

DRUTHERS

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/n. ...Informal...

one's own way, preference, or choice:
eg. 'If I had my druthers, we all would know the truth.'

80 Canadian MDs VAXXED and Dead

By Dr. Mark Trozzi | drtrozzi.org

Around the world, the extreme body count of men, women and children who have been injured or died following the forced and misrepresented genetic injections, continues to grow. The injections are dangerous based on their declared content, but they have many undeclared toxic ingredients as well. No one is spared from the assault on our rights and health.

Though many doctors have maintained their income by complying with and participating in the criminal injection campaign; they are still required to roll up their sleeves and take their turns in this sick game of Russian roulette. In 2022 we now see dramatically increased death rates among young injected Canadian physicians.

Here is a recent compilation of Canada's growing number of injected and lost medical doctors (currently 80). Our condolences go to the family's of the lost Canadian physicians whose names and faces appear here.

See page 7 for Dr. William Makis' second letter of appeal to the Canadian Medical Association to investigate the swath of death following the misrepresented covid injections.

<p>Died: Aug 6, 2021 Dr. Michael Cochran Age: 39 Ottawa, ON Orthopedic surgery resident Died after "brief illness"</p>	<p>Died: Jul 31, 2021 Dr. Sanjay Achal Age: 28 Calgary, AB (U of Calgary) Medical student 4th year Died suddenly, neurological</p>	<p>Died: July 12, 2021 Dr. Louis Beaumier Age: 58 Granby, QC Pediatrician Died unexpectedly</p>	<p>Died: July 5, 2021 Dr. Raffaele Giorla Age: 64 Toronto, ON Family physician "Sudden passing"</p>
<p>Died: June 25, 2021 Dr. Ainsley Moore Age: 57 Hamilton, ON Family physician Died unexpectedly, heart attack</p>	<p>Died: June 20, 2021 Dr. Catherine Yanchula Age: 56 Windsor, ON Family physician Died unexpectedly</p>	<p>Died: June 20, 2021 Dr. Barbara Cynthia Ng Age: 42 Vancouver, BC Internal Medicine Rare aggressive sarcoma</p>	<p>Died: June 19, 2021 Dr. Dick Au Age: 53 Edmonton, AB Internist, Geriatrician Died of "sudden vascular event"</p>

