

The Uxbridge Cosmos

Vol. 20 No. 8

TheCosmos.ca

Thursday, February 29, 2024

Uxbridge at the Special Olympics • Play-off season for the Bruins • Heritage 'rules' for downtown



THE COLDEST NIGHT OF THE YEAR - At -11C, it may well have been the coldest night, but that didn't stop Jodi Bussiere and radio personality Dan Pollard from joining dozens of other warmly-bundled people participating in "Coldest Night of the Year," Canada's largest fundraising walk in support of people experiencing hurt, hunger and homelessness. Uxbridge reportedly raised over \$42,000 for North House.

Photo by John Covers

Music festival premieres new concert series next month

Justyne Edgell

Uxbridge's Springtide Music Festival is getting an early jump on its June festival with a brand new Springtide Presents Concert Series, live at The Second Wedge Brewing Co., on March 15. "Springtide has been looking to expand its offerings beyond its flagship June weekend," says Springtide Music Festival founder, Tania Joy Senior.

"I attended a ticketed evening show at festival sponsor, The Second Wedge Brewing Co., last fall - Bry Webb of the Constantines was the headliner - and you could hear a pin drop. We realized that the venue had the potential for those coveted house concert/listening room vibes, while also being a brewery tasting room. So we reached out to The Second Wedge to discuss a possible collaboration."

The Springtide Presents Series is supplementary
...continued on page 3

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Uxbridge to determine if it's 'age-friendly'

Roger Varley

Regional councillor Bruce Garrod suggested on Monday that the township should think about allocating funds on an annual basis to promote and enhance Uxbridge's Age Friendly agenda.

Garrod noted that the township regularly assigns a percentage of the annual budget to asset preservation and offered that a similar move could help seniors in the community.

His suggestion came after a deputation by Kathy Clulow and Dave Richardson of the Age-friendly Committee. Clulow noted that while 14 per cent of Durham residents are aged 55 or older, that percentage rises to 21.7 in Uxbridge.

Garrod, who helped spearhead the successful Communi-Tea sessions at the seniors centre before the COVID-19 pandemic started, noted

"If we want to make a marked difference in the lives of our seniors, it's going to take some money."

Richardson told council that increased communication between the township and seniors would be helpful, adding that one sign of success would be "a seniors centre that's booming from morning 'til night."

Meanwhile, the Age-friendly Committee has created a community survey to gather opinions and experiences related to aging in Uxbridge. The survey, open to all, hopes to hear residents' opinions related to support for and obstacles to active aging. The survey will provide feedback about the effectiveness of public buildings, outdoor public spaces, local businesses, public washrooms, housing, transit, health services and community services for an aging population. The township said the survey is part of a

comprehensive community consultation process that will help with strategic plans for 2024-2026. The survey is available at uxbridge.ca or directly at surveymonkey.com/r/AgeFriendlyUxbridge. Paper copies of the survey are available at the township offices, the seniors centre, Uxpool and the library or by contacting Chris Gilmour at 905-852-3081 or cgilmour@uxbridge.ca. The survey will be available until March 31, 2024. For more on the survey, and the Age-friendly Committee, see page 9.

Another deputation made on Monday morning told councillors that farmers need help. Bryant Hulshof of the Durham Agricultural Advisory Committee made the deputation to council, in which he listed a number of ways

...continued on page 3

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Uxbridge at a Glance

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TOWNSHIP OF UXBRIDGE Trail Capital of Canada



Council & Committee Meetings

Meeting Schedule for March, 2024

- Friday, March 1, 8:30 a.m.
ACTIVE TRANSPORTATION COMMITTEE
- Monday, March 4
GENERAL PURPOSE AND ADMINISTRATION COMMITTEE, 10:00 a.m.
MUSIC HALL BOARD, 9:00 a.m.
- Monday, March 11
NO MEETING – MARCH BREAK
HERITAGE COMMITTEE, 7:30 p.m.
- Wednesday, March 13, 7:00 p.m.
COMMITTEE OF ADJUSTMENT
- Thursday, March 14, 10:00 a.m.
TOURISM ADVISORY COMMITTEE
- Monday, March 18
GENERAL PURPOSE AND ADMINISTRATION COMMITTEE, 10:00 a.m.
PUBLIC MEETING, ZBA 2021-09, 10850 Conc. Rd. 4 -ENG, 12:30 p.m.
ENVIRONMENT AND SUSTAINABILITY COMM., 7:00 p.m.
- Thursday, March 21, 7:00 p.m.
LIBRARY BOARD
- Monday, March 25
COUNCIL, 10:00 a.m.
PUBLIC MEETING, DEVELOPMENT CHARGES BACKGROUND STUDY, 11:30 a.m.
DOWNTOWN REVITALIZATION, 3:00 p.m.
- Proclamations for March**
 - Multiple Myeloma Awareness Month
 - March 8 International Women's Day
 - March 18 Transit Operator and Worker Appreciation Day

Employment Opportunities

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

Summer Employment Opportunities:

- Community Services - Uxpool Swimming Instructors / Lifeguards - Spring** - Closes March 1, 2024 at 4:00 p.m.
- Office of the CAO - Communications Assistant, summer student** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - Horticulture Gardener, contract, union** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - Horticulture Summer Student, contract** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - Skilled Labourer, contract, union** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - Unskilled Labourer, contract, union** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - Unskilled Labourer-Grass Cutting, contract, union** - Closes March 13, 2024 at 2:00 p.m.
- Parks Department - General Labourer Summer Student, contract** - Closes March 13, 2024 at 2:00 p.m.
- Public Works and Operations - General Labourers, summer students, contract** - Closes March 13, 2024 at 2:00 p.m.
- Uxbridge-Scugog Animal Shelter - Animal Control Assistant / Kennel Attendant, contract** - Closes March 13, 2024 at 5:00 p.m.
- 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.
- Community Services - Summer Camp Supervisor, 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
- 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

Notice of Statutory Public Meeting Regarding Development Charges

Take notice that Township of Uxbridge Council is holding a public meeting on March 25th, 2024 at 11:30 AM 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

Notice of Weight Restrictions
 Effective March 1, 2024
 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.

