### Winter one of the most dangerous times of the year

By Andrew Tutty

Halton Hills Accessibility Advisory Committee

Winter has many fun activities associated with it. Activities like skiing, skating, and tobogganing among others.

But winter is also a time of challenge for many persons with disabilities.

With the snow falling, sidewalks become impassible for people in wheelchairs, using mobility devices like walkers, or people with



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low vision or persons that are completely blind. The elderly face real danger as a slip or fall can be life threatening. This is why it is important that those who are physically able ensure their sidewalks are cleared in a timely manner. If a person is unable to use the sidewalks, they are essentially trapped indoors. They may not be able to mae critical doctor or other appointments, grocery shop, or simply go into the outdoors. With some portions of sidewalks not cleared, pedestrians are forced onto the road or deeper snow surfaces.

Some streets do not even have sidewalks. This forces people onto the street. Pedestrians and cars are not a safe mix. If the roads are plowed, the street is even narrower with the snow berms on either side of the road. These berms must be romoved from sidewalk and road intersection areas as they are a hazard for all, even the most able bodies.

Some municipalities are considering a

snow angel program where volunteers would shovel the sidewalks and driveways of persons who are not able to do so because of age or disability.

If people are not willing to shovel their walk, then the municipality should shovel it for them and then charge them for the service. Otherwise, the local municipality should clear all sidewalks and include this in local taxes. The cost spread over the entire tax base would be nominal and everyone would be able to enjoy the winter safely without the risk of injury.

# Ask the Professionals



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Can You Be Angry And Respectful At The Same Time?

When I work with couples, they often report resorting to verbal cruelty or behaving in intimidating ways to win an argument. While it may be effective for that specific argument, they lose sight of the fact that they are winning the fight and losing the relationship. What couples need to keep in mind is that they have a choice to make to "fight with all their might" and win or to be married.

Here are some of my favourite conflict resolution strategies for couples:

- Remain respectful by consciously choosing your words,
- 2. Commit to being kind and loving toward your spouse,
- 3. Remain calm,
- 4. Trust that you will work it out together,
- Respectfully ask for a 20 minute break when you find yourself getting angry,
- Read "The New Rules of Marriage, by Terry Real and learn about being a respectful spouse.

It is within your power to be respectful in spite of any angry feelings you may have. If you and your partner feel that you would benefit from learning new communication skills, Manon Dulude PhD, RP assists couples in building respectful, loving and thriving relationships. Contact Manon at 905-873-9393 to set up a confidential appointment.



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Zachary Fiddes

What is an easement and how do they affect my property?

An easement is a right that another person or company has over your land. For example, your neighbour could have an easement over a portion of your property to gain access to their property, like a shared driveway, or a utility company could have an easement over your property to build and maintain utilities that cross your backvard.

An easement often restricts your ability to build any structure on the land over the easement area since that will likely impede on the rights of whoever owns the easement. For example, you would not be able to build a pool if the cable company has an easement to install buried wires along half of your backyard, nor could you build a fence across a shared driveway if it impedes on your neighbours ability to access their house.

The rights and obligations described in any easements registered on a property are usually transferred to the new owners when the property is sold so when buying a new property it s a good idea to obtain an up to date survey that will show the location of any existing easements on the property.

A licensed Ontario Land Surveyor can describe what you own by preparing a survey of your property and can even stake out the limits of any easements on the ground if necessary. As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.

### **Patti Murphy**

PM Mediation 647.328.3167 www.pmmediation.com



Q: My spouse and I are having difficulties but therapy is not for me. What now?

A • In past years, couples experiencing conflict had only 2 paths to follow: counseling or divorce. But what if the couple didn t want an archaeological exploration of past family behavior or accept that the issues between them were so insurmountable that the only answer was to walk away? Then what?

The good news is there is another option: Couples Mediation. Its really more of a new application than a new process. Mediators have been helping couples resolve conflicts for years and it turns out these same skills can be used to avoid, rather than ease, divorce! This process is helpful for those couples that want to stay together. It differs from counseling or therapy in avoiding discussions of historical reasons behind problematic behaviors. It focuses instead on the specific areas of friction between the two partners, and teaches them how to communicate with one another more constructively, in order to find solutions. While a greater understanding of the others feelings may well be an important part of the conversations that lead to behavioral change, delving deeply into the reasons behind the behavior is in many cases unnecessary. A mutual willingness to do things differently in the future may well be enough! Also, for those uncomfortable with the idea of therapy, mediation appears as a more practical and therefore more desirable, approach to problem-solving.

Want to learn more? Let s talk!

Contact Patti Murphy at PM Mediation (www.pmmediation.com), patti@pmmediation.com or 647-328-3167.