



Am I Wrong?

column by Roger Varley

Tough choices

In a week and a half, on Sept. 16, the *Uxbridge Cosmos* will once again be hosting an all-candidates meeting at the arena ahead of the October federal election. At least, we call it an all-candidates meeting, even though the New Democratic Party has yet to field a candidate in Pickering-Uxbridge. In fact, with just over six weeks left before Canadians go to the polls, the NDP has candidates named in only 178 of the 338 ridings.

So far, the candidates for Pickering-Uxbridge are Jennifer O'Connell, Liberal; Cyma Musarat, Conservative; Peter Forint, Greens; and Corneliu Chisu, People's Party of Canada. I don't know about the rest of you, but I will have a decidedly hard time choosing where or even whether, to mark my X on the ballot.

First, the Liberals: to my way of thinking, Jennifer O'Connell has done a worthy job of representing Pickering-Uxbridge in Parliament for the last four years. As an individual MP, I believe she deserves to be returned. However, a vote for O'Connell automatically registers as approval of Justin Trudeau and his government as a whole. In light of the SNC-Lavelin scandal, the Vice-Admiral Mark Norman case, the Jody Wilson-Raybould affair, etc., plus the fact that Trudeau broke a promise to change the electoral system - a pledge that led many, including myself, to vote Liberal - I find it difficult to express any approval for the Liberals.

Next, the Conservatives: when Andrew Scheer's stance on the abortion issue is not believed either by the Pro Life forces or the Pro Choice side, it speaks volumes about his position on other matters of social importance. If Scheer can't even reassure his own supporters, how can he unite a nation?

Then, the NDP: Jagmeet Singh has, to all intents and purposes, absolutely squandered a golden opportunity to resurrect his party. Under former leader Tom Mulcair, the party dropped to 44 seats in 2015 after previous leader Jack Layton had won 103 seats in 2011. When Singh was chosen to led the party, there was a fresh new face on

the political scene and a sense that he could rally the NDP forces. Unfortunately, he has stayed mostly out of the limelight, to the extent he can barely muster enough candidates to run in just over half the ridings.

The Green Party? Apart from being the party "of the environment," as important as the environment is, can anyone out there tell me what else the party stands for? You can't run a country if you're a one-issue party.

Finally, the People's Party of Canada: when the leader of that party, Maxime Bernier, personally attacks a 16-year-old Swedish environmental activist by calling her "mentally unstable," I have to question his own mental stability. Greta Thunberg has Asperger's Syndrome, which is on the autism spectrum. That a young girl can overcome that condition - and become known world-wide for her efforts to raise awareness about climate change - is worthy of commendation. Instead, anti-immigrant, anti-Muslim, climate-change denier Bernier uses her condition to vilify her. How many votes does he think that little outburst will bring his way?

In many past all-candidates meetings hosted by the *Cosmos*, be they federal, provincial or municipal, the word has always been how "civil" they were. Translated? No one asked the candidates any hard questions, no one held their feet to the fire. I hope that changes on Sept. 16.

If a candidate is representing a political party, he or she has to be ready to defend that party's policies. If they are not ready to do that, they at least must be able to tell us why they, personally, deserve to be elected. When we cast our votes, it should be because we truly believe the candidate or the party represented is the best to govern the country, not because we have always voted for that party or because we dislike someone else. Unfortunately, that usually is not the case: instead we choose the lesser of several evils.

It seems to me that is no way to elect a government.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Back to class with vision

I don't remember my very first day at George P. Mackie Public School, just off Kingston Road in Scarborough. But my parents would probably have remembered. Soon after I entered Grade 1, my teacher, Ms. Watkins, sent a note home for my parents.

"Why is Ted squinting?" she asked in the note. "I moved him to the front of the class, but I don't think that's enough."

It was clear to Marjorie Watkins that I couldn't see the blackboard properly. So, she and my mother arranged for an eye examination and I began a lifetime of wearing glasses (and of taking the taunts from some of my classmates). In addition to the story of the note, I still have my Grade 1 report card with Marjorie Watkins' remarks on my progress that year, 1955-56. As I review it 63 years later, I realize just how perceptive and gifted she was as my earliest educator.

In the wake of the cuts the Progressive Conservative government has planned for Ontario's public schools, I thought I'd offer a few lines to thank Ms. Watkins and the generations of teachers since - from Kindergarten to Grade 12 - for their skill and guidance to students.

