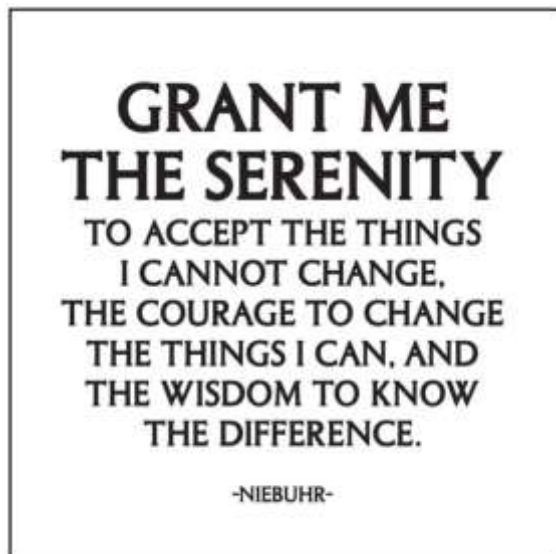


Berkeley Castle Covid 19 - Tenant Update

55 - April 7, 2021

Hmmm. It's been a week full of depressing news and I really haven't known what to say. And, for those of you who know me well, I'm sure you have a little smirk on your face right now, as you all know that I am rarely at a loss for words, so the week must have been awful. First it was the announcement of the third lockdown, then a weekend of rapidly rising covid cases in Ontario, ICU's that are being stretched to their limits, and more data confirming that the variants spread so much more easily. Yesterday on top of it all, the school closures because our kids and teachers can't be kept safe. It's been enough to make even the most optimistic people depressed and anxious. So, in a grand effort to lift the depression, and remove some of the anxiety, this week, I submit the following:



The serenity prayer/poem works well for us today:

I have to accept that there are still people out there who don't understand or follow the "rules". I have to accept how the government is handling the pandemic as I don't have the power to get them to change anything I don't agree with. I can, however, keep me and my bubble safe by following all the appropriate safety protocols, and by helping to make sure that friends and family members get vaccinated as soon as possible. I have to know the things that I can do, that will make a difference, and feel good about that.

Optimistic people are happier - and its something you can learn:

In my news feed today I saw an article whose headline essentially said that optimistic people live longer, get sick less often, are happier, and even make more money. The best part was that it said this is a skill that you can learn. Of course, now that I want to give you the link, I can't find it. Instead, here are three links to different sites that either briefly, or in detail can help you be more positive. [on the road to happiness](#) [happier human](#) [pursuit of happiness](#)

If you are only going to click one link today: [click this one! - I dare 'ya](#)

Because you will need this for when you qualify, I'll include it every week: [Link](#) to book a vaccine
Info changes weekly about who qualifies: (some GTA postal codes now qualify for 45 +) [April 6 update](#)

Now, GET UP & DANCE - 'cause if you clicked that link, you won't be able to help yourself. Stay safe,

Linda Leistner

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