England and Scotland are in the throes of COVID inquiries. The testimonies of Matt Hancock and Dominic Cummings are nothing more than stage setting, priming the public for "earlier, harder and longer" future restrictions. This is already happening, hidden in plain sight, as outbreak protocols continue to cause havoc in hospitals and care homes with the lie that is "focused protection". Sacrifice under the guise of safety. And meanwhile, every inquiry distracts from rising excess deaths, from vaccinations administered by coercion and with uninformed consent. These inquiries are a whitewash of what has really happened. They are all political theatre at its finest where elected officials appear hand-wringing, finger pointing and playing to a public gallery now clamouring for further restrictive measures for the future. To the public – you are being played, toyed with like mice. You have been from the start. How does anyone not see that this is all an act as governments worldwide are burying the evidence of past crimes, rewriting history, pushing the same punishing policies, testing for "cases", masking, isolating and vaccinating to guarantee this never ends? If you aren't questioning EVERYTHING that has been done to society since 2020, if you believe ANY politician, lawyer or freedom fighter will save you, if you are sitting on the sidelines screaming "I will not comply", if you believe you can ignore your way out of this, YOU are part of the problem.

Left or right of the political spectrum, governments the world over have followed the same lockdown plan. They always were and still are "all in this together." The insanity continues to this day under the guise of "focused protection" for those in care. The truth is that COVID PROTOCOLS KILL! And this is the tip of the iceberg of what CONTINUES to be inflicted on the most vulnerable in the name of "safety". COVID protocols not COVID per se have resulted in unimaginable suffering and death for those in care homes. Since 2020, under the guise of protection, medical appointments have been denied/delayed, in person physician visits discouraged, early treatment with antibiotics refused, ventilation and drugs known to depress respiration have been used inappropriately, masking carers has created communication challenges and hindered actual safe and effective care, oversight and input from family/friends has been removed, socialization of any kind has been demonized, leaving residents forced into endless, prolonged periods of isolation, left neglected and alone, deprived of basic hygiene, hydration and nutrition, symptomatic patients have been transferred into LTC under written policies to do so - this was designed to drive up "cases", residents have been subjected to repeated COVID tests - and coerced into vaccinations by uninformed consent. We have documented all this and more from the first lockdown in March 2020. Evidence was sent to every MP across Canada. It was ignored. When the truth is finally told, when people finally come to understand that what happened and IS STILL HAPPENING in care homes causes AVOIDABLE suffering and death (the model used to lock down the rest of society), heads should roll. Expose the lie that was "saving grandma" and the rest of the COVID charade falls apart.

In the Scottish inquiry, I watched four ladies speak from The Scottish Bereaved and Care Home Relatives group. Their testimonies were heartfelt and exposed much of what has been wrought on residents in care since 2020. But even the presiding judge at the end of testimony questioned why they would plead for only one Essential Person to be granted unrestricted access. One lady's response summed up why we will never escape this insanity. She stated that they were "worn down as families, scared to ask for more than the basics, to push our luck." It was reminiscent of the famous scene from

Oliver Twist "Please sir, I want some more." Begging for the bare minimum is a death sentence for us all. Appealing for mercy to those who have enacted these tyrannical measures is false hope at its worst. Now, we will be permitted to visit our loved ones in crisis only with absolute adherence to all Infection Prevention Control protocols. The very protocols proven to cause suffering and death. Testing, masking, isolation, vaccination - this will be life for the most vulnerable, those with no voice or choice. If you buy into the premise that any of this is acceptable, you are complicit in the continued destruction of humanity.

One family member on my mother's unit gave me the greatest hope this week. Her husband suffered a catastrophic brain injury which has left him in an almost vegetative state. He can't talk, walk and is totally dependent on staff and his family for care. In 2020, his wife fully bought into the fear narrative. She tested, masked, vaccinated, isolated, literally fled when she saw me in the hallways. We were that family, the talk of the centre, the ones who not only refused to comply but went head-to-head with authorities on what we knew was the real threat to residents. She has come full circle seeing our mother thrive, understanding finally that protocols implemented to save are in reality causing the worst harm. This week, she went to war. She arrived to care for her husband to be met with PPE hanging from his door, the sanitation cart, the signs indicating he had been put on isolation. She assessed her husband and recognized no difference in his condition. She saw red. She demanded to speak to an RN asking why her husband had been put on isolation when she had only seen him the day before and his health status was unchanged. She was told he had "appeared" unwell and so protocols had been put in place. She called them on it all, demanded all the offending PPE be removed, told them she knew how this would unfold, that 2 resident "cases" would lock down the unit for everyone, that her husband and her family would have no part in this anymore. Staff removed all the PPE. This lady is a true hero. She has come from the worst place of fear, found real courage and chosen to act to protect her loved one. A man left with no voice or choice. While you live your life, thinking this is all over, remember her story. One day, this may well be you.

To Alberta Justice and the Alberta government. We know you're listening to every word we say. We noticed that Alberta Health quietly removed the You Tube video by a young Chinese influencer demonstrating how to mask a child this week after David has called it out from the start. What a shameful, silent admission by stealth of its liability and your culpability. But all the advice for masking children two years and up remains.

Absolute truth is the only way this ends. Every one of us has to account for our actions since this started. The truth is ugly. The truth hurts. But the truth has to be told. Stand up, speak up, act, demand accountability from everyone who has participated, promoted and profited from this insanity. Every family who has suffered a bereavement since 2020 needs to have clarification and, if necessary, re-evaluation on actual cause of death. We need investigations NOT inquiries. This is NOT OVER. By a long shot.