It was about four years after I began wearing glasses that I met Mike Malott. As my Grade 5 teacher, and the first male instructor in my life, he had a bit of an edge to him. Maybe that's because he also coached our elementary school baseball, soccer and hockey teams; most of his teaching spurred us to aspire higher, look further and work collectively. In history class - though it wasn't on the curriculum - he re-enacted the Dieppe raid of 1942. He had researched the stories of its Canadian participants and made them come to life in the classroom as if he were their reincarnation.

"To the teacher in my life who instilled a passion for the past and the stories of Canadian veterans," I wrote in dedication to Mike in my 13th book in 2005. And in later years, before he died, he and I played oldtimers' hockey together, the other passion we shared.

When I moved into post-secondary education, I attended Ryerson, then a polytechnical institute. In my academic and broadcast-journalism classes, I met scores of brilliant instructors: Robert Gardner, who taught script writing, Mauri Desourdy, who taught announcing, Christina Macbeth, who taught advertising, Alan Small, who taught radio production, and Syd Perlmutter who taught TV production. They were tough, but if we

rose to the challenge, they bent over backwards to give us the skills to survive in the industry.

"The past is history, the future is a mystery, and the present is a gift," Syd always used to say. Every day, he and his fellow instructors gave us the gift of their knowledge. And if we returned the favour with enthusiasm and dedication to meeting deadlines, budgets and their high standards of quality production, they put us on the air and into production to compete with "the big guys" - CBC, CTV, Global and the major post houses.

Over a decade ago, our older daughter chose to pursue a teaching career; she has taught the middle grades of elementary school in the area since then. And I've watched her annual ritual, this time of year, preparing to make learning the best possible journey for her students. One Remembrance Week, a few years ago, I had the opportunity to address her class. Every one of her students had read pamphlets and books on the subject I presented. Some had built models and dioramas representing the topic. And their questions clearly reflected the way she had motivated them to discover the stories of Canadian soldiers.

Despite such enriched learning experiences for public school students, Premier Ford has chosen to refer to them as "a bunch of pawns" in the ongoing negotiations for new teacher contracts. All of which has demoralized many friends and family who teach. If the province doesn't have their back, who can teachers turn to but each other, the parents and their unions to fight the cuts?

After my Grade 1 teacher, Marjorie Watkins, spotted my vision problem in 1955, and then helped me adjust to wearing glasses, apparently, I made steady progress in class that year. In subsequent notes home to my parents on my report card, she noted that "Ted is clearly adjusting ... and his progress is good." So much so that I was promoted to Grade 2 with a "B."

Most of us could have seen through the current Premier's campaign promise that "no teachers will lose their jobs." The loss of one in four jobs is more likely the reality next year. My lone hope, however, is that the Conservative model will spare enough teachers with the skill and vision of a Ms. Watkins to steer our children to success in spite of the government's shortsighted view of public education.

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

Candidate Forum

Monday, September 16, 7:00 p.m.

Uxbridge Community Centre at the Uxbridge Arena

Meet the candidates running in the riding of Pickering-Uxbridge

Your questions for the candidates are welcome, and they will be handled by the moderator Ted Barris

Sponsored by
The Uxbridge COSMOS

38 Toronto Street North, Uxbridge
Tel: 905.852.1900 Email: Lvann@thecosmos.ca

COMING UP

THIS WEEKEND

Thurs., Sept. 12: Lunch & Learn. St. Paul's Anglican Church, 12 - 2 p.m. Loretta Tanner of the Alzheimer Society will speak on Dementia Awareness. Pay-what-you-can lunch (suggested minimum donation \$5), followed by presentation & question & answer period. Pre-register by calling 905-852-7016.

Fri., Sept. 13: Udora-Leaskdale Lions Club All-You-Can-Eat

Spaghetti Dinner. 5:30 to 7:30 p.m. All you can eat spaghetti with garlic bread, Caesar salad, beverage & dessert. Cost: Adults \$15, youth age 12 to 6 \$5, children under age 6 free.

Sat., Sept. 14: Oak Ridges Trail Association Hike, 7 a.m. Al Shaw. 1 hr., 5+ km moderate pace hike. Join us for breakfast after the hike. Meet at the roadside parking on the west side of Conc. 6, 1.5 km south of Durham Rd. 21. Contact: Joan Taylor 905-477-2161

Sat., Sept. 14: Harvest & Produce Sale, Zephyr Community Centre, 9 a.m. - 2 p.m. Fresh produce and trunk sale items. The book sale is postponed until October, date to be announced.