Canada Day Fireworks?
 Have your say - complete our survey!
 Take the Canada Day Fireworks Survey to help decide how to celebrate Canada's birthday!
 Scan here to take the survey

HOW AGE FRIENDLY IS UXBRIDGE?
 Take the survey and share feedback about what is working well and changes you would like to see
 Scan here to take our Age Friendly Survey

Paper copies are available at Town Hall, the Senior's Centre or the Public Library.
 On-line: [surveymonkey.com/r/AgeFriendlyUxbridge](https://www.surveymonkey.com/r/AgeFriendlyUxbridge)



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

Springtide announces concert series, from page 1

to its full Spring festival, aimed to bring bigger musical names to intimate Uxbridge venues year-round, and support touring acts throughout the year.

On March 15, Springtide and The Second Wedge Brewing Co. are bringing The Pairs back to Uxbridge; they performed at the 2023 Springtide festival.

Joanne Richter, co-founder and co-owner of The Second Wedge Brewing Co., says the decision to pair up for this event was easy.

“It felt like a great fit, as we’d recently started experimenting with evening ticketed shows and found it brought great audiences to really listen to the artists,” says Richter. “And The Pairs are incredible - we loved them as a band on the Springtide mainstage, and they were also amazing as a trio at Urban Pantry.”

The Pairs is an indie-folk trio comprised of Noelle Frances Coughlin, Renée Coughlin, and Hillary Watson.

“Powered by soaring sister harmonies, this quirky trio’s unbottled chemistry quickly connects them to

their audience,” notes their website. “With three distinct lead singer/songwriters, The Pairs offer a unique blend of music with stories of life’s hope, hilarity, and hardship.”

The Springtide Presents Series is



The Pairs at last year’s Springtide Music Festival. Photo by Justyne Edgell

plans to shoulder events on either side of the full Springtide Music Festival, with one winter and one fall show each year.

“Uxbridge already has an outstanding music scene, and it’s always enriching for a community when artists come through from outside of town,” says Richter. “It can be logistically and financially challenging to bring through a touring band,

though, so partnering with Springtide Music Festival makes a lot of sense.”

And while The Second Wedge Brewing Co. proves to be a stellar location, Senior says festival organizers are open to looking at other venues, depending on the artist and audience draw for future events.

Along with The Pairs show in March, Springtide is well into production of its 2024 festival, which will be held June 6 to 8, at various venues along the 750 meter stretch of downtown Uxbridge.

“You can count on some returning favorites and new discoveries, and we are very pleased to have Uxbridge Music Hall back in the festival venue line up all weekend, starting with the festival launch party on June 6, featuring the Good Lovelies for their first ever performance in Uxbridge,” says Senior.

The Pairs show will kick off at The Second Wedge Brewing Co. at 8 p.m., and is a ticketed event for all ages. Tickets are available on the Springtide website. Weekend passes for the full June festival are also on sale, as well. springtidemusicfestival.com

Farmers need help, from page 1

local and regional governments can assist farmers.

Noting that there are more than 250 farms in Uxbridge, Hulshof said agriculture is a leading economic driver in the township, offering a wide diversity of agricultural products. He said, however, that for every dollar spent on food, farmers receive only between seven and 17 cents.

He said council can support such initiatives as agri-tourism and on-farm food processing, which would provide additional revenue streams for farmers, by providing support-

ive planning and development policies to support such uses. Council could also help by pushing for high-speed internet service in rural areas and speeding up the permit and approval process for farmers who need to build additional infrastructure.

Hulshof also said he would like to see more food processing plants in Uxbridge. Committee member Dave Risebrough added that there is no significant food processing (abattoirs) in North Durham, with only two available: one in Port Perry and one in Manilla.

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Our two cents

Leap years - a primer

Thursday, February 29. The next time the *Cosmos* will have this date on its pages will be in 2052. This year is, of course, a leap year. Now, leap years are pretty regular, happening approximately every four years or so, but they're not generally well understood.

"They have an extra day to make up time or something like that," said one person we casually asked, "Why do we have leap years?"

February 29 is known as an intercalary day, as it is a day inserted into a regular calendar, creating what we refer to as a leap day.

Leap years have 366 days instead of the usual 365 days and occur almost every four years. They keep our calendar in alignment with Earth's revolutions around the sun. It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle once around the sun. This is called a tropical year, and it starts on the March equinox. However, the Gregorian calendar has only 365 days in a year. If we didn't add a leap day on February 29 almost every four years, each calendar year would begin about six hours earlier in relation to Earth's revolution around the sun. As a consequence, our time reckoning would slowly drift apart from the tropical year and get increasingly out of sync with the seasons. With a deviation of approximately six hours per year, the seasons would shift by about 24 calendar days within 100 years. Allow this to happen for a while, and, well, see this week's cartoon.

