



**TOWNSHIP OF  
EAST ZORRA-  
TAVISTOCK**

**Tax Instalment**

Just a friendly reminder that the 1st instalment of interim taxes is due on February 27th. If you do not have your tax bill that was mailed at the end of January, please contact the Township Office.

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**EZT Website  
“Calendar of Events”**

EZT can help publicize your community event. Visit our “Contact” page on our website and send us the details of your event. If you are looking for upcoming events, visit our “Calendar of Events” to see what’s happening in your community!

# Eazy Talk

VOLUME 11, ISSUE 1

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## 2015 Budget Process

Township Council has started working on the 2015 Budget and Capital Forecast. Over the next several meetings, Council will be reviewing the budget documents and providing direction on priorities for expenditures. The Budget process is a public one and Council encourages residents to provide their comments. The main opportunities for public participation in the budget include speaking with a Councillor (contacts are on the back page), sending in written comments ([budget@ezt.ca](mailto:budget@ezt.ca)), making an appointment to address Council at a regular meeting or attending the Budget Public Meeting. All budget documents are posted on the Township’s website and are available prior to Council meetings.

February 4th Council Meeting	First Budget Report, Background and Context
February 18th Council Meeting	5 Year Capital Forecast
March 4th Council Meeting	2015 Operating Budget
March 18th Council Meeting	Further Review, direction on Public Meeting Presentation
April 1st Council Meeting @ 10:30 am	Budget Public Meeting, Further Review by Council, Budget Approval
May	Budget and Tax Rate By-law

The Township does go beyond the minimum requirements for giving notice about the budget. The mandatory budget public meeting was removed from the Municipal Act many years ago; however, the Township has continued to maintain this even though public attendance at the budget public meeting has been quite low. For further information, budget documents or any changes to the timeline, be sure to check the Township’s website at: <http://ezt.ca/budget>



Last year, \$10,529,273 was raised through property taxes, of which \$4,152,772 was for Township purposes. \$3,766,918 went to the County and \$2,609,583 went to School Boards. A typical residence paid about \$2,767 in property taxes last year. Of that amount, \$1,185 is used by the Township to help fund the following services: Roads, Police, Fire, Parks, Recreation, Drainage, Building and Protective Services. The balance or \$1,582 goes to the County and School Boards to help fund their operations.

### Ice and Water Safety

As winter gives way to longer days and more sunshine, there is also the danger of melting snow and spring rains which can quickly swell local rivers and streams. Supervision of children is of the utmost importance this time of year and consideration should also be given to keep all pets on a leash when in the vicinity of streams, ponds and ditches. Children and pets are naturally drawn to water. Playing around fast moving streams or standing water in ditches and ponds can be extremely hazardous. Weighed down by coats and boots, children can easily drown in just a few inches of water and it can take minutes for hypothermia to set in.

Remind your children of the dangers of playing near open water and the need for common sense. Do not run after your pet if they venture out on questionable ice.

### EZT Load Restriction

Load Restrictions on Township roadways take effect March 1st and run until the end of April. In accordance with By-Law #2005-46, during this time, most vehicles are restricted to 5 tonnes for each axle. Fuel and feed trucks are limited to 7.5 tonnes per axle and milk trucks are exempt. The reason for the load restriction is to minimize the deterioration of the road during the spring thaw. Equipment exceeding the weight restriction causes extensive damage to the roads, resulting in very high maintenance costs and increased liability. Although farm equipment is not included in this by-law, we request local farmers to consider spring thaw conditions when scheduling movement of commodities, machinery etc. This will help preserve your Township roads.

# Taking Care of our Firefighters

Frightening situations happen to everyone at some point. People can react in many different ways. They may feel nervous, have a difficult time sleeping, or go over the details of the situation in their mind. These thoughts or experiences are a normal reaction. They usually decrease over time and the people involved can go back to their daily lives. Post-traumatic stress disorder (PTSD) lasts much longer and can seriously disrupt a person's life. It is a mental illness involving exposure to a traumatic event. Something is traumatic when it is very frightening, overwhelming and causes a lot of distress. Trauma is often unexpected and many people say that they felt powerless to stop or change the event.

