

Big Move will take time, money

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needed to increase service goes through downtown Streetsville, for example, and would result in "significant community impact" there.

"It's going to take a significant investment—over a billion dollars over time—and it's going to take us a bit of time to do that, and we have to have an agreement with CP."

The next wave of projects in The Big Move plan include a Dundas St. Bus Rapid Transit which would connect Burlington to Oakville to Mississauga to Toronto and a Yonge North Subway Extension.

"We would like to carve off about 25 per cent of our available funds going forward to actually invest in local services and transit," said McCuaig.

The cost for the next wave McCuaig said is \$34 billion over the next 15 years. The big question, is how to pay for that.

He said in the past funding has come from transfer payments from federal and provincial governments, but he said "we

don't have a dedicated revenue source" like places such as London, Paris and Montreal. In London drivers pay a congestion charge when they drive into the city, in Paris there's a payroll tax where employers make a contribution based on their number of employees. Other options for collecting revenue for a transportation system mentioned might be sales tax, fuel tax, property tax and tolls.

Halton Hills Councillor Jane Fogal took part in a discussion about funding options and said they believe a charge could be included in people's income tax, but didn't support it being put on property taxes.

"The federal government has to be at the table along with the province," said Halton Hills Mayor Rick Bonnette, who also didn't want to see a charge on property taxes.

Metrolinx is to report to the Province and municipalities with its best advice on funding the next wave of projects.

For more information or to comment visit bigmove.ca



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Q: I am experiencing a number of symptoms that feel like I am having a heart attack. My physician assures me that in spite of my racing heart, I am fine. My GP suggested I talk to a therapist regarding anxiety. How can that help me?

A: Anxiety seems to have reached almost epidemic proportions in our community. Not a week goes by that I am not greeting a new client suffering from anxiety. Anxiety sufferers are both female and male; from children to seniors. Anxiety, a normal reaction to a stressor, is associated with feelings of fear, unease, panic and dread. It is often accompanied by sweating, shortness of breath, racing heart, crying, depression and what I refer to as a "smaller life" meaning that the sufferer begins to narrow their contact sphere—not wanting to go out socially; refusing to see friends and family and eventually taking a leave from work. Although the sufferer hopes that the anxiety and potential embarrassment can be contained by reducing outside involvement these approaches do not help.

Although you may feel like you are dying, I can assure you that in all the years I have worked with this problem I have never had a patient die of anxiety or a panic attack.

Anxiety is a normal reaction to a stressor. It is your body's way of trying to prepare you to deal with a high stress situation that will result in a fight or flight response. Everyone experiences anxiety regarding some stressors and the reactions that you are feeling is a normal and healthy response if not to this extreme.

Changing your thinking and learning anxiety reducing techniques will assist in coping with high anxiety. Just because you feel that a situation is stressful is not proof that it actually IS so bad. Once you start to fear a stressor, you create more anxiety when forced to face it. This is a very treatable problem and the longer you let it become entrenched the worse it will get for you.

Q: I broke my wrist and strained my back after slipping on the ice. Will easing back into normal day to day activities be enough to get me back to the way I was before?

A: Injuries such as yours are serious enough to warrant a consultation with a physiotherapist. Working with a physiotherapist now will ensure that you recover to the greatest extent that is possible. The degree of recovery that occurs spontaneously may allow you to be comfortable in your current lifestyle but not in the more physical spring and summer activities. Your physiotherapist will discuss your lifestyle with you and set you up with a program that will ensure that you can enjoy the upcoming spring and summer activities without disruption, comfortably and with confidence.

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow." - Mary Anne Radmacher

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