One thing I've learned about living in Alberta is to make the most of our brief but beautiful summers. But to be prepared for the fall. In what seems to be a "restriction free 2023" here in Alberta, it is easy to ignore what came before, what is actually happening now and be ILL-prepared for what is coming next.

Not that I needed a reality check, but this week there were a few timely reminders that the last three years of insanity is far from over. I went to our local hospital in Devon for routine lab tests. No mask required for the visit but this sign (the one we showed here two weeks ago) was posted under a stop sign at the point of entry to the hospital. What does it mean? Infection Prevention and Control Risk Assessment is required for EVERY patient, PPE to be used as required. Two symptomatic "cases" or two positive tests in a seven-day period triggers mandatory continuous masking, goggles and daily testing for residents and patients. IV infusion machines have the word PANDEMIC plastered all over them. Remember this Alberta policy applies to ANY virus now, not just COVID. This change was brought in by AHS under Jason Copping in Sept. 23<sup>rd,</sup> 2022 and is still in effect under Danielle Smith.

But it is all over, we are told... does this sound like it's over to you?

Next a visit to see my Mum in her care home where we were met for the most part by a sea of smiling faces. Just one security guard on patrol still masked and wearing surgical gloves. But despite a sign specifically asking those caring for my mum to NOT wear a mask (she lips reads and responds to facial cues after a major stroke), one of her evening carers still wore a mask. I asked the carer if she was wearing the mask by choice. She said she was. I explained to her why her wearing a mask was preventing her from providing my mum with safe and effective care. If HCP's don't understand by now the dangers to themselves and others caused by mask wearing and that this is nothing more than virtue signalling, I am out of time and the patience to explain. She then said she pulled the mask down when she was providing care to my mum. Clearly, she does not understand that once a person touches a mask, it has to be discarded and a new one put on. More evidence that most HCP's are users (and poor ones at best), not experts in masking. For the whole time she was in my mother's room, this carer remained masked. I followed up the next day with a call to the Unit Manager who was confused as to why the carer would be comfortable to pull her mask down but not remove it. Even the Unit Manager didn't register the IPC issue with pulling the mask down and then back up! She did assure me though that she would address my concern with staff. I made it clear this is now non-negotiable after three years of anything but "safe and effective" care for my mum due to masking and more. Those most vulnerable, who rely on others to be their advocates, deserve so much better.

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Finally, a visit from a colleague David worked with many years ago. We talked to him in 2020 about our concerns with the entire COVID response. He didn't understand or agree with our assessment of the situation at that time. Both he and his wife took the COVID shots. Why did he come to our home this week? His wife is now severely incapacitated after her second shot.

Multiple tests, visits to her doctor and to specialists and still they have no answers. We watched this previously healthy lady struggle to put one foot in front of the other, to navigate corners in our home, to even speak normally. All her symptoms began just a three weeks post her second shot. I asked if they had brought up the shot as a potential cause with their physician. Then came the all too familiar refrain – "No, we all know it's not good to upset your doctor". If patients don't feel they can be honest about their health with their primary physician, how does this make for effective care? If physicians are unwilling to acknowledge, let alone report, adverse events so that safety signals can be tracked, how will we ever have an accurate picture of what is happening with these shots? How many people won't even consider that the change in their health status has been caused by these shots? Even adverse events that are reported, recognized and recompensed are the tip of the iceberg in harms and deaths. But burying our heads in the sand doesn't mean we'll stop burying bodies. June 28<sup>th</sup> 2023 in the UK, the risk for a serious event following immunization is as low as 1 in 93. To give some perspective, the trigger limit for the average vaccine would be 1 in 100,000. The average number of deaths per month listed on the UK reports for COVID vaccines is 96, a drop in the ocean compared with what is really happening.

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Boosters are already being pushed by mainstream media. Take a look a NACI and Health Canada's recommendations for the coming fall. It includes quite the interesting list of groups targeted for protection. Based on my experience in my mum's care home for the last three years with almost a decade before for comparison, NOTHING about the COVID response protected that vulnerable population. Many on the NACI/Health Canada list were NEVER part of the trials and were advised by NACI and the UK MHRA NOT to be vaccinated. The FDA has stated that manufacturers can make changes to their COVID vaccines with no further trials and Health Canada says there will be new formulas. Add to that what has already been the hallmark of this rollout - no Informed Consent. Evidence on adverse events is seriously suppressed in Alberta and for Canada as a whole. But if we take the UK as a comparison, our numbers for Canada should be exponentially greater than reported. Safe to say, the numbers that are reported for Canada are still higher than ever seen before in history. In Canada, to date, almost 6.7 million dollars has been paid out to Canadians by the Vaccine Injury Support Program. This is the tip of the iceberg of injuries and deaths as a result of these shots. Based on all of this, I have to wonder how anyone would roll up their sleeve - or worse give consent for someone in their care - to receive one of these shots. More people are at least questioning than ever before, but it remains to be seen what happens with booster numbers this fall.

And the final nail in the coffin - we are on track for 17,000 excess deaths in Alberta for 2023.

But this is all over, we are told. Does any of what I have just said sound like it's all over to you?