Sat., Sept. 14: North Durham Nature Hawk Watch. 9 am. Meet at corner of Lakeridge Rd. & Reach St. Southwest corner. Learn your raptors with birding expert Geoff Carpenter. Free. Preregister: geoff.carpentier@gmail.com. Bring a lunch.

Sat., Sept. 14: Hello Fall Makers Market: Uxbridge Arena/Community Centre. 10 a.m. - 3 p.m. Shop a curated collection of 40+ vendors. \$4 at the door, \$3 with a non-perishable food donation. Kids under 12 free.

Sat., Sept. 14 & Sun., Sept. 15: Uxbridge Studio Tour. 10 a.m. - 6 p.m. Sat., 10 a.m. - 5 p.m. Sun. 24 studio locations & 61 artists. uxbridgestudio-tour.com

Sat., Sept. 14 & Sun., Sept. 15: Uxbridge Art on the Fringe. Uxbridge Historical Centre, 10 a.m. - 5 p.m. both days. Over 20 exhibitors selling paintings, ceramics, jewelry, textiles and more. Music & refreshments on site.

Sat., Sept. 14: Durham's Largest

Yoga in the Park for Charity. Elgin Park, 10:30 - 11:30 a.m. \$10 each/ \$5 for kids. Hosted by NRG4Life instructors. All ages & skill levels welcome. Bring your own mat and water bottle. Proceeds to Jennifer Ashleigh Children's Charity.

Sun., Sept. 15: Uxbridge Terry Fox Run. Elgin Park, 8:15 a.m. registration, 9 a.m. start. Register in person or online at terryfoxr.org All participants & dogs on leash welcome. Contact Maggie Ferraro at: mferraro@powergate.ca or call 416-678-9832 to volunteer, or if you have any questions.

NEXT WEEK

Mon., Sept. 16: Claremont Garden Club: Planting a Spectacular Spring Garden. Claremont United Church, 7 p.m. Guest speaker Dugald Cameron will focus on spring bulbs. Free for members, \$5 for guests. Visit claremontgardenclub.ca for further details.

Mon., Sept. 16: Quartz Crystal Sound Bath Meditation. Foster Memorial, 7:30 p.m. (no late arrivals). Facilitator Linda Lee Purvis. \$20. Pre-register at 905-640-3966.

Tues., Sept. 17: Seniors' Club Chicken Luncheon & Dessert. Uxbridge Seniors Centre, 12 noon. \$15

for members, tickets available at the Community Care office. Speaker Diane Dyke will be teaching meditation. No ticket sales at door.

Wed., Sept. 18: Oak Ridges Trail Association Hike, 9:30 a.m. Walker Woods West. 10+ km, fast, 2+ hr. hilly hike. Meet at parking lot on east side of Uxbridge Conc. 6, 2 km south of Durham Rd. 21 at Allbright Rd. Contact: Russ Burton 905-830-2862

Thurs., Sept. 19: Goodwood United Church Beef Dinner. Goodwood Community Centre, doors open 4:40 p.m. Roast beef, potatoes, veggies, dessert. \$20, tickets at the door. Take away available. For information call 905-640-3347.

Sun., Sept. 22: Victorian One-Act Plays: Stage Readings by Theatre on the Ridge. Uxbridge Historical Centre Fifth Line Church, 1 - 3 p.m. Cost: \$10

COMING UP is a free community bulletin board. If you have a community event for a charity or non-profit organization that you'd like us to mention (AS SPACE PERMITS), email Lvann@thecosmos.ca or call 905-852-1900.



Celebrate with us!
on Sunday,
September 22
12:30 - 3:30 pm

Family and friends of Linda and Bryan Shanks are invited to their home for a celebration of their
50th wedding anniversary
Best wishes only. Instead of 50th cards, please drop off a donation to your local food bank.



Happy 85th Birthday
Sept. 16th
Love always

Also celebrating our 60th wedding anniversary September 5th!

Police identify vehicle suspected in Uxbridge thefts

A suspect vehicle has been identified in a rash of vehicle-entry incidents in Uxbridge, and investigators are hoping the public can now help identify the suspects.