<p>Died: May 30, 2021 Dr. Beverly Hattersley Age: 69 Hamilton, ON Palliative Care Chief Died suddenly, large aorta tear</p>	<p>Died: May 12, 2021 Dr. Padmavathy Guntamukkala Age: 67 St. Anthony, NL Pediatrics Died unexpectedly</p>	<p>Died: May 11, 2021 Dr. Farah Nasser-Sharif Age: 47 Port Perry, ON Internal medicine Died "tragically at home"</p>	<p>Died: April 25, 2021 Dr. Chima Adiele Age: 53 Courtice, ON Family physician Died unexpectedly</p>	<p>Died: July 15, 2022 Dr. Richard L Cone Age: 59 Nanaimo, BC Family physician Died unexpectedly</p>	<p>Died: July 13, 2022 Dr. Baharan Behzadizad Age: 43 Newfoundland Family physician Died in her sleep, cardiac</p>	<p>Died: June 29, 2022 Dr. Satyan Choudhuri Age: 25 Hamilton, ON (McMaster U) Family medicine resident 1st yr Died unexpectedly</p>	<p>Died: June 26, 2022 Dr. Maselle Virry Age: 68 Mississauga, ON (Trillium) Psychiatrist Died unexpectedly, had cancer</p>	<p>Died: Sep 23, 2022 Dr. Michael Marshall Age: 45 Edmonton, AB Psychiatrist Died unexpectedly</p>	<p>Died: Sep 18, 2022 Dr. Matthew Foss Age: 32 Hamilton, ON (McMaster U) Anesthesiology resident 5th yr Died unexpectedly</p>	<p>Died: Sep 10, 2022 Dr. Carl-Eric Gagné Age: 56 Trois-Rivières, QC Cardiologist, athlete Died during 105km cycling event</p>	<p>Died: Sep 08, 2022 Dr. Maria Chang Age: 46 Toronto, ON Family physician Died unexpectedly</p>						
<p>Died: April 11, 2021 Dr. Dan Stojimirovic Age: 65 Toronto, ON Orthopaedic surgeon Unexpected heart muscle injury</p>	<p>Died: March 20, 2021 Dr. Indejit Andy Jassal Age: 42 Surrey, BC Family physician Died unexpectedly, heart attack</p>	<p>Died: March 12, 2021 Dr. Jon Maxim Adams Age: 50 Edmonton, AB Family physician Died unexpectedly</p>	<p>Died: Feb 25, 2021 Dr. Michael Frouk Age: 30 Chicoutimi, QC Internist, gastroenterology Sudden aggressive cancer</p>	<p>Died: June 20, 2022 Dr. Ramin Sefakish Age: 55 North York, ON Anaesthesiologist Died unexpectedly</p>	<p>Died: May 21, 2022 Dr. Christopher P. Cole Age: 62 Windsor, ON Plastic surgery Died unexpectedly</p>	<p>Died: May 19, 2022 Dr. Wilson Idani Age: 54 Aurora, ON Family physician Died unexpectedly</p>	<p>Died: May 16, 2022 Dr. Joshua Raj Kotaro Yoneda Age: 27 Kamloops, BC (UBC) Medical student (4th year) Rare spinal cord glioma, < 1 year</p>	<p>Died: Sep 2, 2022 Dr. Patricia Harvey Age: 69 Hamilton, ON Ophthalmologist Died after "6 month illness"</p>	<p>Died: Aug 18, 2022 Dr. Vincent Chi Wai Mak Age: 61 Markham, ON Family physician Sudden passing, untimely death</p>	<p>Died: Aug 03, 2022 Dr. Michael Mthandazo Age: 40s Vernon, BC Family physician Died swimming in a river</p>	<p>Died: May 5, 2022 Dr. Richard Cartier Age: 67 Kingston, ON Psychiatrist Died after "brief illness"</p>	<p>Died: April 30, 2022 Dr. Lorne Aaron Age: 56 Longueuil, QC Urologist Died unexpectedly</p>	<p>Died: April 8, 2022 Dr. Ronald Gottesman Age: 64 Montreal, QC Pediatrician Died unexpectedly</p>	<p>Died: Feb 23, 2022 Dr. Edouard Hendriks Age: 66 Edmondston, NB Emergency physician Died unexpectedly</p>	<p>Died: Feb 21, 2022 Dr. Paul Avard Bégin Age: 62 Springhill, NB Emergency physician Died unexpectedly</p>	<p>Died: Feb 13, 2022 Dr. Michael Stefanos Age: 50 Mississauga, ON Radiologist Died in his sleep, heart attack</p>	<p>Died: Feb 03, 2022 Dr. Oliver Seifert Age: 58 Edmonton, AB Family physician Died in his sleep, heart issue</p>
<p>Died: July 28, 2022 Dr. Candace Nayman Age: 27 Hamilton, ON (McMaster U) Pediatrics resident, triathlete Collapsed swimming, died after</p>	<p>Died: July 26, 2022 Dr. Ryan Buysing Age: 26 Edmonton, AB (U of Alberta) Neurosurgery resident 1st yr Died suddenly, neurological</p>	<p>Died: July 23, 2022 Dr. Shahar Jalali Mazlouman Age: 44 Markville, SK Family physician Died swimming in a public pool</p>	<p>Died: July 22, 2022 Dr. Richard Cartier Age: 60 Saint-Jerome, QC Palliative care physician Died descending K2 mountain</p>	<p>Died: May 14, 2022 Dr. David Levertiere Age: 48 Chicoutimi, QC Internal medicine, Respiriology Died unexpectedly</p>	<p>Died: March 24, 2022 Dr. Eric Lahnerstein Age: 57 Mississauga, ON Epidemiology, Public Health Brief battle with cancer</p>	<p>Died: March 17, 2022 Dr. Larry Svenson Age: 51 Edmonton, AB Epidemiology, Public Health Died unexpectedly</p>	<p>Died: March 17, 2022 Dr. Gaby Georges Mikael Age: 51 Moncton, NB Internal med, gastroenterology Died unexpectedly</p>	<p>Died: March 14, 2022 Dr. Bradley James Harris Age: 49 Comox, BC Family physician Died while running</p>	<p>Died: Jan 06, 2022 Dr. Jonathan Burns Age: 56 Abbotsford, BC Family physician Died after "sudden brief illness"</p>	<p>Died: Jan 02, 2022 Dr. Loren Eugene Cairn Age: 65 Victoria, BC Emergency physician Died unexpectedly</p>	<p>Died: Dec 31, 2021 Dr. Louise Feddema Age: 60 Cannora, AB Family physician Died unexpectedly</p>	<p>Died: Dec 29, 2021 Dr. Sherry Reed Walkiewicz Age: 59 Kenora, ON Family physician Cause of death unknown</p>					
<p>Died: Oct 20, 2021 Dr. Pauline Couture Age: 63 Lachute, QC Family physician Died unexpectedly</p>	<p>Died: Oct 16, 2021 Dr. James-Peter O'Donnell Age: 43 Calgary, QC Psychiatrist Died unexpectedly</p>	<p>Died: Oct 13, 2021 Dr. Stephanie Gay Mah Age: 61 Calgary, AB Family physician Died after "brief illness"</p>	<p>Died: Oct 8, 2021 Dr. Roger David Hamilton Age: 61 Port Williams, NS Family physician Died after "brief illness"</p>	<p>Died: Dec 23, 2021 Dr. Neil Singh Dhallia Age: 48 Toronto, ON Family physician, Activa Clinics Died in sleep 4 days post 3rd job</p>	<p>Died: Dec 21, 2021 Dr. Cintia Vontobel Padoin Age: 44 North Bay, ON Psychiatrist Malignant melanoma, < 1 year</p>	<p>Died: Dec 17, 2021 Dr. Johannes A. Giede Age: 59 Prince George, BC Psychiatrist Massive stroke post 3rd job</p>	<p>Died: Nov 24, 2021 Dr. Stacy Jean McPhee Age: 31 Winnipeg, MB Family physician Died unexpectedly</p>	<p>Died: Feb 23, 2021 Dr. Slavash Jafari Age: 52 Vancouver, BC Public Health Medicine Died unexpectedly</p>	<p>Died: Feb 23, 2021 Dr. Ronnie Chan Age: 44 Niagara Falls, ON Internist, gastroenterology Died 24hr after 1st job</p>	<p>Died: Feb 20, 2021 Dr. Mohammad Shoail Alam Age: 55 High River, AB Family physician Died suddenly, heart attack</p>	<p>Died: Jan 28, 2021 Dr. James Isiah Tazeeo Age: 51 Orillia, ON Family physician Died while cross-country skiing</p>	<p>Died: Dec 27, 2020 Dr. Kristine Newman Age: 65 Toronto, ON Pediatrician, palliative care Died suddenly, heart attack</p>	<p>Died: Dec 21, 2020 Dr. Leanne Dahlgren Scott Age: 48 Vancouver, BC Obstetrics & Gynecology Died unexpectedly at home</p>				
<p>Died: Sep 23, 2021 Dr. Jan Paleta Age: 57 Lake Country, BC Family physician Died suddenly, went "missing"</p>	<p>Died: Sep 9, 2021 Dr. Gulshan Sawhney Age: 64 Milton, ON Internal medicine Died unexpectedly</p>	<p>Died: Aug 30, 2021 Dr. Jan Kawakami Age: 48 Calgary, AB Urologist Sudden aggressive pancreatic ca</p>	<p>Died: Aug 16, 2021 Dr. Nella Scheeres Age: 24 Barrie, ON Medical student in Ireland car crash, 1:15pm, only fatality</p>	<p>Died: Nov 08, 2021 Dr. Sohrab Lutchmedial Age: 52 Saint John, NB Cardiologist Died in sleep 2 wk post 3rd job</p>	<p>Died: Nov 30, 2021 Dr. Gonzalo Zevallon Age: 63 Milton, ON Gynecologist Died after "brief illness"</p>	<p>Died: Oct 26, 2021 Dr. Isabelle Lemay Age: 41 Rimouski, QC Family physician Died unexpectedly</p>	<p>Died: Oct 21, 2021 Dr. Annabella Isabella Zwiade Age: 43 Thunder Bay, ON Emergency physician car crash, 11:00am, only fatality</p>	<p>Died: Jan 24, 2021 Dr. Franck Molin Age: 58 Quebec City, QC Cardiologist Died unexpectedly</p>	<p>Died: Jan 15, 2021 Dr. Kris Jardon Age: 51 Montreal, QC Obstet & Onc, triathlete Died unexpectedly</p>	<p>Died: Dec 27, 2020 Dr. Christine Newman Age: 65 Toronto, ON Pediatrician, palliative care Died suddenly, heart attack</p>	<p>Died: Dec 21, 2020 Dr. Leanne Dahlgren Scott Age: 48 Vancouver, BC Obstetrics & Gynecology Died unexpectedly at home</p>						

