasn't until a favourite TV show got canceled that she discovered a joy for reading.

"When doing some research on the show, I found out it was based on books! Growing up I wasn't a big reader, but when I started reading the books that the show was based on, I was immediately pulled into the world of reading, and wanted to find a local book community," says Holder.

After a bit of thinking, Holder decided she should start her own group. "I know Uxbridge has a strong community of readers, so I thought it would be a great opportunity to create a community where people can exchange their gently used books, while making new friends with similar interests!" Holder created the Facebook group, Durham Region Book Swap, and holds a poll each month to organize a meet up date. Once group members have voted, she creates the official event page and all members are invited to the parking lot meet-up, with their books, for the swap.

The swaps functions like a trunk sale, in a local, accessible parking lot, where members open up their "book stores" from the back of their vehicles.

"If we share our books at a low cost in our group, or for free at our in-person swaps, so many more people can experience the world of reading who may not have had the desire to before, or who have wanted to explore different genres," says Holder. "It also provides an opportunity for people to re-home their gently used books they have previously read and are ready to pass on."

Outside of the monthly in-person swaps, many members post collections of books in the Facebook group and smaller buy and sell or swaps are able to happen throughout the month. Their next in-person swap will be held on March 26, 7 - 8 p.m. in the Uxbridge Secondary School parking lot.

Interested in joining the group? Search "Durham Region Book Swap" on Facebook.

To place a death or in memoriam notice

Visit thecosmos.ca
Call 905-852-1900

Email Lvann@thecosmos.ca



AXAMIT, Ruth
March 11, 1933 -
March 16, 2024

Ruth passed away at the Uxbridge Hospital on Saturday March 16, 2024 at the age of 91 years. Loved and missed by her husband Walter. Also lovingly remembered by her son Ron (Brenda), grandsons Robert (Kendra), Thomas (Sierra) and granddaughter Marly (Davi). In addition, she will be missed by her sister Heidrun and extended family in Germany.



Ruth was trained in the food manufacturing industry in Switzerland and Germany. In Canada, she worked for many years in Hamilton and Brantford in retail food, specializing in the European deli segment.

Upon retirement, Ruth and Walter enjoyed travel throughout North America and Mexico, by Westphalia van and motorhome. Later in life they enjoyed cruises and trips to Europe. Ruth was an avid gardener and home decorator.

Family was important to Ruth. She especially enjoyed family events and dinners. She stayed active in life; gardening, driving, shopping and taking care of Walter up to her unexpected passing. A private family celebration of Ruth's life has been entrusted to Low & Low Funeral Home, Uxbridge.

As expressions of sympathy, donations to the Prostate Cancer Foundation Canada or Canadian Cancer Society (directed to Prostate Cancer) would be appreciated by the family. Friends are invited to make donations or send condolences by visiting www.lowandlow.ca.



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