The thefts occurred overnight between July 30 and 31 on Bell St. Numerous unlocked vehicles were entered by multiple suspects, described as three males and one female. One male is described as white, about 5'9" tall, wearing a camo-style colourful shirt and light-coloured shorts.

Stolen items include ladies' shoes, jewelry and gift cards. The vehicle believed to be involved in these incidents is described as a four-door Honda Accord, possibly a 2005 model. A photo is available online at thecosmos.ca

In all cases, the doors to the vehicles targeted were unlocked. The DRPS strongly encourages citizens to lock their vehicle doors at night and to remove all valuable items.

The investigation is continuing. Anyone with new information is asked to contact Cst. Ratych of North Division at 1-888-579-1520 ext. 3818.

GRIEF SUPPORT GROUP

WE KNOW IT HURTS AND WE CARE

When you have lost someone you love, you may feel overwhelmed, isolated and confused. This is normal and there is help when you need it.

GriefShare is a program that provides caring, safe and gentle support in a group setting.

Please join us.
September 18 - December 11, 2019

Wednesday Evenings 7 - 9 p.m. at
St. Paul's Leaskdale, 12251 Regional Road #1

For information or to register
j.atkins@saintpauls.ca • (905) 852-5921
saintpauls.ca
under the CARE tab

WE'RE ALWAYS HERE TO 'MEAT' YOUR NEEDS!
VISIT US TO SEE WHAT'S ON SPECIAL THIS WEEK!



CHECK OUR WEBSITE FOR THIS WEEK'S SPECIALS!
www.themeatmerchant.ca

3 Brock Street West
OPEN SUNDAYS 11 a.m. - 4 p.m.

905-852-9892

UTS TREE CARE

SINCE 1981

- ISA Certified Arborists
- Hydro Line Clearing
- Bucket & Crane Trucks
- Stump Grinding
- Consulting
- Tree Pruning and Removals
- Fertilizing
- Planting and Plant Health Care

905-852-5313 UTSTreeCare.ca

Candidate Forum

Monday, September 16, 7:00 p.m.
Uxbridge Community Centre at the Uxbridge Arena
Meet the candidates running in the riding of Pickering-Uxbridge

Your questions for the candidates are welcome, and they will be handled by the moderator Ted Barris

Sponsored by
The Uxbridge COSMOS
38 Toronto Street North, Uxbridge
Tel: 905.852.1900 Email: Lvann@thecosmos.ca

The Uxbridge COSMOS

Volume 15 No. 36

YOUR UNIVERSE

Thursday, September 19, 2019



Patrick Bryant Broker of Record

SELL for as low as 1%

small commission **BIG RESULTS**

COMFLEX REALTY INC. BROKERAGE

www.comFLEX.ca



TREE POSE UNDER THE TREES - Dozens of people of all ages gathered in Elgin Park on Saturday morning for "Yoga in the Park for Charity." Certified Yoga instructors from local fitness centre NRG4Life led the one-hour outdoor session, and proceeds went to the Jennifer Ashleigh Children's Charity. *Photo by John Covers*

Find more @ thecosmos.ca

Books and Authors and even more books
Details on Orange Shirt Day

NEW DIMENSION EYE CARE
OPTOMETRIST

- ✓ Comprehensive eye exams
- ✓ Glasses
- ✓ Contact Lenses
- ✓ Vision Therapy

Remember to schedule your **Back-to-School Eye Exam**

29 Toronto St. S., #101, Uxbridge

905-852-7700
www.newdimensioneye.ca

Your Local Link to Real Estate

www.StacyKearley.com
Sales Representative

Listing Local Marketing Global

Re/Max All-Stars Realty Inc. Brokerage

47 Brock St. W., Uxbridge
905-852-6143
416-570-0393
www.stacykearley.com

Climate change, Pickering airport key issues during debate

by *Lisha Van Nieuwenhove*

Five federal election candidates played to a packed house on Monday night as they gathered to face the public and one another in the Uxbridge Community Centre at an all-candidates forum. Most were on cue, some forgot their lines, but all spent time in the spotlight.

The forum, which was presented and hosted by the *Cosmos*, gave an opportunity for the people of Uxbridge to hear from each of the five candidates for Pickering-Uxbridge: Jennifer O'Connell (Liberal), Corneliu Chisu (People's Party of Canada), Cyma Musarat (Conservative), Eileen Higdon (New Democratic Party), and Peter Forint (Green Party). Those attending the forum were given the opportunity to question the candidates, and the key issues of the evening quickly evolved to be climate change and the proposed Pickering airport.