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The Expansion of the Euthanasia Program in Canada

By Michelle Zeh

At one time, euthanizing a human being was considered a criminal offense in Canada. I recall the emotionally charged 1993 case of Canadian Sue Rodriguez—a woman crippled with excruciating Amyotrophic Lateral Sclerosis (ALS)—who lost her bid for the right to die with the assistance of a doctor in a 5-4 Supreme Court Ruling. When deciding the case, the near-equal division between the judges was indicative of how laws surrounding this complex and incredibly sensitive subject would evolve.

The first changes happened with a Supreme Court ruling in the February 2015 case, *Carter vs Canada*, which overruled the 1993 decision in the Rodriguez case. Essentially, the trial judge found that the prohibition against physician-assisted dying violates section 7 of *The Charter of Rights and Freedoms* of competent adults who are suffering intolerably due to a grievous and irremediable medical condition. In conclusion, the trial judge found that this infringement wasn't justified under section 1.

The court suspended its ruling for twelve months to give the federal government enough time to amend its laws. In January 2016, the court granted a further four-month extension to allow time for the newly elected Trudeau government to 'consult with Canadians' on drafting a law to comply with the ruling. As an interim measure, it ruled that provincial courts could approve applications for euthanasia until the new law was passed.

So, on April 14, 2016, The federal Minister of Justice introduced Bill C-14—Medical Assistance in Dying (MAiD)—in the House of Commons, to legalize euthanasia for Canadians with a "serious and incurable illness," where proximate natural death is reasonably foreseeable. The Bill moved quickly through the House, was passed into law on June 17, 2016, and received Royal assent the same day. That year, Canada legally approved the euthanasia of 1,018 people.

On February 24, 2020, Bill C-7 was introduced in the House of Commons in response to the September 2019 Quebec Superior Court decision striking down the requirement in Bill C-14 that natural death is reasonably foreseeable to qualify for euthanasia. The bill received its first reading the same day and after some amendments, was eventually passed into law on March 21, 2021.

Interestingly, on October 20, 2020, before it was passed into law, a report released by Canada's Parliamentary Budget Office stated that an estimated \$62 million would be saved in 2021 by expanding the program as per Bill C7. While it is a mere drop in the bucket at 0.08% average savings, one has to wonder why we needed a cost-benefit analysis in the first place.