PTSD causes intrusive symptoms such as re-experiencing the traumatic event. Many will avoid things that remind them of the event. PTSD can make people feel very nervous or 'on edge' all the time. Many feel startled very easily, have a hard time concentrating, feel irritable, or have problems sleeping. They may often feel like something terrible is about to happen, even when they are safe. Some feel very numb and detached. They may feel like things around them aren't real, feel disconnected from their body or thoughts, or have a hard time feeling emotions. People also experience a change in their thoughts and mood related to the traumatic event. For some people, alcohol or drugs can be a way to cope with PTSD.

### Who does it affect?

While most people experience trauma at some point in their life, not all traumatic experiences lead to PTSD. Many factors including the length of time the trauma lasted, the number of other traumatic experiences in a person's life, their reaction to the event, and the kind of support they received after the event are all factors linked to PTSD. Some jobs or occupations put people in dangerous situations. Military personnel, first responders (police, firefighters, and paramedics), doctors, and nurses experience higher rates of PTSD than other professions. *Canadian Mental Health Association Ontario*

### Reflections from our Fire Departments...

Our volunteer firefighters are asked to drop everything and respond to our residents in their worst crises. When the event is over, they are expected to return to life as 'normal' and as if nothing happened. They often respond to family, friends and co-workers on their worst days. It is also important to remember that in some cases of PTSD, it may not be a specific event but the cumulative stresses of many events. While the incidents are tragic to the victims immediately involved, I know that many of our firefighters carry the sights, smells and sounds of those events with them for years, neatly tucked away as time goes by, only to have them re-appear with the slightest trigger. Try as we may, we cannot un-see what we have seen.

Here in Oxford County we are fortunate to have a volunteer organization to call upon in times of volunteer firefighter crisis. The Critical Incident Stress Management Team (CISM) consists of peer volunteers that can provide workshops, education and debriefings immediately after an incident for some of the distressing incidents that our firefighters attend.

Recently, the Tavistock Fire Department held one of these workshops and opened their doors to spouses and Council members in an effort for everyone to gain a better understanding how our firefighters manage to cope with these events. The CISM group explained the symptoms that emergency workers can go through with PTSD as well as strategies for both the firefighters and their families to support them through these traumatic experiences.

It was a great opportunity to educate ourselves and to understand that even in our own small communities, we are not immune to the disturbing effects of PTSD.

## Message from the Mayor



Having just finished thirty-five radiation treatments for prostate cancer I must thank the many people who have supported me on this journey. Their kindness and encouragement certainly sustained me during the trips to London and the unsettledness about potential side effects. I can report that I am feeling very well at the moment but will let the Doctors have their say after the three and six month follow-up visits. The outcomes for cancer patients today are so much more positive than even ten years ago and much of the credit goes to ongoing medical research and new treatment protocols. Not to be overlooked however, is the openness and acceptance of society to discuss the reality that cancer touches so many lives. This openness directly translates into community support for the cancer patient and their family, leading to the positive attitude that is so vital in achieving positive health results.

Please read the article on the previous page regarding PTSD. This is another great example of the need for open community awareness and discussion which will lead to support for our

firefighters and their families. In a society that is so focused on the individual, we need to remember we are very much social creatures. We need the love and support of our family and community to experience the fullness of all that life offers us. Thank-you to each one in East Zorra-Tavistock for being a supporter of community.

As you have read on page one of this newsletter your Council is working through the budget process and we welcome your input. We are also working on setting priorities for this four year term. While this process is ongoing it is quickly apparent that one of the priorities is Economic Development. Please read the article below for information on an initiative started last year. In order to foster a healthy and vibrant local economy it will take more than Council saying it is a priority. It will take more than a committee working on our behalf. It will take a fully engaged community. We can start by supporting and appreciating all the local businesses we have today. We can encourage and attract potential new businesses by being open and welcoming. We are not just growing a community; we are growing the place we call home!