When addressing climate change concerns, each candidate offered his or her party's approach to what Canada's next steps should be.

The Green Party's Peter Forint suggested putting together a cross-party group "to make change war-room style," and to "make it more convenient to do what's right, less convenient to do what's wrong." Liberal MP O'Connell defended her party's carbon tax, saying that putting a "price on pollution" has been effective in other parts of the world. NDP representative Higdon said she was concerned about the world she was leaving her children and grandchildren, and Conservative candidate Musarat quoted party platform from a binder, citing proposed tax credits and promises to meet Paris Accord targets.

PPC candidate Chisu warned that Canadians must not be "alarmist" when discussing the environment, and said he "compares talk about climate change to the time when everyone was saying that the earth was flat."

With regards to the airport, three of the party representatives said they were opposed to building an airport on Class A prime farmland. O'Connell stated that there was no business

case for an airport, Higdon said that she was "shocked that the region supported it," and Forint simply stated: "we don't need an airport," suggesting that a high-speed rail corridor between Windsor and Quebec was a better solution.

The remaining candidates were more undecided. Musarat said that, as a business woman, she could see the economic benefit of an airport, but "needed to know more" before deciding on whether one should be built. Chisu agreed that agriculture was important, but said that an airport was necessary in order to bring jobs to the region.

Other issues brought up by the public were the future of Canada's Indigenous people, and prospects for youth. Gun control was also briefly discussed, as was a national Pharmacare program.

The highlight of the evening, however, was when the candidates were invited to pose questions to one another.

...continued on page 6

Catch the Ace
PROGRESSIVE WEEKLY LOTTERY

THIS WEEK'S WINNER
LLOYD GAYMAN - \$520

PROJECTED JACKPOT
FOR NEXT WEEK'S DRAW: \$14,000

ONLY 28 CARDS LEFT
MAX 2000 TICKETS SOLD PER WEEK

Tickets available at **PharmaSave Uxbridge, Vince's Market Uxbridge, Canadian Tire Uxbridge, and Uxbridge Legion Br. 170**

Ontario Problem Gambling Hotline 1-888-230-3505.
Lottery rules at www.uxbridgerotary.com/catchtheace.
No one under 18 may purchase a ticket or win the lottery.

In support of

Rotary Club of Uxbridge **Jumpstart**

When the Bank says NO, call me!

Have or Need a Mortgage?
Call Tim Gardner 905-649-0250 Licensed Mortgage Agent M10001449

I work with multiple lenders to get **YOU** the best Interest Rate

Highlights of what I can do for you

- Self Employed
- Reverse Mortgages
- Alternative Lending Specialists
- Refinances
- Office/Industrial buildings

Ontario Lending Solutions Inc. Lic#13063

COLDWELL BANKER

Marie Persaud
Sales Representative
Coldwell Banker R.M.R.
Real Estate Brokerage

Direct: 416-970-8979
Office: 905-852-4338
www.mariepersaud.ca

BUNGALOW - Located in Sandford

Just over 2500 sq ft with 4 bedrooms, 3 baths, renovated home on 1/2 acre, large deck, muskoka room, family room. Attached 2 car garage, stunning sunsets, overlooking farmers fields. Offered for sale at \$879,900

Invite a friend to

think
chat
eat
laugh
connect
explore
question



We're running ALPHA!

Share life, faith and Jesus!



Alpha is a place to explore the Christian faith with others.

Two locations. Your Choice!

OSHAWA LOCATION

Starting Thurs, Sept. 26, 2019
6:30pm (dinner, video, chat)
1365 Raglan Rd. E., Oshawa
To register, call or text:
Linda 905-718-1521
Scott 416-659-0206

UXBRIDGE LOCATION

Starting Mon, Sept. 30, 2019
6:30pm (dessert, video, chat)
231 Brock St. W., Uxbridge
For Information:
905-852-3662
uxbap@uxbridgebaptist.com

www.tryalpha.ca

COMING UP

THIS WEEKEND

Thurs., Sept. 19: Goodwood United Church Beef Dinner. Goodwood Community Centre, doors open 4:40 p.m. Roast beef, potatoes, veggies, dessert. \$20, tickets at the door. Take away available. For information call 905-640-3347.