In July of this year, Health Canada released its *Third Annual Report on Medical Assistance in Dying*, capturing statistics for 2021. Of the 10,064 medically-assisted deaths, it states that cancer was the most commonly cited underlying medical condition at 65.6%. This was followed by cardiovascular conditions (18.7%), chronic respiratory conditions (12.4%), and neurological conditions (12.4%). Overall, MAiD deaths represented a total of 3.3% of deaths in Canada. For the first time since MAiD became legal, and as a direct result of Bill C-7, 2.2% of those deaths were people classed as non-RFND (Track Two) or having no reasonably foreseeable natural death. Some of the reasons for non-RFND requests were loneliness, isolation, reduced quality of life and poverty. How is poverty on the list when we send millions of our fiat dollars to foreign countries?

The report also states that only 7 of the 10,064 dead chose to take an overdose under medical supervision, instead choosing lethal injection by a MAiD practitioner. This is strikingly different compared with the US, where euthanasia hasn't been legalized. Doctor-assisted suicide is legal in 11 states, but the person seeking death is pre-

scribed barbiturates and must administer them orally on their own.

As I write this, the revised legislation is under review by a Special Joint Committee, to assess the provisions



of the Criminal Code relating to MAiD. The government website states that it includes, but is not limited to, issues relating to mature minors (age 12-17), advance requests, mental illness, the state of palliative care in Canada and the protection of Canadians with disabilities. The review was due on October 17 but that date has passed and the meetings continue. They're talking about ending human lives, so they need to get this right.

As CTV's *W5* reported in their episode titled 'Death Wish', 69-year-old John Priddle is an example of a Non-RFND, or Track Two case. He has a chronic and progressive neurological disorder called Friedreich's Ataxia. It affects his speech, his ability to swallow and it makes walking difficult and slow. He once traveled the world but is now largely housebound. Mr. Priddle made an advance request and was approved for a MAiD death when the

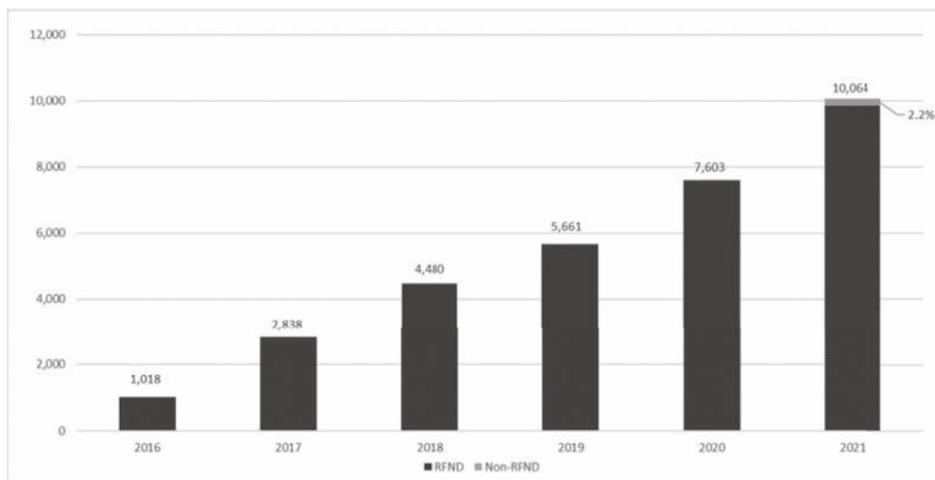


Image from Third annual report on Medical Assistance in Dying in Canada 2021

time is right for him.

Another man featured, Ray Cole, suffering from excruciatingly painful lung cancer that decimated his quality of life, welcomed the relief of a MAiD death. After the doctor placed the needle in his vein, he chose to depress the plunger of the syringe himself, while his wife lay by his side. It seemed a very peaceful process.

CTV also reports the polar opposite story of a 51-year-old Ontario woman suffering from severe multiple chemical sensitivities (MCS). For two years, she tried desperately and fruitlessly to find affordable housing, free of cigarette smoke and chemical cleaners. "The government sees me as expendable trash, a complainer, useless and a pain in the a**," Sophia (not her real name) said in a video filmed on February 14, eight days before her death. She reportedly didn't want to die and even had the support of a MAiD doctor in trying to secure a better home. In the end, she saw no other way out. The system failed her completely.

Kat (not her real name), a B.C. woman in her late 30's, claims she has had an easier time accessing "death care" than health care. Kat wants to live, but she suffers from Ehler's Danlos Syndrome (EDS), a genetic disorder where the body doesn't produce adequate collagen (the glue that holds together connective tissues, skin and internal organs). Depending on the severity, a person with EDS can suffer from mildly loose joints to serious complications. The common thread among sufferers is significant pain requiring opioid painkillers. That need has interfered with Kat being able to find a replacement for her family

doctor who moved away years before. She's been seeing various nurse practitioners and a myriad of specialists, none of whom have experience in treating EDS. She told *CTV News*: "Our health-care system is set up so it's really bouncing the patient around, treating symptom after symptom and not really addressing the underlying collagen issue. From a disability and financial perspective as well, I can't afford the resources that would help improve my quality of life. Because of being locked in financially as well as geographically, it is far easier to let go than keep fighting." She explained that while she had hoped to get access to palliative care or other supports in the process, her "suffering was validated to the extent of being approved for MAiD, but no additional resource has opened up." This is another sad example of the epic failure of our healthcare system in Canada.

