While we are doing a good job at keeping the spread of COVID-19 fairly stable, we are all anxious about case numbers climbing and having to go into lockdown again.

The reality is that COVID-19 remains in our community and we need to learn to live safely with it while a vaccine and treatments are developed.

As restrictions ease, we are slowly realizing that things aren’t back to normal and the pandemic is not over.

Limited numbers in stores, waiting in lines and waiting longer for service can be frustrating – but this is our new reality and the way it’s going to be for a while.

Anxiety, restlessness, fear and frustration – its what we are all feeling right now. It’s normal to be experiencing these emotions as we do the best we can to keep our friends, family and community safe.

It’s important to remember that all of us are experiencing these feelings and we must be patient and kind to one another.

I know when I extend kindness and understanding to others, I feel better myself.
So, as we head into the weekend, I ask you to:

- be kind to business owners, doing their best to reopen their businesses to serve you,
- be kind to others waiting in line,
- be kind to our front line workers, and
- be kind to our Regional and municipal employees who have been working tirelessly since the pandemic began.

Whether you are making a phone call, sending an email or posting to social media, please remember there are people working on the other end who are doing their best.

In closing, I ask that we not undo the progress that we have made so far and the many personal sacrifices that we have made over these past few months.

Like others around the world, we are all trying to find the balance between keeping COVID-19 in check and living our lives. I’m confident we can keep the positive momentum going…and continue to be kind while doing it.