## Rural Oxford Economic Development Corporation

You've recently been introduced to the newly formed economic development corporation, which serves rural Oxford (ROEDC). As the Economic Development Officer for this region, I'd like to take the opportunity to introduce you to some resources that you may not be familiar with.

When it comes to looking for a job or hiring employees, rural businesses and residents can find it difficult to find an effective mechanism to meet their needs. This is a challenge in all rural communities, and Oxford is not different. Until now!

In Oxford County, there is a fantastic tool available for employers. The online portal [www.workinoxford.ca](http://www.workinoxford.ca) provides a free online job posting service for Oxford employers, to assist them in fulfilling recruitment needs. If you are an Oxford employer and would like to post a job opportunity, we invite you to login using the login form and take advantage of this service. Once you have logged in, you will be directed to a convenient online form where details of your job or volunteer posting can be entered.

For job seekers, Oxford residents can search the list of current job opportunities that are available right here in our own community. Again, this is a free portal to use. The [workinoxford.ca](http://www.workinoxford.ca) website has recently been enhanced to include volunteer opportunities. If your community group is in need of volunteers, this is a great place to reach out to locals who are interested in volunteering their time.

Using this website is just one of the many tools and resources that the ROEDC supports in an effort to foster a healthy and vibrant local economy.

If you have further questions, do not hesitate to contact me:

**Bernia Wheaton**  
**Economic Development Officer, ROEDC**  
**Email:** [bernia@roedc.ca](mailto:bernia@roedc.ca)  
**Phone:** 226.228.8283  
**Website:** [www.roedc.ca](http://www.roedc.ca)

# Council

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Council meetings are held on the 1<sup>st</sup> Wednesday of the month at 10:00 am and the 3<sup>rd</sup> Wednesday of the month at 7:00 pm. All meetings are open to the public.

# Oxford Community Foundation

The Oxford Community Foundation was incorporated in 2002. It is an organization that oversees endowment funds and makes charitable grants to community organizations and charities based in Oxford County. A Community Foundation is an opportunity for people of all means to make a lasting difference in their community by providing flexible ways to ensure their charitable giving achieves the greatest possible impact. These funds can be directed to an extensive range of needs including Arts & Culture, Education, Environment, Health, Recreation and Social Services.

The organization is comprised of an appointed Board of Directors and community volunteers from across the county. These dedicated individuals represent a variety of backgrounds and volunteer professions. The Oxford Community Foundation has scheduled their Annual General Meeting and welcome all to attend. Details are as follows:

**Date:** May 6, 2015 at 7:00 pm

**Location:** Oxford Children's Aid Society, 712 Peel St.



ALL WELCOME! Presentations - 2014 grant recipients. The Board of Directors are interested in recruiting additional Board members. If you have questions, please contact the organization at 519.539.7447 or email [info@oxfordcommunityfoundation.org](mailto:info@oxfordcommunityfoundation.org).

## Dog Tag Reminder

The Canine Control By-Law (#2008-35) requires that all dogs within the Township have an identification tag affixed to them. It has been one year since the Township stopped selling dog tags. Dog owners can purchase tags from a variety of locations, such as pet stores, vets or online. The tags must include the dog owners name and phone number. More information can be added if you wish. While Microchips are great, they are only readable by people with chip readers, not your neighbour or someone that finds your dog.



## Office and Facility Contacts

### Township Office

90 Loveys Street  
Box 100  
Hickson ON N0J 1L0  
Phone: 519.462.2697  
Fax: 519.462.2961  
Email: [ezt@ezt.ca](mailto:ezt@ezt.ca)  
Website: [www.ezt.ca](http://www.ezt.ca)  
Office Hours: Mon - Fri  
8:30 - 12:00 & 1:00 - 4:30

### County of Oxford

Phone: 519.539.9800  
Website: [www.oxfordcounty.ca](http://www.oxfordcounty.ca)

### Tavistock & District Recreation Centre

Phone: 519.655.2102  
Fax: 519.655.3560

### Tavistock & District Memorial Hall

Phone: 519.655.9992  
For Bookings: 519.655.2102

### Innerkip Community Centre

Phone: 519.469.3889  
For Bookings: 519.539.1340

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