

There is no plan for COVID to be over. Two weeks to flatten the curve is now three years and counting. They are capitalizing on their crimes and YOU are their return on "investment". Restrictions are returning for the fall. DO NOT COMPLY!

June 19th as summer started this year, everyone in Alberta finally took a breath – mask free. People were ecstatic that the last visible sign of COVID was removed. We should all have known better. Let's give people the benefit of the doubt for 2020. Fool me year 2021 – shame on you. Fool me 2022 – shame on me. We are now in 2023 – shame on anyone who falls for this insanity again at the cost of us all.

You should never be more on your guard than when things seem to get better. You don't have to look hard to find that all the legislation is in place to bring back every restriction and more from 2020 but now our tyrannical government has cemented over every hairline crack in this never-ending crisis. Take masking directive HCS-267 which gave those who cannot or will not wear a mask, those like my mum and her designated supports where communication was an issue, like David whose lung deficiency means he would pass out as fast as he put on a mask, those who have been victims of assault or suffer from anxiety where a mask would be traumatizing, anyone in fact who cannot or will not wear a mask has now been left with no recourse, thanks to Danielle Smith. On her watch, that masking directive is now password protected, inaccessible to the public. What happens now as masking makes a comeback in hospitals? Do we have to fight for essential treatment in a medical emergency, even for everyday care? Does our family have to call the police to attend when we refuse to mask to care for my mum in person this fall? We have all the documentary evidence in place to show that testing, masking, isolation and more are unlawful without fully informed consent. That my mother's centre broke the very rules for masking they used to exclude David for three years staff there eating unmasked in a communal area while he had to provide virtual support for my mother from the car park outside. You thought masking was over? We've told you for months now that they have doubled down on it in the background – 2 "cases" (whether symptomatic or testing positive with ANY respiratory illness locks down a care home or medical facility. Still don't believe it? This week on Monday, St Michael's Long Term Care Centre (a facility with 153 beds) here in Edmonton declared an outbreak for just two "cases" and has fully locked down the centre with graded protocols from room to room and floor to floor. This will cause chaos for residents, families and staff – what does that mean for the poor souls that call it their home? The letter to families reads:

"Continuous masking {surgical mask} and continuous eye protection is required for all staff, students, volunteers, visitors entering 2nd Floor for the duration of outbreak."

"Families visiting a resident on isolation are required to wear gown, gloves, KN95 mask and eye protection." Note not a surgical mask, a KN95 (the cheap version from China, not the Niosh approved N95) I wonder who is expected to pay for or provide these new masks? And why the difference between what staff and visitors are required to wear when neither mask is any use? Worse than that, ALL masks worn as they are for COVID19, cause harm.

The mail out also states that "Outbreak could be lifted tentatively on September 4, if there are

no new cases." From everything we have seen in my mum's care home over the last three years, these outbreaks roll on for weeks on end, test after test, new case after new case, residents isolated, neglected, left to suffer and die. Not from a virus but from the very protocols meant to keep them "safe". This is focused protection. Saving society's most vulnerable – to death. And of course, there will be the added bonus of more boosters just to accelerate an already alarming death count. Outbreak or not, for God's sake, do not leave a vulnerable person in a care home without in person support this winter.

A friend who works in multiple clinics in Edmonton told us this week that she is seeing more patients daily wearing masks and people constantly asking for boosters. We also visited Stan in the Misericordia hospital last Friday who many of you will remember from our protests. He is recovering well. This time at least, he has received appropriate medical care including no pressure to test or vaccinate. We did question why isolation signs were posted outside his room though. Multiple staff couldn't answer as to why but finally agreed there was no reason for him to be on isolation. If you visit a medical facility and see things that don't make sense, start asking questions. Again, 50% of the staff on this unit were masked despite NO requirement to do so. How fast do you think we will revert to full compliance when the hammer comes down on this sooner than you think?

Stay as healthy as possible this fall. Follow your own trusted regimes for optimum health – good diet, rest, exercise, recreation and the best medicine of all, quality time with family and friends. Remember all you used to do for colds and flu before 2020 – wash your hands, stay home till you feel better, but get medical attention if symptoms persist longer than expected. Never, I repeat NEVER leave anyone you love in a hospital or care home without an advocate who is willing to go to bat for you. For three years now, fear has been used to exclude family from their loved ones. This can never be tolerated. COVID protocols can never be used to deny in person support for anyone in medical distress. Stand your ground. Your advocacy and action may well mean the difference between life and death for someone you love. On a very positive personal note, I've heard from countless people who bought into the narrative who are refusing to comply anymore – no masking, testing, isolation and most importantly, COVID vaccinations. Those of us who saw through the lies from the start were few and fortunate. For most though, the reality of how they have been beyond wronged has come at the highest price and only through bitter experience. It takes courage to reverse course, to break free from three years of brute force programming from every direction. But every person who refuses to comply is one more ally in the fight for all our lives.

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