In August, *Global News* reported that a Canadian Veteran suffering from PTSD and a traumatic brain injury was offered MAiD when he called Veterans Affairs seeking help. The service agent felt it appropriate somehow to bring up MAiD during the conversation. What kind of help is that?

In another instance, a 61-year-old B.C. woman's medically-assisted death was carried out while she suffered from complex medical and mental health issues, triggering a police investigation. Medical professionals from Fraser Health facilitated Donna Duncan's death despite the objections of her family physician and her daughters' insistence that she wasn't herself after a head injury in February 2020.

See? It's not cut and dry. Mistakes are being made. It gets worse because March 17, 2023, marks the day when Canada's MAiD laws will expand to include mental illness as a sole reason for seeking medically-assisted death: The government website states "The Government of Canada established an Expert Panel on MAiD and Mental illness tasked with making recommendations on protocols, guidance and safeguards to apply to requests for MAiD by persons who have a mental illness. This work will help ensure that practitioners are equipped to assess these requests in a safe and compassionate way based on rigorous clinical standards and legally mandated safeguards that are applied consistently across Canada."

For one man with severe mental illness, euthanasia will be a welcome relief. John Scully, an 81-year-old retired journalist, has been struggling with severe depression, anxiety, suicidal ideation and post-traumatic stress disorder, from covering 35 wars. In his blog, found on the *Dying With Dignity Canada* website, he writes, ... "it's a clear case of human rights. The mentally ill must be treated as equal to the physically ill. We suffer terrible pain, even though it's a different pain, and modern psychiatric medicine has few or no answers ... no compassion, no relief, no death - unless the sufferer is then forced to die by suicide. This is one of the most undignified ways of dying, with botched attempts, finality by often brutal methods, followed by shock and intolerable pain for unprepared loved ones. That's the reality of denying MAiD for the mentally ill." In anticipation of being approved for a MAiD death, John told CTV "I would probably play some music and I would die peacefully. I don't want to botch it again. I screwed up twice trying to kill myself."

I am no expert on the treatment options for mental health, but I have suffered with depression and I know the feelings of absolute despair. I have also felt the indescribable pain of losing a very close loved one to suicide. I completely understand how people suffering with mental illness might jump at the chance of a medically-assisted death rather than taking matters into their own hands. I just pray that the MAiD practitioners evaluating these cases discuss all potential solutions with the patient before approving a lethal injection.

Sadly, I predict that when the MAiD report for 2022 is released, we're going to see a huge jump from 2021 because the Covid psy-op has and continues to damage human lives in unimaginable ways. In 2023, as mental health becomes a sole consideration, the numbers will skyrocket. This is just another facet of the depopulation agenda, where governments, at the behest of their globalist puppeteers, facilitate the removal of what they deem to be non-productive, human slaves, i.e. - "useless eaters" from the world.

NOTE: The views and opinions expressed on these pages do not necessarily reflect the views and opinions of *Druthers* nor its creators. We are explorers of truth and we created this paper to share intriguing voices, stories & perspectives that corporate media won't touch, and big tech/social platforms censor. Please support our efforts at: www.druthers.net

The Gaslighting of the Masses

By CJ Hopkins

For students of official propaganda, mind control, emotional coercion, and other insidious manipulation techniques, the rollout of the New Normal has been a bonanza. Never before have we been able to observe the application and effects of these powerful technologies in real-time on such a massive scale.

In a little over two and a half years, our collective “reality” has been radically revised. Our societies have been radically restructured. Millions (probably billions) of people have been systematically conditioned to believe a variety of patently ridiculous assertions, assertions based on absolutely nothing, repeatedly disproved by widely available evidence, but which have nevertheless attained the status of facts. An entire fictitious history has been written based on those baseless and ridiculous assertions. It will not be unwritten easily or quickly.

I am not going to waste your time debunking those assertions. They have been repeatedly, exhaustively debunked. You know what they are and you either believe them or you don't. Either way, reviewing and debunking them again isn't going to change a thing.

Instead, I want to focus on one particularly effective mind-control technology, one that has done a lot of heavy lifting throughout the implementation of the New Normal and is doing a lot of heavy-lifting currently. I want to do that because many people mistakenly believe that mind-control is either (a) a “conspiracy theory” or (b) something that can only be achieved with drugs, microwaves, surgery, torture, or some other invasive physical means. Of course, there is a vast and well-documented history of the use of such invasive physical technologies (see, e.g., the history of the CIA's infamous MKULTRA program - <https://archive.org/details/mkultrafiles>), but in many instances mind-control can be achieved through much less elaborate techniques.