Sat., Sept. 21: Oak Ridges Trail Association Hike, 7 a.m. Al Shaw. 1 hr., 5+ km moderate pace hike. Join us for breakfast after the hike. Meet at the roadside parking on the west side of Conc. 6, 1.5 km south of Durham Rd. 21. Contact: Joan Taylor 905-477-2161

Sun., Sept. 22: Oak Ridges Trail Association Hike, 9:30 a.m. Leader's Choice. 2.5km; slow; 2hrs. A hike introducing the principals of forest bathing and explain the health benefits of being outdoors in nature. If possible, please bring a water-proof mat or something to sit on. Meet at Uxbridge Countryside Preserve parking behind Walmart, Uxbridge. Contact: Pat Baldwin 905-985-5257 (before 9 p.m.)

Sun., Sept. 22: Victorian One-Act Plays: Stage Readings by Theatre on the Ridge. Uxbridge Historical Centre Fifth Line Church, 1 - 3 p.m.

Cost: \$10

NEXT WEEK

Wed., Sept. 25: Bethesda-Reach Women's Institute Meeting. Epsom United Church, 7:30 p.m. Theme: "What makes a good citizen?" All ladies welcome.

Sat., Sept. 28: Fall Fantasies Bazaar. Udora United Church, 9 a.m. - 2 p.m. Featuring a variety of vendors, raffle, hot dogs & refreshments. For information contact 705-228-1191.

Sat., Sept. 28: Walk With Us - Sunrise walk event. Herrema Soccer Fields, 9:30 a.m. sign in BBQ lunch, raffle, bake sale & children's activities! Call 905-852-4192 or email info@sunriseuxbridge.com to sign up and get pledge forms. \$25 minimum pledge per walker, children 10yrs/older \$10, under 12 free

Sun., Sept. 29: Orange Shirt Day. Various activities throughout the day include: 10:30 a.m. - Ecumenical Service at St. Paul's Anglican Church, featuring Rev. Leigh Kearn, co-ordinator, Indigenous Ministries in the Anglican Church, & Matthew Stevens, cultural coordinator for Mississaugas of Scugog Island First Nation. 12 noon - Orange Shirt Walk

from Centennial Park to Trinity United Church. 12:30 - 1:45 p.m. Lunch at Trinity United Church (\$15 Advance Tickets Required) Tickets at participating churches. 2 p.m. Guest speaker Rev. Leigh Kearn. 2 - 4 p.m. - free concert (at Trinity United Church) More info: <http://maamawicollective.ca/OrangeShirt>

Sun., Sept. 29: Family Music Night. Uxbridge Baptist Church, 7 p.m. Presented by the Uxbridge Branch of the Canadian Bible Society, featuring the singing group "The Master's Four." A free will offering will be taken. Refreshments and fellowship to follow.

UPCOMING

Mon., Sept. 30: Uxbridge-Scott Historical Society Public Meeting "150 years of Free Masonry in Uxbridge". Zeredatha Lodge, 26 Spruce St., 7 p.m. Learn how Free Masons have been part of the Uxbridge community as they celebrate their 150th Birthday. Light refreshments will be served.

Wed., Oct. 2: Shuffleboard at Uxbridge Senior's Center begins, Mondays & Wednesdays, 9 a.m.

COMING UP is a free community bulletin board. If you have a community event for a charity or non-profit organization that you'd like us to mention (AS SPACE PERMITS), email Lvann@thecosmos.ca or call 905-852-1900.

Candidates go toe-to-toe, from page 1

Cyma Musarat asked O'Connell if she had been on the committee that shut down the justice committee's investigation into the SNC-Lavalin affair. O'Connell replied that she was never a member of the justice committee, but that she had filled in for

someone in her role as a parliamentary secretary during one day of the hearings. In response, Musarat emphatically claimed that O'Connell was "instrumental in shutting down that committee."

Corneliu Chisu also posed a question to O'Connell, asking her if she agreed with Prime Minister Justin Trudeau's statement that "Canada is a post-national state with no core

identity." O'Connell replied that her party felt that diversity was fundamental to Canada's identity, and that when politicians "play on the division of fear and use it as a political strategy, we aren't working together on solving the bigger problems."

Forint took the opportunity to question the Conservative practice of offering tax credits for various programs, rather than funding programs directly and reducing costs to the taxpayers that way. He didn't receive a direct answer from Musarat, however, as she only outlined how federal transfers would increase by three per cent over each of next three years.

