

Not a word from our Premier Danielle Smith or Health Minister Adriana LaGrange on anything relating to respiratory viruses, vaccinations for the fall, COVID data (absent now for six weeks and counting), masking (HCS 267 remains password protected and isn't even accessible to healthcare professionals never mind the public). What is going on, Danielle? Children are now back in school. What is the plan for them when outbreaks occur? Our hospitals and care homes are already on outbreak (St. Michael's Long Term Care has just extended their initial lockdown which should have been lifted Sept 4th. Back to testing, cases and rolling restrictions, a wash, rinse and repeat cycle of the last three years. There are outbreaks in the U of A, Alberta Hospital, the Royal Alex, Misericordia, LeDuc hospital and other outlying facilities. Where is the promised updated dashboard to include RSV, flu and COVID stats? Why has the public been left in the dark about plans which are already in the works for the fall? Albertans have less information now than ever before to make informed decisions for their health.

If you have a loved one in a care facility, make sure you have a plan for the winter. Testing, masks, isolation and vaccination all started first with this most vulnerable population. They were easy targets for coercion and uninformed consent. This week, we spoke to a senior member of staff at my mum's care centre. All they've been told so far is that flu shots will be rolled out. No word yet on COVID shots for residents or staff. My mother's care team are well aware that we need to be informed when any vaccine rollout will be taking place so we can make arrangements to take my mum home that day. We have reiterated that, as per the last three years, our mum will not be tested, masked or vaccinated and there will be updated signage posted on the door to her room. We have plans in place including bringing her home should any isolation be implemented. If mum presents with respiratory symptoms, early intervention with antibiotics, as has been the response for over a decade, is to be the standard for her care. She turns 80 this October and remains in excellent health. I cannot overstate that in person oversight in the coming months, especially if someone in a care facility becomes sick, is essential. When we took a stand for our mother three years ago, against all advice for COVID, we were in the minority. Staff were genuinely afraid and concerned about our choices. But not anymore. Mum is a living testament to what should have been the response in 2020 – tried, tested and trusted measures of good care, appropriate treatment, in person doctor visits, rest, fluids, family support and back to normal activities as soon as she felt better. No testing, masking, prolonged isolation or vaccination. All have caused harm to those deemed most at risk from any virus. All were beyond unnecessary for the general population, especially our children. All of it needs to end. Now.

The tide of public opinion is turning though. I am seeing a huge shift in attitude as people are learning, becoming more discerning and are finally starting to voice their concerns about all that has happened since 2020. Amongst our own family and friends, there is a willingness to

look at the evidence, real world experience is encouraging them to question, there are changes in how they are managing their health. I want to share two conversations I have had this week. The first is from a friend, a pilot for a major airline here in Canada. Like most of the population, he held out before being vaccinated, taking a cautious, wait-and see approach. Finally, like so many, he was coerced into taking two shots or face losing his job. Since being vaccinated, he has had more time off sick than ever before, cycling through one respiratory virus after the next. As per airline policy, when he became sick en route, he was required to isolate in a hotel room before finally being cleared to fly by an airline doctor. It was continuous bouts of illness that prompted him to read David's research. It is important to say here that this is a man who has no time for subjective opinion. His profession relies entirely on precision, accuracy and nothing but pure data. He spent weeks analyzing David's information, following all the sources and links. And doing his own independent research. His worst fears were confirmed. He bitterly regrets his decision to take the shots and fears for his future health. There are many in his industry who feel the same. In response, he has spearheaded a group of parents who are sharing their concerns. Together, they are networking with others and looking into ways to try and safeguard their families. This pilot has chosen to be fully informed for any future medical interventions for his family, to homeschool his children. He is acutely aware at last of what is at stake. He is not alone. The second message I'd like to share is from a parent who took her three-year-old for a pediatric appointment here in Edmonton. All went well with necessary tests and a comprehensive treatment plan for the child. But what was most telling was what was NOT mentioned in the appointment. This pediatrician is known as a staunch advocate for vaccination. But there was no mention of a COVID vaccine, in fact of ANY vaccine. I don't know quite what to take away from this. I would hope that healthcare professionals are finally willing to look hard at the entire question of vaccinations for our children, their role in the vaccination program and what truly matters most for parent and child – that all medical decisions are made with FULLY INFORMED CONSENT.

I can hear the clamour from those who saw this from the start of 'why has this taken so long'? But bitter experience is tragically the way most of us learn. Going into my mother's care home was my reality check. Those poor souls were the first to be impacted by restrictions. I was forewarned and forearmed. Everyone has journeyed through this by experience. But now there is no excuse for anyone. The evidence is everywhere. Find your voice, make the right choice, speak up and act. Will you mask again, get a shot again, comply with mandates that make no sense again - when hindsight IS 2020? Or will you rise to the challenge, have the courage, the conviction to make fully informed decisions for you and your loved ones. They have reduced us to three years of existence. It's past time to take back our lives.