One of the most basic and effective techniques that cults, totalitarian systems, and individuals with fascist personalities use to disorient and control people's minds is “gaslighting.” You're probably familiar with the term. If not, here are a few definitions:

- “the manipulation of another person into doubting their perceptions, experiences, or understanding of events.” American Psychological Association (dictionary.apa.org/gaslight)
- “an insidious form of manipulation and psychological control. Victims of gaslighting are deliberately and systematically fed false information that leads them to question what they know to be true, often about themselves. They may end up doubting their memory, their perception, and even their sanity.” *Psychology Today* (psychologytoday.com/intl/basics/gaslighting)
- “a form of psychological manipulation in which the abuser attempts to sow self-doubt and confusion in their victim's mind. Typically, gaslighters are seeking to gain power and control over the other person, by distorting reality and forcing them to question their own judgment and intuition.” Newport Institute (newportinstitute.com/resources/mental-health/what_is_gaslighting_abuse)

The main goal of gaslighting is to confuse, coerce, and emotionally manipulate your victim into abandoning their own perception of reality and accepting whatever new “reality” you impose on them. Ultimately, you want to completely destroy their ability to trust their own perception, emotions, reasoning, and memory of historical events, and render them utterly dependent on you to tell them what is real and what “really” happened, and so on, and how they should be feeling about it.

Anyone who has ever experienced gaslighting in the context of an abusive relationship, or a cult, or a totalitarian system, or who has worked in a battered women's shelter, can tell you how powerful and destructive it is. In the most extreme cases, the victims of gaslighting are entirely stripped of their sense of self and surrender their individual autonomy completely. Among the best-known and most dramatic examples are the Patty Hearst case, Jim Jones' People's Temple, the Manson family, and various other cults, but, the truth is, gaslighting happens every day, out of the spotlight of the media, in countless personal and professional relationships.

Since the Spring of 2020, we have been subjected to official gaslighting on an unprecedented scale. In a sense, the “Apocalyptic Pandemic” PSYOP has been one big extended gaslighting campaign (comprising countless individual instances of gaslighting) inflicted on the masses throughout the world. The events of this past week were just another example.

Basically, what happened was, a Pfizer executive con-

firmed to the European Parliament last Monday that Pfizer did not know whether its Covid “vaccine” prevented transmission of the virus before it was promoted as doing exactly that and forced on the masses in December of 2020. People saw the video of the executive admitting this, or heard about it, and got upset. They tweeted and Facebooked and posted videos of Pfizer CEO Albert Bourla, Bill Gates, the Director of the CDC, official propagandists like Rachel Maddow, and various other “experts” and “authorities” blatantly lying to the public, promising



people that getting “vaccinated” would “prevent transmission,” “protect other people from infection,” “stop the virus in its tracks,” and so on, which totally baseless assertions (i.e., lies) were the justification for the systematic segregation and persecution of “the Unvaccinated” (consentfactory.org/2021/03/29/the-unvaccinated-question), and the fomenting of mass fanatical hatred of anyone challenging the official “vaccine” narrative (consentfactory.org/2021/10/12/the-great-new-normal-purge), and the official New Normal ideology (consentfactory.org/2021/06/20/manufacturing-new-normal-reality), which hatred persists to this very day.

The New Normal propaganda apparatus (i.e., the corporate media, health “experts,” et al.) responded to the story predictably. They ignored it, hoping it would just go away. When it didn't, they rolled out the “fact-checkers” (i.e., gaslighters).

The Associated Press, Reuters, PolitiFact, and other official gaslighting outfits immediately published lengthy official “fact-checks” that would make a sophist blush. Read them and you will see what I mean. They are perfect examples of official gaslighting, crafted to distract you from the point and suck you into an argument over meaningless details and definitions.

The Internet is swimming with evidence of their lies ... tweets, videos, articles, and so on.

Which is what makes gaslighting so frustrating for people who believe they are engaged in an actual good-faith argument over facts and the truth. But that's not how totalitarianism works. The New Normals, when they repeat whatever the authorities have instructed them to repeat today (e.g., “trust the Science,” “safe and effective,” “no one ever claimed they would prevent transmission”), could not care less whether it is actually true, or even if it makes the slightest sense.

These gaslighting “fact-checks” are not meant to convince them that anything is true or false. And they are certainly not meant to convince us. They are official scripts, talking points, and thought-terminating clichés for the New Normals to repeat, like cultists chanting mantras at you to shut off their minds and block out anything that contradicts or threatens the “reality” of the cult.

You can present them with the actual facts, and they will smile knowingly, and deny them to your face, and condescendingly mock you for not “seeing the truth.”

But here's the tricky thing about gaslighting.

In order to effectively gaslight someone, you have to be in a position of authority or wield some other form of power over them. They have to need something vital from you (i.e., sustenance, safety, financial security, community, career advancement, or just love). You can't walk up to some random stranger on the street and start gaslighting them. They will laugh in your face.

The reason the New Normal authorities have been able to gaslight the masses so effectively is that most of the masses do need something from them ... a job, food, shelter, money, security, status, their friends, a relationship, or whatever it is they're not willing to risk by challenging those in power and their lies. Gaslighters, cultists, and power freaks, generally, know this. It is what they depend on, your unwillingness to live without whatever it is. They zero in on it and threaten you with the loss of it (some-

times consciously, sometimes just intuitively).