Rogers TV recorded the evening's proceedings, and will air the forum at a future date - the *Cosmos* will announce the time as soon as it is received.

The federal election is scheduled to be held on Monday, Oct. 21.



ONTARIO WOMEN'S MINISTRY TEAM

Come and hear a dynamic presentation by Teen Challenge, featuring students sharing their amazing stories of freedom from addiction!

Sunday, Sept. 22
11:00 am

Family Worship Centre

15 Medd Road, Port Perry (Corner of Lakeridge and Medd Rd)

I STRENGTHEN MY COMMUNITY

www.tcgta.ca

70th Anniversary

If you see Ted and Corinne Croxall on September 24th please wish them a Happy 70th Anniversary

Love from Elizabeth & Bob, Rob & Karen and Kathy (and of course all the grandchildren and great grandchildren)



STEP FORWARD PHYSIOTHERAPY



- Sports injuries
- Joint pain
- Acupuncture
- Jaw pain

Located in Technology Square

905-852-1122

stepforwardphysio.com

Uxbridge Denture Clinic

VISIT OUR NEW WEBSITE

uxbridgedentureclinic.com

Alex Mitchell
DD Denturist

- Complete and Partial Dentures
- In-house Lab
- Free Consultations
- Free Parking
- Same day Reline and Repairs
- House calls within the Uxbridge area

2 CAMPBELL DRIVE
SUITE 307A, UXBRIDGE
905-852-5859



Am I Wrong?

column by Roger Varley

There's wisdom in old sayings

It's rare that I do follow-up columns, but I felt last week's column needed some clarification. (It did not appear in the printed version of the *Cosmos*, but is included in the on-line edition.)

I wrote about my week-long stay as an inpatient at the mental health ward at Markham Stouffville Hospital. During the course of that column, I made a number of criticisms about the way the ward operated. However, I want to make it crystal clear that in no way did I intend to discourage anyone from seeking professional help for depression, anxiety or any number of other mental health problems. The hospital staff at MSH are first-rate: it's just that in the mental health ward, they have to follow protocols set down by the bureaucrats.

Please don't delay if you feel the need to talk to someone and don't be afraid of the stigma that is often attached to mental health. Only after you've received help can you get a better understanding of what brought you to that point and only then can you start to deal with it.

The first few days back at home were tough. I was regularly experiencing waves of anxiety wash over me for no apparent reason; I could barely walk the short distance to The Tin Cup and I had trouble sleeping.

I realized I had to move my mind away from my troubles and stop brooding about things over which I had no control. So I have deliberately steered away from the news.

Looking back, I begin to wonder whether being in the news business most of my life has resulted in some kind of PTSD. I mean, years of writing and reading about murder, war, crime, corruption, injustice, disasters and so on must have an effect at some point.

I have also been helped by a simple mantra presented to me by my friend, Rev. Mark Kinghan. It simply entails repeating: "Ease my mind, clear my heart, focus on my centre." I say it over in my mind when I put my head on the pillow and it helps me fall asleep. And, for the most part, I

have managed to put out of my mind the events that originally led to my depression. As my psychiatrist said: "Why dwell on things you cannot change?"

However, one thing that appears to have helped me most is the old saying: "Laughter is the best medicine." Over the weekend, I binge-watched British comedy shows, including just about every YouTube video of Michael McIntyre. Almost three full days of laughing out loud, forgetting about all the misery in the world and just making myself feel good.

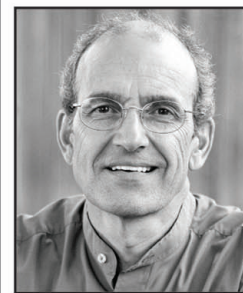
It appears to be working. The waves of anxiety have ceased (for the most part), I feel energized enough to run a few errands and I'm starting to eat a little bit more regularly and actually finishing my meals.

My other piece of advice to those hesitating to seek help, for one reason or another, is to find a support team. A support team is invaluable. I wrote last week about the goddess and the five angels. Well, they are still there for me, offering encouragement and strength. On my return from the hospital, two of my angels had short, handwritten notes waiting for me, both of which are now taped to the wall next to my computer. You could be surprised where you will find that support team. Mine came from the most unexpected sources and I was astonished at how willing they were to help.

But - no sugar-coating - it isn't easy. Just because I'm no longer in the ward doesn't mean I'm gaily running through meadows of flowers. I have to take it a step at a time and I realize it's going to take a while to feel fully confident again. But at least I haven't thought about suicide once since I left the hospital.