Leap years in the western calendar were first introduced over 2,000 years ago by Roman general Julius Caesar. But the Julian calendar drifted from the tropical year at a rate of 1 day per 128 years. This was not corrected until the introduction of the Gregorian calendar more than 1,500 years later, when a number of days were skipped to realign our calendar with the seasons.

So now you know why many people only get a birthday once every four years (many happy returns to you all). We're just trying to keep things on the steady.

Who said we couldn't time travel...?



Local skater headed to Calgary Special Olympics

Justyne Edgell

Uxbridge gave three cheers for Alicia Smith on Wednesday as she headed to Calgary to represent Ontario at the 2024 Special Olympic Winter Games.

Alicia started skating when she was 12-years old. "She had a teacher at school who was also a skating coach and was qualifying as a Special Olympics coach," says Alicia's mom, Miriam Smith. "She needed an athlete to work with, asked if Alicia would be interested in taking skating lessons, and the rest is history."

Smith says her daughter took to the sport quickly and began competing at regional and provincial competitions. This trip to Calgary will be her fourth opportunity to compete at the national competition.

"I am excited to have qualified to represent Ontario and to meet new people and see old friends," says Alicia. "I am grateful for the chance to

skate."

Alicia's local coach, Alison MacLean, will be alongside her as the Team Ontario coach.



"It's truly a privilege to be able to work with the special Olympians," says MacLean. "To be part of Team Ontario is an amazing experience. All the athletes are excited and looking

forward to performing."

Although competing is top of mind, Alicia says she is really looking forward to seeing the friends from across Canada whom she's met over the years.

"Alicia loves to perform wherever she is," says Smith. "Whether she's skating, singing, dancing! She enjoys movies, coffee dates with her family and friends, and creating art, with Precious Minds and in her own at home."

"Working with Alicia for the past 10 years and watching her progress as both an athlete and a person has taught me invaluable lessons," says MacLean. "This experience has made me both a better coach and stronger advocate for those with disabilities."

Alicia appears confident as she takes on this journey and competition - she says the most challenging part of this adventure is "fitting all my stuff in my carry-on and when my ears pop on the plane."

When one of these disappears, A LOT disappears.

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The Uxbridge Cosmos

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A nod to Maud - celebrating 150 years

Uxbridge Township council recently declared 2024, 'The Year of Maud,' in recognition of the 150th birthday of one of Canada's most beloved authors, Lucy Maud Montgomery. Maud's home in Leaskdale, where she lived for 15 years, is a National Historic Site.

Each week, as space permits, from now until Maud's Nov. 30 birthday, the *Cosmos* is offering a short excerpt from LMM's own journals, written during her Leaskdale years. The journals, edited by Mary Rubio and Elizabeth Waterston of the University of Guelph, are published by Oxford University Press.

When she came to Leaskdale, newly married at the comparably advanced age (for that time) of 36, Maud was not convinced motherhood was in the cards. But it was a fervent hope.

"Early in November I began to suspect that what I had intensely longed for was mine, and now I know it. I am to be a mother. I cannot realize it. It seems to me so incredible - so wonderful - so utterly impossible as happening to me! I realize that maternity is a serious thing, and all the more serious to a woman of my age. But not for that would I wish to

avoid it. I want to have a child, someone to link me with the future of my race. I want to give a human soul a chance to live this wonderful life of ours. I want something of my very own, bone of my bone, flesh of my flesh, to love and cherish. Above all is the wonder of it. I cannot get used to it. The thought that within me I carry life, a soul, a human being who will live and love and suffer and enjoy and struggle, is so amazing that I am lost before the marvel of it."



Am I wrong?

column by Roger Varley

Heed Joni Mitchell's warning

As Canadian songstress Joni Mitchell sang in her biggest hit, "you don't know what you've got 'til it's gone."

That said, you will read elsewhere in this issue of the *Cosmos* that there is a danger this newspaper will cease to exist. Publisher and editor Lisha Van Nieuwenhove lays out the grim scenario which faces not only this community newspaper, but many others across the country. Recall last September when Metroland Media (Torstar) ceased publishing 70 community newspapers across Ontario, including the *Uxbridge Times-Journal*.

It goes without saying that I would be devastated if that should happen to the *Cosmos*, as would all of us connected with this little newspaper. Obviously, what I write in this column could be dismissed as self-serving, but I believe such a reaction would be wrong. The loss of this weekly journal would not just affect those of us who contribute to the paper, it would adversely affect the entire township.

Without the *Cosmos*, where and how would Uxbridge residents learn about what the local council has been doing? Who would be its proverbial watchdog? Same goes for other institutions and organizations around town. Who would provide the stories behind whatever may or may not be posted online, whether about the Uxbridge Bruins, a new housing development, or the new hospital build. Who would reliably parse fact from fiction?

As Lisha points out, we rely on advertising dollars to keep going. Without the *Cosmos*, a valuable advertising venue for local businesses would disappear.

A response to this that many might give is "there's the internet." But placing ads on Facebook or any other social media venues dodgy at best there's no guarantee anyone will see them. At least with the *Cosmos*, advertisers know their ads are being delivered to every mailbox in the township.

Some of those businesses could try flyers - so-called "junk mail" - that are delivered to mailboxes, but the problem there is that many people tell Canada Post not to put "junk mail" in their mailboxes.