Gaslighting won't work if you are willing to give up whatever the gaslighter is threatening to take from you (or stop giving you, as the case may be), but you have to be willing to actually lose it, because you will be punished for defending yourself, for not surrendering your autonomy and integrity, and conforming to the “reality” of the cult, or the abusive relationship, or the totalitarian system.

I have described the New Normal (i.e., our new “reality”) as pathologized-totalitarianism (consentfactory.org/2021/11/22/pathologized-totalitarianism-101), and as a “cult writ large, on a societal scale.” I used the “Covidian Cult” (consentfactory.org/2020/10/13/the-covidian-cult) analogy because every totalitarian system essentially operates like a cult, the main difference being that, in totalitarian systems, the balance of power between the cult and the normal (i.e., dominant) society is completely inverted. The cult becomes the dominant (i.e., “normal”) society, and non-cult-members become its “deviants.”

We do not want to see ourselves as “deviants” (because we haven't changed, the society has), and our instinct is to reject the label, but that is exactly what we are ... deviants. People who deviate from the norm, a new norm, which we reject, and oppose, but which, despite that, is nonetheless the norm, and thus we are going to be regarded and dealt with like deviants.

I am such a deviant. I have a feeling you are too. Under the circumstances, it's nothing to be ashamed of. On the contrary, we need to accept it, and embrace it. Above all, we need to get clear about it, about where we stand in this new “reality.”

We are heading toward New Normal Winter No. 3. They are already cranking up the official propaganda, jacking up the fabricated “cases,” talking about reintroducing mask-mandates, fomenting mass hatred of “the Unvaccinated,” and so on. People's gas bills and doubling and tripling. The global-capitalist ruling classes are openly embracing neo-Nazis. There is talk of “limited” nuclear war. Fanaticism, fear, and hatred abound. The gaslighting of the masses is not abating. It is increasing. The suppression of dissent is intensifying. The demonization of non-conformity is intensifying. Lines are being drawn in the sand. You see it and feel it just like I do.

Get clear on what's essential to you. Get clear about what you're willing to lose. Stay deviant. Stay frosty. This isn't over.

Originally published at: cjhopskins.substack.com

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Only Way to Avoid Total and Complete Collapse; TELL THE TRUTH!

By Ted Kuntz

The 'artificial immune stimulation program', commonly referred to as vaccination, is experiencing a crisis. The number of people questioning vaccine safety, effectiveness and necessity is growing at an exponential rate.

In response to this declining trust, the vaccine industry is lobbying governments worldwide to impose vaccine mandates for education, employment, government benefits, and even to enter grocery stores. Will this action of imposing vaccinations by force stem the growing crisis, or will these strong-arm tactics accelerate the erosion of confidence in the medical industry?

It is my contention that the vaccine paradigm is positioned for imminent collapse. The main reason for the collapse is the growing awareness of the epidemic of neurological, physiological, and immunological injury witnessed post-vaccination. Every day more and more families learn of vaccine injury the hard way – after a vaccine negatively impacts the health of a child, parent, family member, colleague or friend. When vaccine injury occurs, the rhetoric from financially and intellectually conflicted politicians, medical professionals, vaccine manufacturers, and media pundits rings increasingly hollow.

The Shadow

“The medical industry has a policy of disowning, denying and repressing the significant harm caused by vaccination.”



The psychological concept of the 'shadow' is the disowned, unloved, and repressed parts of oneself. From a psychological perspective, the medical industry has failed to deal with its 'shadow'.

The medical industry has a policy of disowning, denying and repressing the significant harm caused

by vaccination. The COVID injection is the most dangerous medical product in history, and yet our governments and medical institutions, with few exceptions, dogmatically ignore the harm. Our children are both the most vaccinated in history and the most chronically ill. The number of children suffering from conditions that were virtually unheard of three or more decades ago is threatening to collapse our education, medical and social support systems, and families.

Rather than acknowledge the growing epidemic of autism, asthma, seizure disorders, diabetes, ADHD, learning disabilities, life-threatening allergies, cancers, gastrointestinal issues and autoimmune dysfunction, the medical industry continues to chant the mantra of "safe and effective". The denial of vaccine injury is not the action of the occasional misinformed government agent, an uninformed media journalist, or an unethical medical practitioner. Rather, vaccine injury denial is a matter of medical policy.

A Policy of Denial

In 1984, the Federal Register, the official journal of the US Federal government that contains government agency rules and public notices, stated the following with regard to the polio vaccine: "Any possible doubts, whether or not well founded, about the safety of the vaccine cannot be allowed to exist."

This blanket policy of denial is even more firmly entrenched and stronger than ever. Dr. Paul Offit, the director of the Vaccine Education Center at the Children's Hospital of Philadelphia has argued that negative or critical results from vaccine safety research, and the stories of individuals injured by vaccines, shouldn't be made public as it may cause people to become 'vaccine-hesitant.'

The Colleges of Physicians and Surgeons and of Nursing in Canada have removed the licenses of medical professionals who make critical comments about vaccines and the COVID narrative. What is made clear by the position of vaccine zealots is that the intention of the vaccine program is not to ensure that people are healthy. Rather, the intention of vaccine mandates is to increase vaccine compliance, regardless of the negative consequences.