The scary thing is, it can happen to anyone. A nurse at the ward told me the rate of people with mental health issues is growing apace. If you know anyone who seems to be in need, a kind word and a comforting hug can do wonders. And don't be afraid to encourage them to seek help, if you think it may be necessary.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

We need grads, not geniuses

They crammed us into a single hall at the school. Often it was the high-school gymnasium filled with rows and rows of movable desks and chairs. We were allowed pencils, an eraser, a ruler and limitless sheets of what we used to call "foolscap" paper on which to write our answers. In came an adjudicator, who announced the name of the exam, the time available to complete it and strict guidelines for decorum during the exam.

"If we catch you cheating," the adjudicator announced, "we will disqualify your mark. You will fail the term."

In my day - back in the 1960s - these meat-grinding assemblies to test the cumulative knowledge of students at year's-end were known as "Departmentals." In other words, as our high-school experience came to a conclusion (at that time Grade 13), we wrote such exams for the core subjects of English, French, history, mathematics and the sciences (biology and chemistry) in order to pass. And our performance during these Departmentals determined our future at university, community college or technical school. To us mere students, that pressure seemed like a date with the hangman. No. To fail a Departmental was a fate worse than death. Or at least that's the way it seemed.

Just how real that anxiety and fear have become in Ontario's high schools and universities emerged at the University of Toronto late last winter. Students at the downtown campus of the U of T staged a demonstration in front of the president's office demanding greater access to mental health counselling. One of their own, a first-year student, had become so stressed in his studies that he'd taken his own life. So, suddenly, his classmates and fellow freshmen began expressing their own state of mind, including Brian Hao, a first-year political science student. "I've been dealing with depression and anxiety since Grade 10," he told CBC Radio in March. But he admitted that studies and life at one of the most prestigious universities in the country, the U of T, had simply ratcheted up the tension and self-doubt. Hao went on to explain, during exams in his final semester at high school, that he'd seen a doctor to keep himself safe, "because suicidal thoughts were there."

Certainly, cramming, writing exams, attaining grades sufficient to deliver entry to Canadian post-secondary education, affected us 50 years ago. I remember feeling crushed that I hadn't managed to achieve honours grades in some of my subjects, particularly math and sciences.

Meanwhile, all my studious classmates were chuffed that they'd maintained their honours standing right across the board. I felt as if I'd let my parents and my teachers down by falling short in biology and chemistry. Of course, it was self-inflicted punishment and pain. But consider suicide? Not even close.

This past weekend, students again gathered at the Bahen Centre on the U of T campus to mourn the death of another classmate. It was the third suicide at that centre in the past two years. As a stopgap, the university installed safety barriers around the balconies and stairwells at the Centre. Students left notes of condolence and sympathy, because for many of them it's not a matter of keeping up with fellow students (as it was for me), but a matter of survival. One U of T computer science student explained to CBC how much more competitive university grades are today.

"In computer science (in the first year) you have to get in the high 90s to get into second year," he said. "Of my 10 friends in the computer science program, only one will be eligible to graduate to the second year. Nine will have to drop out."

In other words, while in the early 1960s, I might have become the one in 10 who didn't score straight-As in my class, 50 years later, the university system is allowing only one in 10 to advance in a core program. Why would a system grooming tomorrow's leaders only want one successful graduate? What has become of Ontario's high-school and post-secondary education that it inflicts an atmosphere of losing on so many young people? I'm not advocating that we water down the system. But on the other hand, I don't think an inclusive, functioning society should demand that only one computer science genius succeeds, while it turns away nine other perfectly capable computer scientists.

Late in the 1960s, they finally dispensed with Departments in Ontario. In 1988, the province replaced Grade 13 with the Ontario Academic Credit, a fifth year for academic students and then phased that out completely in 2003. High school education was adapting to the times. Clearly, entry level post-secondary programs also need to adapt. The world won't be run by geniuses, but graduates who are challenged by and love their chosen field, but aren't expected to become latter-day Einsteins in order to succeed.

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

Did you miss the All-Candidates Forum?

Watch on Uxbridge-Scugog Rogers tv

Thursday, October 3, 6:00 p.m. and Monday, October 7, 1:00 p.m.

Also available on YouTube: <https://www.youtube.com/watch?v=eH1aWFGUtr8>