As for local news, does anyone seriously be-

lieve the CBC or CTV will suddenly start reporting on happenings in this town? Anyone wanting to find out what's going on in Uxbridge would have to go to the aforementioned social media, and we all know how much misinformation and disinformation is spread through those channels. Not only that, but as anyone who has followed any of the local Facebook groups knows, there's always some troll trying to stir things up with snarky comments or remarks.

As Ted Barris points out in his column next door, the derecho that swept through town was one of the biggest stories in Uxbridge in recent years. The *Cosmos* staff set to work, with Lisha working out of a barn on her farm and me working out of McDonald's, Conrad taking the risk of entering the damaged Trinity United Church, and we went to press two days early because we were the *only* way residents could obtain much-needed post-tornado information. And a large number of residents showed what they thought of the *Cosmos* by turning out to help us deliver the paper door to door to as many homes as possible.

That response was so overwhelming that I admit I was moved to tears. That's because I care about this community, as do all of us at the paper. I know I have rankled a good many people over the years with things I have written in my column, but just about everything I have written concerning this town is because I care about it.

However, as Lisha points out, "the *Cosmos* is not *our* community newspaper, it's *your* community newspaper." To put it another way, it joins us all together. Sometimes said joining can cause dissent and opposing views, but that's actually a good thing. It allows for discussions on serious - (and sometimes not so serious) - subjects.

As for me, I have been in the newspaper business for close to 70 years, but I have never been happier than I am at the *Cosmos*. That's because I get to write about people I know for people I know. You are not just an anonymous faceless audience: you are my friends and neighbours. It would be a tragedy to see that connection disappear.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Do it locally, or lose it

It was the worst of times for us all. The May 21, 2022, derecho struck from Conc. 6 through the west end of town, across the railway yards, devastating homes, downtown apartments, The Second Wedge Brewing Co. and Trinity United Church, among many places. Power was out for days, phone service spotty, and just the goodwill of neighbours got us through. With our garage gone and my car crushed, I turned to my insurers, who told me my car was a write-off. They offered me a cash settlement for the wreck. I agreed. Then, the agent read me the fine print of my policy over the phone.

"The car rental clause (promising six weeks of rental)," she said, "since you've agreed to the sale of your (written-off) car, it ends today."

In effect, they had terminated my coverage seven days after the storm. So, without transportation, when the internet was back, I started surfing used car sites around the GTA. I planned how to get into the city to dealers from whom I'd formerly purchased cars to find some transport. Then, somebody suggested Broadway Auto Sales. Of course, I've known the owner for years. And coincidentally, he had a compact the same make, model and year as the one crushed in the storm.

My point? The answer to my dilemma wasn't a fancy Toronto car dealership, a huge car mall in the suburbs, nor even an Amazon site on the other side of the planet, but right in my own backyard. Even for me - a resident in town for nearly 35 years - I couldn't see the forest for the trees. And, with my lesson learned - finding vital services nearby - I discovered there were just as many solutions to the other problems we faced with our insurer after the storm. When it was clear either the insurer hadn't prepared for such a disaster (go figure in 2024), or determined that I was too bothersome a client, I began searching locally. They apparently had no skilled tradespeople to clear 10-tons of tree from my house; we found Cornerstone Contracting locally. They couldn't seal in what was left of the house to protect it from fast-approaching fall and winter weather; we found D & M Construction locally. The battles we had with the insurer for repayment are another issue. The insur-

ance company kept claiming that their estimates came in lower than the receipts for our bills. When they ultimately realized that the value of the work more than equaled the value of the cost, they paid.

Again, I don't rehash all this to complain about insurance companies. That's a given. I offer the story as a cautionary tale. If we don't search out products and services here in town, one day there just won't be any. And why? Because of laziness, Big Smoke chauvinism, or habit - we look elsewhere, because we think *elsewhere* must be *better*. And I can think of countless other examples. Not just car sales and building contractors.

How many times have we all chosen to commute to Markham or Newmarket to catch the latest first-run movie at a Cineplex? Pretty silly, when the Roxy Theatres bring them here (and with fresher confections and a staff that knows our names). Or if you've thought, "How do I get that latest murder mystery, *Bury the Lead*?" Well, you could order it online and wait for a truck to dump the package anonymously on your front step in a few days. Or, you could visit Blue Heron Books today, buy the book and a ticket to meet its co-authors Kate Hilton and Liz Renzetti in the store studio on March 28 and get it autographed. Neither Amazon nor Chapters can deliver that within blocks of where you live.

The same goes for services. If you think the best tradespeople can only be found via the big national brand outlets, take the time to check the *Cosmos* classifieds or billboards around town. Partly because we were literally left out in the cold by our insurers after the tornado, through our contractor we connected with electricians, drywallers, painters, etc. - all minutes away. One of the other tornado casualties at our place were ancient storm windows. Again, the insurance company was of no use. We found Ace Glass in Greenbank to measure and quote on replacing the windows.

Quite literally our refuge in the storm turned out to be the closest port of all - local services with people we knew. And they delivered.

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

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Clappay

Dear Township of Uxbridge, this is not a good news story.

2024 is the year the Uxbridge Cosmos decides if it lives or dies.

The Cosmos is not *our* community newspaper, it's *your* community newspaper, so we feel it's important to be as honest as possible with you about what's happening, what we're doing about it, and what you can do.

Advertising is the primary income source for the Cosmos. It's 98% of our revenue, and it's been steadily declining for years. In September, the Uxbridge Times-Journal, along with 69 other community newspapers, ceased printing across Ontario.

