

## Mayor's Message Mayor Carolyn Amyotte

Township of North Kawartha

P.O. Box 550, 280 Burleigh Street Apsley, ON K0L 1A0

Telephone: 705-931-1342, Fax: 705-656-4446

mayor@northkawartha.ca

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Mayor's Update #2

Mayor Carolyn Amyotte here with my 2nd Video Update. I am speaking to you on day 6 of my self-isolation from my quarantine cottage here on Eels Lake. While I planned my next update to be something a little more routine and fun like talking about road maintenance will driving a dump truck, this update is much more important. I cannot emphasize how serious this pandemic is. We are dealing with an infectious disease that spreads exponentially and silently. No matter where we think we are in terms of handling this pandemic we are actually two steps behind. We MUST do whatever we can to slow the spread of COVID-19 to protect the most vulnerable among us and ensure that our health care system does not collapse. The precautionary principle has to be applied by everyone. All people must act now to minimize the harm that COVID-19 will cause. However, this does not mean that we should let suspicion, fear and selfishness dictate our words and actions. The best piece of advice I've heard is this: You must behave as if you ARE infected with the virus and that you don't want to give it to anyone else. Think about it...Having this mindset will fundamentally change your behavior whether you are staying at home, still able to go to work, coming to the cottage to self-isolate, or travelling to get food, medicine and supplies. Go above and beyond to protect everybody else around you and you will protect yourself as well. This mindset is what guided me to self-isolate immediately upon my return to Canada last Sunday. If everyone puts the onus on themselves in this way it will foster empathy and understanding and discourage paranoia and fear. Always, but especially in times of crisis, we must act thoughtfully, and with patience and compassion. As an elected leader I want to thank all elected colleagues across Canada who are working tirelessly to make critical decisions and provide the necessary guidance and updates to keep

all our citizens safe. I especially want to thank our Prime Minister whose daily updates give me hope and confidence. He is self-isolating while caring for his wife, looking after his children AND leading our country in a time of great crisis. I am also grateful for the leadership and decision-making of Premier Ford. In fact I want to give them both a great big virtual hug. Seriously people, there are no party lines now. Canada, we are one nation in isolation, together. All levels of government are aiming to get relief to people as quickly as possible, so that we can stay isolated as long as possible. Please know that we are in constant communication, sharing information and making decisions in the best interests of our communities. This is incredibly challenging to do as the situation is constantly changing and the severity continues to grow. So I implore everyone-Do your part. Let's not force our governments to take away what little freedom we currently have because some of us can't be bothered to follow the rules. Being isolated is not easy folks. I am an extrovert and this is a real struggle for me. It's hard not to get depressed, but I am a positive person by nature and I always seek out the silver lining in everything. I am so proud when I see all the amazing ways that people are coping and helping and caring for each other. This leads me to the biggest reason why I am doing this update. I want to say thank you to all of you. Thank you to North Kawartha township staff and volunteers for their dedication to keep core community functions and services available. Administration, Building and Planning, Parks and Rec, Roads, Waste, the Library, our volunteer firefighters. Thank you to everyone in every department who is doing their part to serve our community. Thank you to our local businesses and employers that are taking extraordinary measures to protect their staff and customers, while working overtime to provide the goods and services we all need. Our local grocery store Sayers Foods: Rick, Jeff, Barb all your staff-you guys are ROCK STARS right now. I look forward to sharing your updates every single day. Seriously, the efforts you are making and the example you are setting is an inspiration to all of us. Thank you to the community organizations and our volunteers like community care, our seniors groups, the lions, the food bank, the legion, all of you who are taking care of those of us that were already isolated and vulnerable. Thank you to our year round residents that are helping our seasonal residents return to North Kawartha by dropping off vehicles at the airport with a supply of groceries in them. Stocking their cottages and homes with the necessary supplies, getting the water turned on, the fires

going and making it as easy as possible for them to self-isolate for the required 14 days. Thank you to my husband Jeff and my daughters Halle and Natasia who are making my quarantine as easy as possible. Thank you to everyone who, like me, is self-isolating to protect us all. I could go on for days saying thank you, because there are so many that deserve it. Please know that each and every single effort that you all are making to protect others and stop the spread of this virus is so important and appreciated. Finally I want to share with you the best silver lining that I have discovered so far in all of this. I love the irony of being isolated right now and yet feeling so connected. The sense of togetherness, community spirit and national unity makes my heart burst with pride. I have complete faith that we will get through this and be a stronger, more resilient community and country because of it. Please stay safe and take care of each other. Thank you. Mayor Carolyn Amyotte