

Who is driving your health decisions? The government? Health experts? MSM? Family? Friends? Peers? A healthy life requires you to be the driver – for yourself and especially for those in your charge.

How we care for the most vulnerable in our lives from cradle to grave speaks to the heart of who we are. There is no greater responsibility than a decision we make on behalf of someone else, whether for our children, our aging parents, or any vulnerable person who depends on us for support.

For three years now, we've been reliably UNinformed that social distancing, masks, vaccines and isolation were our way out of COVID. All were lies. Data from the governments' own sources and real-world experience demonstrates that every protocol deployed for COVID has proved useless at best and downright dangerous at worst. The signs were all there from the start. Decision makers and protectors of society paid to do their job get no pass on this. Tragically, most of the general population complied - without question. Driven by fear, incentivization, encouragement for the "common good", a threat to their jobs, professional licences, their reputation, separation/ostracization by those they love, a need to travel, to go to school, to play sports, because they were shamed, blamed, defamed if they didn't take the shot, because they were bombarded daily by programming, propaganda and pressure from every angle. How many of you listening fall into one of these groups? Is it any wonder why most people rolled up their sleeve? But not one single person took that shot with FULLY INFORMED CONSENT. No one who fully understood the risks would have taken it. A few of us knew - and refused. But whether we took a shot or not, we have all paid a price beyond words for what has happened in the last three years. We were all forced into choices we should never have had to make. Every choice came at a cost. But the choices you make heading into fall will decide the fate of us all.

Our children return to school this week. Parents are prepared. Or are they? How many will read and understand every line of the forms that they are asked to sign for the health and safety of their child? If they don't and sign anyway, they are providing UNINFORMED CONSENT. How many will be blindsided by a Quadrivalent Flu Shot and untested COVID shot (for a strain that will not even exist) recommended by Alberta Health to be given ON THE SAME DAY... WHAT COULD GO WRONG WITH THAT! This is a classic bait and switch – offer a Flu vaccine and get a COVID vaccine too. Give new Flu and COVID vaccines the same day. This way no one knows which caused the AEFI (or worse). The targets for this double shot program are 5 years and up, the never-vaccinated, care home residents and staff, and the immunocompromised. Direction by Alberta Health to Blue Cross states: "...every opportunity to co-administer influenza and COVID-19 vaccines should be taken. Individuals five years of age and older can receive both vaccines on the same day using different injection sites and separate needles and syringes."

The most recent bulletin from the Alberta government "encourages EVERYONE 6 months of age and older to get both flu and COVID vaccines" also noting that children under 5 years of age must get these vaccines at an AHS clinic or participating doctor's office. Encourage... there's that word again. This is NOT encouragement, it's COERCION! All this is happening with no notice, fast-tracked, right before school starts, as families are pressured and may well react rather than critically review. All this is happening at the same time as THIS government under you, Danielle Smith, has published NO DATA FOR FIVE WEEKS FOR PARENTS TO MAKE INFORMED DECISIONS. No hard sell this time round though. Shots by stealth. An ambush, all by design. It is a wilful attempt to catch people off guard. None of this is transparent. None of this is for safety. And none of this is a framework for fully INFORMED CONSENT.

The fall roll out is happening in lockstep across the world.

The NHS in the UK states that “Flu vaccinations for 2-3-year-olds, school-age children (reception to year 11) and children in clinical risk groups must start from 1 September 2023 or as early as possible after the vaccine becomes available...”, “GPs and School Aged Immunization Service providers should also take the opportunity to check children’s MMR status and offer vaccination if not up to date, as well as signpost to COVID-19 vaccination services for those who are eligible. This is particularly important in areas with low uptake and for those who are immunocompromised.” Again, what are they doing? Targeting the youngest, the unvaccinated, rolling multiple vaccinations together, untested.

And what is the NHS plan for ADULTS in the UK? Vaccinations are now set to start on September 11<sup>th</sup> with adult care home residents and those deemed “most at risk” to receive shots first.

This goes against the National Advisory Committee on Immunization [NACI] in Canada recommending that people who are immunocompromised NOT get vaccinated”.

There is no definitive timeline yet for care home resident vaccinations here but be sure it’s coming.

Outbreak protocols are already in effect in care homes and hospitals though. They never really went away. The only warning anyone will get is when they walk through the door and the restrictions hit them in the face in the form of not a surgical but N95 mask. Or when they are relegated to a room in full PPE for no given reason save in some cases for a sniffle. And no explanation will be provided. Welcome to fall and restrictions by stealth - for our health and safety.

The gold standard for any medical treatment is Informed Consent. Given that we are walking blind into winter this year - with no information on COVID protocols like masking now accessible to the public, with data delayed, manipulated or outright deleted by this government - Informed Consent is being wilfully and maliciously withheld. That leaves us with Informed DISSENT, openly questioning and if necessary refusing to comply with any directive that make no sense. Passive compliance has to become active defiance. We can no longer be held hostage to protocols that put both ourselves and those we love in harm’s way.

What choice will there be for DSP’s (family attending to their loved ones in a care home or hospital on outbreak when seeing them is like prison visitation? Residents and patients confined to rooms that are now effectively jail cells. As per St Michael’s in Edmonton’s internal memo, residents will be denied therapies, recreation, church activities and group activities. They will face 10 days isolation with rolling extensions to that timeline at the whim of a Zone Medical Officer - for what amounts to a cold. Someone explain to me how this is care? Quality of life for those with limited time left? It’s nothing less than cruel and inhuman punishment.

So where do you stand? Will you stand? How will you stand when the hammer falls in the fall?

I will guard my grandchildren from all this in every way possible. I will never see my mother tested, masked, isolated or vaccinated as per any COVID protocols in her care facility, the place she calls her home. I will be a voice, an advocate and ACT for those who have no ability to protect themselves. I’m thankful for a family, friends and care centre who have, for the most part, respected our position (with a sharp redirect when required). I’m most grateful that my mum who turns 80 this October is thriving, that David’s health is stable and even improving, all due to relentless advocacy and action against this madness for three years and counting. Get behind the wheel and drive your own health. Listen to your body, your inner voice of reason, that gut instinct that has guided the best decisions you have made for yourself and others. And go fearlessly into fall with a healthy dose of INFORMED CONSENT.