Like most small businesses, we operate on a shoestring. Half a shoestring, even. Because we're part of a close-knit community, we have, in the past, sometimes given our product away for free, or for deep discounts. We want to help the community, and the people in it, as much as we can. But that doesn't pay the bills. We've been working hard to incorporate the digital world and print world, but like everything else, it costs money.

To save money, we could cut our 9,800 paper circulation, and stop delivering via Canada Post. But we're committed to ensuring that every mailbox in the township gets Uxbridge news.

We recently launched a spiffy new website that over 2,000 people access each week, and we have good social media engagement, despite the limits put on us by Meta (Facebook & Instagram). While those things are amazing, they don't keep the presses running.

Please, give us a chance to prove this to you. For details, email us at Lvann@thecosmos.ca or call 905-852-1900.

We believe with our whole hearts that Uxbridge needs this community newspaper. Now, perhaps more than ever, a free, independent press is vital to the way of life we hold dear. It may be a cliché, but it's the truth. And truth is everything to us.

We'll do everything in our power to keep *your* independent community newspaper alive.

We hope you'll join us!

With heartfelt gratitude,



Lisha Van Nieuwenhove
Publisher/Editor

The Uxbridge Cosmos 

What we're doing about it

We're looking hard for someone to sell print and digital advertising.

We've considered cutting the print edition entirely and going digital-only, but we **REALLY** do not want to do this.

We are asking for your help to save your community newspaper.

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Right now, we're in crisis mode, but our long-term plan is to blend advertising revenue with voluntary subscription revenue. The Cosmos will continue to be delivered via Canada Post for free to the entire Township, but voluntary subscriptions will help ensure this is possible every week of the year.

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Despite what Google and social media platforms tell you, print is still an excellent way to deliver your message, especially when you pair it with our digital and social options.

Be a Shop Local advocate

If you're chatting with a local business owner, remind them that advertising in the Cosmos is the only way to reach 9,800 households in the township. Social media can't guarantee those kinds of numbers.



Brock Street Heritage Design Guidelines: An introduction

Conrad Boyce
Local Journalism Initiative Reporter

Last month, the *Cosmos* provided an update on some of the plans for re-development of Uxbridge's downtown, particularly the section known as Lower Brock, between Toronto and Main Streets. Any new, restored or re-constructed buildings on Brock and in the surrounding area must conform to a code of heritage design guidelines adopted by the Township council in the spring of 2004. They cover Brock St. between Cedar and First Ave., and are overseen by an advisory body to Township council, Heritage Uxbridge.

In her foreword to the guideline document, Uxbridge councillor Kathy Wasylenky wrote, "These guidelines have been developed as an advisory document for business and property owners, as well as council, to help ensure the retention of the downtown's heritage resources. Its purpose is also to provide a unified approach to improving and standardizing future development and renovation, so that the area's special heritage character is enhanced. There are many benefits for businesses and communities that retain their built heritage."

The document further explains that, "Over the last quarter century, many small to medium-sized towns in southern Ontario, particularly those within commuting distance of a larger urban centre, have seen and continue to witness an influx of growth. Within this context, the

main street takes on added importance as both a cultural and economic resource - a place where old and new mix side-by-side. Therefore, in order to improve upon and preserve the best qualities of their main streets, towns such as Uxbridge are taking steps to augment current main street planning practices." This document identifies and recommends general urban design principles and guidelines to instruct heritage building preservation/restoration ... in the form of infill projects, additions to existing buildings, streetscape and signage. Several full blocks of Uxbridge's 'original' building fabric remain as part of the downtown main street façade."

According to the document, Uxbridge was sited to take advantage of available and abundant water power. At its peak, eight man-made ponds provided energy to a brewery, sawmill, and several gristmills. A number of these enterprises were located in close proximity to the Brock and Toronto Street intersection. By

1870, owing to the entrepreneurial activities of men like Joseph Gould and John Plank, coupled with the decision to build the Toronto and Nipissing Railway through the township, Uxbridge's long term commercial prospects looked promising. A series of fires throughout the late 1880's and early 1900's caused the township to lose many of its main street industries and commercial buildings. From the 1950s onwards, demolition of architecturally significant main street buildings further eroded the initial heritage character of Brock St. Now, as the Township

embarks upon a plan to reinvigorate and protect the character of its main street, it is useful to look back to a time when all the services and goods desired by the residents could be found in the downtown.

The document outlines opportuni-

ties for enhancing the heritage character of the town's downtown core, including very specific architectural features that should (or should not) be included in future development. Coming up, the *Cosmos* will take a closer look at those guidelines.

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Bruins prepare for tough playoff series

Roger Varley

With a celebration, a moment of reflection and a win, the Uxbridge Bruins finished the 2023-24 PJHL regular season on the weekend.

The celebration came on Friday night at the arena, when the Bruins hosted the Lakefield Chiefs. Prior to the game, the team honoured Pat Higgins, the now-retired former

owner of the Uxbridge Canadian Tire store, for his 25 years of support as a gold sponsor. After receiving a special Bruins sweater emblazoned with his name and the number 25, Higgins dropped the ceremonial puck to start the game.

The Chiefs then spoiled the celebration by posting a 5-2 win over the home team, thanks to two players. The Chiefs' Owen Thake scored two

unanswered goals in the first period, the opening goal coming after goalie Andrew Cloughton misplayed the puck off the end boards.

