## **Updated Mayor's Message**



## 2020-03-23

My wife Sandy and I trust that you are coping as well as can be expected in these trying times and that you and your family remain symptom free of the covid-19 virus.

It is important for your physical and mental health to maintain regular routines in terms of diet, nutrition and exercise. Spending some time daily outdoors enjoying the sunshine and fresh air, engaging in some form of exercise and getting sufficient sleep are things that you can easily do.

As a reminder, we ask that individual do not visit our Village office. You can contact the Village by telephone, fax or email, and of course through the Village post box. The community hall remains closed.

If any member of our community has been unable to have a neighbour, friend or family member do your shopping or errands, kindly contact the Village office by telephone and we will see what we can do to connect you for such services.

Stay safe, practice regular hygiene and hand-washing routines and be kind to each other.

Gordon Drybrough, Mayor