Clayton Shaughnessy, who scored five goals the last time the two teams met, made it 3-0 in the second before Anthony Lamanna scored on a power play, tipping in Ty Roberts' blast for the blue line. Ryan Tanner also received an assist. Shaughnessy and Thake added two more late in the period. Evan Gilbert, assisted by Owen Shier and Jack Davis, notched the Bruins' second goal and the teams then skated through a scoreless third period.

The *Cosmos* selected Shier of the Bruins and Thake of the Chiefs as players of the game.

In a rare Sunday home game, the Bruins faced the Little Britain Merchants for the last game of the regular season. Prior to the game, the two

teams paid tribute to former Bruins captain Dave Duncan, who died Feb. 23. It was fitting the Merchants were on hand, since Duncan started his Junior C career with Little Britain in 2001-02 before joining the Bruins.



Former Uxbridge Bruins captain Dave Duncan was honoured at Friday night's game against Duncan's first Junior C team, the Little Britain Merchants.

Photo from Facebook

He played for the home team from 2002 to 2005, with 39 goals and 44 assists in 109 regular season games. In his last season, he led the team to the Ontario semi-finals while playing with a broken wrist.

In the game that followed, Quinn

Meek opened the scoring with two goals in the first period. The first was unassisted and the second came on a power play, assisted by Ryan Shier and Owen Shier. The Merchants scored near the midway mark, but Nolan Winter restored the two-goal gap when he caught the visitors on a mini line change. Jake Riggilo was credited with the assist.

Roberts made it 4-1 in the second with a nifty display of stick handling. Shortly after, the Bruins found themselves two men short for a full two minutes but nevertheless managed to score a short-handed goal when Ryan stole the puck in his own end and raced down the ice for the score. With one second left in the period, the Merchants scored on a power play.

Gilbert, assisted by Lucas Marshall and Winter, extended the lead in the third period and Ryan Shier closed out the scoring, with assists going to Jaxon Koehler and Gilbert.

The *Cosmos* selected Ryan and Little Britain's Matthew Gordon as players of the game.

Now the Bruins have a short period to prepare for the playoffs. With Uxbridge forced to take a bye in the opening round, the Georgina Ice began its series against Little Britain on Tuesday, as did Lakefield against the Port Perry LumberJacks. The Clarington Eagles, the dominant team in the Orr Division this season, begin their series against the North Kawartha Knights tonight (Thursday). The Bruins will play the winner of the Georgina/Little Britain series.

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Is Uxbridge age-friendly? New survey wants to find out

Submitted by David Richardson, past Chair, Uxbridge Age-Friendly Community Advisory Committee

The Township of Uxbridge is conducting a survey to obtain public input on its age-friendly community initiative.

Five years ago, Uxbridge declared itself an age-friendly community and the council of the day embraced this vision for the Township:

“Uxbridge is a community that values, respects and actively supports the safety, diversity and well-being of seniors. We continuously strive to remove barriers that might lessen the ability of our residents to age actively in the community through all stages of their lives.”

So, what exactly is an age-friendly community? No doubt all communities would say they value and respect their senior residents, but the operative concept in this vision is the removal of barriers.

The government of Canada defines an age-friendly community as one in which “...the policies, services and structures related to the physical and social environment are designed to help seniors age actively.”

Simply put, an age-friendly community looks for obstacles to active ageing and removes them, if possible. It helps older adult residents stay engaged in the community and age well in their own homes.

In an age-friendly community, public buildings and outdoor public areas are accessible to people of all levels of ability. Stores are easy to access, their staff are sensitive to the needs of older shoppers and there are public washrooms available in shopping areas.

A good public transit system that is affordable, convenient and perceived to be safe is an important part of an age-friendly community, as are sidewalks that are wide, free of cracks and other trip hazards and promptly cleared of snow and ice.

Age-friendly communities try to ensure a range of housing options, rental and owned, so that residents can find housing suitable to their changing needs as they age. Neighbourhoods are well-lit, safe and have nearby green spaces, with smooth trails and plenty of benches.

Health and other essential services are conveniently located and infor-

mation aimed at older adults is easily obtained, easy to read and written in plain language.

Older adults are regularly consulted on matters of importance to them and they feel respected, included and valued for their experience.

The concept of age-friendly communities arose from a concern at the World Health Organization (WHO) about the world's ageing population and the impact it would have on health care and economies.

As early as 1991, WHO developed a plan of action on ageing, encouraging governments to incorporate the principles of independence, participation, care, self-fulfilment and dignity for older adults into their national programs. These principles

and in their own homes. The degree to which they are able to do so depends upon how age-friendly their environment is.

According to research compiled by the University of Manitoba's Centre on Ageing, social engagement significantly reduces cognitive decline in older adults and decreases symptoms of depression. Social activity and light-intensity exercise improve memory and motor function, resulting in a longer, healthier life.

Until recently, limitations on social and physical activity were thought to be an inevitable part of ageing. If ice and snow on sidewalks made it dangerous for older adults to walk in the winter, they were advised to stay home. If downtown stores were not accessible to people

using mobility aids or if there were no washrooms available to the public, seniors simply avoided going downtown.

In early 2018, the Township of Uxbridge established the Age-Friendly Community Advisory Committee to advise council on ways to make the community more age-friendly.

The committee was mandated to consult with older adult residents, stakeholders and community leaders to identify and recommend ways to remove barriers facing older adults. A survey was circulated and a workshop hosted by the Township, resulting in an age-friendly assessment report to council.

Based on the assessment report, the committee submitted a plan to council, with three broad goals: to make sure the basic needs of seniors were being met; to make it easier for them to get around, and to ensure they are able to stay connected

...continued on page 11



Seniors take part in a chair exercise class at the Uxbridge Seniors' Centre. The Township is asking senior residents to take a survey and weigh in on how age-friendly Uxbridge currently is. Photo by John Covers

became the foundation for the age-friendly movement.

Uxbridge, like most communities in Canada, is seeing a steady increase in the number of older residents. According to the 2021 census, 21.4 per cent of the population of Uxbridge is 65 years of age and older; 39 per cent is 55 years of age and older. These percentages are up from the 2016 census, and will continue to rise.

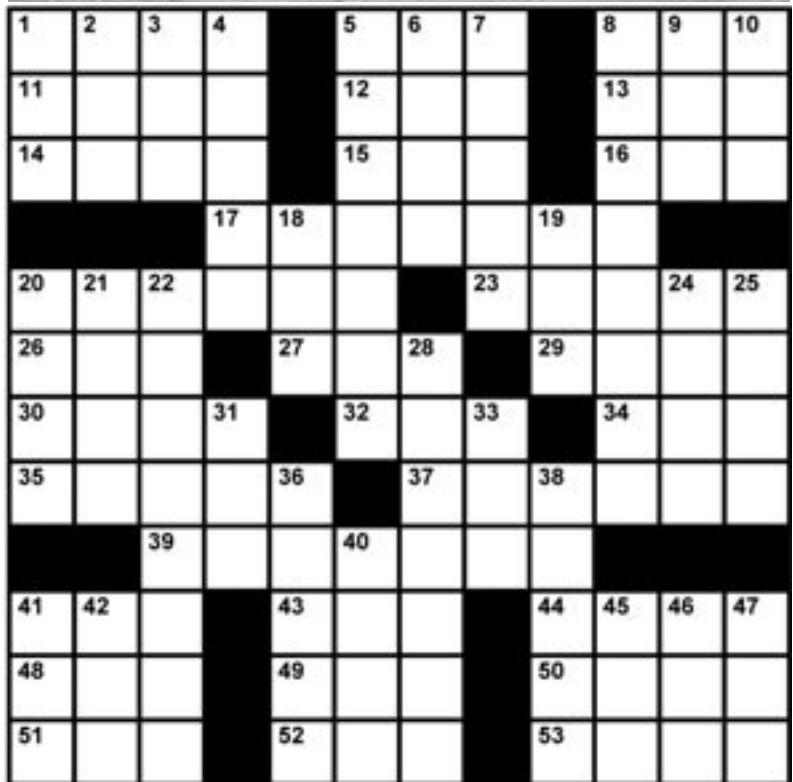
Most people, as they age, want to remain independent, socially active

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Across

1. Drum sound
5. Freud's concerns
8. Earlier
11. Cogito follower
12. ___ goo gai pan
13. Griddle
14. Gaze at
15. Emu's extinct cousin
16. Flowery verse
17. Face-mask attachment
20. Annihilate
23. Artist's cover-up
26. Ovoid objects, to Romans
27. Ball club
29. Jamaican fruit
30. Plug
32. Rustic locale
34. Lithium-___ battery
35. Buzzing pests in the kitchen
37. Tough spot
39. Kitchen set
41. Schuss
43. White garment
44. Boys
48. ___ Shop Boys
49. "Thin Mints" organization (abbr.)
50. "___ She Sweet?"
51. In the least
52. Ottawa VIP
53. Encephalogram, e.g.

Down

1. E.U. member
2. Before, poetically
3. Be unlike Peter Pan
4. Work out improvement target
5. Depraved
6. Opening
7. Drenches
8. Formal defense of one's belief
9. Wander
10. Unique
18. Gist
19. Ostrich relative
20. Remove, as a hat
21. Like Darth Vader
22. Robustness
24. Donkey step
25. Cows
28. Treaty topic
31. Neck surround
33. Make a move
36. Hitches
38. "Calm down"
40. In addition
41. Aromatherapy venue
42. Barbie's beau
45. Balloon filler
46. Recombinant letters
47. A filthy place

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How age-friendly is Uxbridge, from page 9 and informed.

The COVID pandemic curtailed many seniors' activities and required others to adapt to digital formats. The risk of isolation among older adults went up significantly and conditions in long-term care facilities became a popular news topic.

In 2022, the Age-Friendly Advisory Committee submitted a report to council outlining 41 improvements over a three-year period that could make the community demonstrably more age-friendly. Not all of these improvements were expressly to benefit older adults, nor were they all done by governments.

For example, the new medical building on Campbell Dr. and the government commitment to invest in a new long-term care facility and upgrades to the hospital will make it easier for older adults to access these vital services.

Paving walking paths in Quaker Common and into Elgin Park make these green spaces more inviting, and the township's decision to keep the paths in Elgin Park free of ice and snow and the washrooms open in winter make the park a year-round recreational option.

Upgrades to the Seniors' Centre have made it more accessible and welcoming to older adults and, at the request of the township, pedestrian crossing times at Douglas Rd. and Toronto St. were increased by Durham Region.

Regional Councillor Bruce Garrod, a member of the Age-Friendly Community Advisory Committee, notes that age-friendly improvements are often small and incremental.

"Big, visible projects get a lot of attention, but often it's the many small improvements that have a bigger impact on the lives of seniors. Becoming an age-friendly community is a process of continuous improvement, a process that never ends," he says.

Garrod noted that the Uxbridge age-friendly commitment has attracted support from other levels of government.

"Since the age-friendly initiative started, events and projects aimed at seniors' active living have benefited from more than \$190,000 in grants from outside the community," he says.

The age-friendly committee has identified opportunities for future progress: finding more cost-effective ways to consult and communicate with older adults, helping seniors 'bridge the digital gap' and become more confident with computers, adding more affordable housing options, and encouraging businesses to become more age-friendly.

The latest survey seeks feedback from seniors on how age-friendly Uxbridge is perceived to be, how


easy it is to get around, how accessible buildings and outdoor public spaces are, and whether older adults feel included and respected in the community.

Older adults, caregivers for older adults and anyone who expects to age in Uxbridge are encouraged to

complete the survey.

The survey is accessible online on SurveyMonkey.com. Paper copies can be picked up and dropped off at the municipal office, the Uxbridge Arena, and Uxpool.

For more information, email Chris Gilmour at cgilmour@uxbridge.ca




Celebration of Life for Jill Hanley

Wednesday, March 6, 6-9 p.m. at the Uxbridge Music Hall

There will also be a Lifetime Achievement Award presented by the Uxbridge Youth Theatre at 7 p.m.

Food and refreshments will be provided.



In Loving Memory of Ross Risebrough

June 18, 1940 - February 20, 2024

Passed away peacefully, surrounded by family, at Markham Stouffville Hospital on Tuesday, February 20, 2024, at the age of 83 years.


Cherished husband of 54 years to Janice (nee Fowlie). Loving father of Sylvia Kokkinen (Derek) and Cindy Risebrough (Amanda) and her children Xanthe and Zenith). Beloved Grandpa of Sarah and Olivia. Ross will also be dearly missed by his many nieces and nephews.

Ross was a dairy farmer and lived his entire life on his family farm near Sandford. He was a lover of laughter and storytelling. He enjoyed singing and was in the boys choir and church choir for many years. He loved to fish, watch his Toronto Maple Leafs and, most of all, enjoy daily life on the farm.

A funeral service was held at Sandford United Church on Saturday, February 24, 2024, with interment at Sandford Cemetery. Reception followed at the Sandford Community Centre. Funeral arrangements were entrusted to Low & Low Funeral Home, 23 Main Street South, Uxbridge.

The family would like to extend sincere gratitude to the staff and nurses at the Uxbridge Hospital, and ICU nurses in Markham Stouffville Hospital for all their outstanding care for Ross and their support for his family during his time in hospital.

In lieu of flowers, donations to the Uxbridge Cottage Hospital would be appreciated by the family. Friends are invited to make donations or send condolences by visiting www.lowandlow.ca



In loving memory of our dear sister and aunt,
Doris Grace Armstrong (Gourlie)

Doris left us one year ago, on February 28, 2023. Doris will be forever missed and always remembered with a lot of love by Jim and Faye, and all their families.





SANDERSON, Alexander C.

June 13, 1949 - February 16, 2024

Suddenly at Uxbridge Hospital on Friday, February 16, 2024. Alex Sanderson of Mount Albert in his 75th year. Beloved husband of Gail Sanderson (née Keller). Survived by nieces, nephews, and cousins.

A celebration of Alex's life will be held at a later date at Mount Albert Cemetery. In Alex's memory, donations may be made to Mount Albert United Church.

Annemarie Koesters

February 27, 1926 - February 23, 2024

The family of Annemarie Koesters announce her peaceful passing at her home in Uxbridge, on February 23, 2024, in her 98th year. Predeceased by her beloved husband Heinz and her daughter Anneliese (Fred). Loving mother of Peter (Sandy) and Karl (Mary). Cherished Oma of Joe (Jenn), Katie (James) and Robert. Proud Great Oma to Valerie.

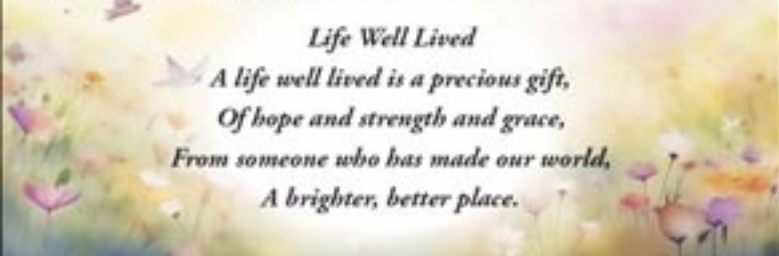
Annemarie immigrated from Germany with her husband more than 60 years ago and settled on a farm west of Siloam. It was here that they established a life for their family while instilling their values of integrity and perseverance. As a talented cook, she blessed her family with her home cooking and baking, including her prized Christmas cookies. She was admired for her fun-loving, adventurous spirit and loved her grandchildren dearly.

The family wishes to thank Dr. Carlye Jensen and the staff at Oak Valley Uxbridge Hospital for their compassionate care.

As per Annemarie's wishes, cremation has taken place and no service will be held. Arrangements have been entrusted to the Low & Low Funeral Home in Uxbridge.

In lieu of flowers, memorial donations to the Oak Valley Uxbridge Hospital would be appreciated by the family.

Life Well Lived
A life well lived is a precious gift,
Of hope and strength and grace,
From someone who has made our world,
A brighter, better place.



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