Abandoned Science

One of the most unfortunate aspects of denying its shadow is that the medical industry has abandoned its foundation in science and the scientific method. Instead of developing an evidence-based policy, vaccination has become dogma with all the rituals and fanaticism of a religious cult.

Rather than use science to inform the community on vaccine safety and effectiveness, the medical industry has co-opted science to enforce conforming. The medical industry has developed and nurtured a culture and practice of repression, denial and deception and of 'conning' the public. Their goal is not health. Their goal is not the truth. Their goal is not the advancement of medical knowledge. Their goal is conformance, compliance and profit.

Unless the medical industry becomes truly committed to health rather than profit, the practice of vaccination is destined to collapse. The unrecognized shadow will eventually destroy not only the vaccine program but also our trust in the entire medical industry. There is only one way to avoid a total and complete collapse. Tell the truth.

"I know that there are some people who are secretly afraid that the public just can't handle the truth, and that certain facts about vaccine injury or worrisome research are best left in the shadows, or made public at the discretion of an organization like the CDC. They worry that openly acknowledging all the economic, social and scientific pieces of the vaccine picture could frighten more people away from vaccination."

~ Plum Remson

Vaccine Choice Canada: 40th Anniversary Fundraising Campaign

Vaccine Choice Canada is Canada's longest serving organization committed to preserving medical choice and protecting the right of parents to make medical decisions for their children. This year we are celebrating our 40th Anniversary. In honor of this milestone, and to address the growing desire for information to raise naturally healthy children, we are launching a 40th Anniversary fundraising campaign with a target of \$40,000. The funds from this campaign will be directed to a new education and support program called "**Raising Nature's Child**" that we intend to launch in early 2023.

Raising Nature's Child is a paradigm shifting curriculum. What we have witnessed over the last many decades is that mothers and fathers have released decision-making responsibility for themselves and their children with regards to supporting one's health to politicians, public health bureaucrats, and mainstream media. It is time to break this cycle. It is time to reconnect with ourselves and nature, so we can enable the divine design that comes with each new life to express itself.

Now Is the Time

We believe that now is the time to launch this important initiative. One of the benefits of the last two years is Canadians are asking more questions and are even more committed to gathering the information they need to make informed decisions. It's time to reconnect back to ourselves, to our creator, and back to nature. It's time to raise the children nature intended. It's time to remember that our bodies are sacred.

It is time to take back our power and authority and teach our children that we are not victims to someone else's story. We are responsible for our health, and most importantly, we must reclaim authority over decisions regarding our children's health and well-being. This begins with understanding how perfect we are created. We believe that **Vaccine Choice Canada** is uniquely positioned to provide parents with the information they need to assist them in supporting naturally healthy children.

Help Us Help Canadians

We are asking you to help us help our fellow Canadians take back their power and their responsibility for raising healthy children by donating to VCC's 40th Anniversary Campaign. We trust that you will agree that the health and future of Canadian children depends on programs like "Raising Nature's Child". Please help us to reach our goal of \$40,000 by supporting this important initiative today. I can think of no better way to celebrate our 40th anniversary.

Ted Kuntz, President

To donate: vaccinechoicecanada.com/donation



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The Alex Jones Verdict Shows the Danger of Defamation Laws

By Ryan McMaken | Mises Institute

In the latest demonstration of the absurdity of defamation laws, radio show host Alex Jones has been ordered to pay \$965 million to people who didn't like things Jones said about the 2012 Sandy Hook massacre in Newtown, Connecticut.

In the years following the massacre, Jones repeatedly stated that he thinks the shootings were staged and that the purported parents were so-called crisis actors. (He has since said he thinks the shootings were real.) Some of Jones's listeners chose to agree with Jones's claims that the shootings did not occur, and this allegedly informed the decisions by some listeners to engage in the harassment of some of the parents of murdered children.

Essentially, Jones was found guilty of saying things that supposedly inspired other people to say cruel and disrespectful things to the parents of the Sandy Hook victims. The harassment allegedly also includes the

desecration of the graves of victims. Jones is being ordered to pay hundreds of millions

to see, then, how Jones actually inflicted any actual damages on his supposed "victims" in this case.

If people have harassed the parents, of course, that's a crime for which the actual harassers are responsible. The real guilty parties here are the people who have committed acts of harassment. But it appears that Jones has been convicted here of simply *saying* things that the jury and the plaintiffs found objectionable.

In a free society, a private citizen saying things that other people are free to ignore is not punishable by law. In a society which does *not* respect free speech, however, merely saying words is apparently grounds of levying fines of hundreds of millions of dollars. (Actual threats of violence directed at specific persons are dangerous, but are not what we are talking about here, and that's not what Jones has been accused of.)

The idea that Jones is somehow guilty for the acts of third parties he doesn't even know follows from the basic twisted logic of defamation laws. The idea of defamation as a punishable legal matter is based on the notion that people do not have free will and are not responsible for their own actions.

For example, if a stranger tells me that my neighbor is a pedophile, I have no reason to automatically believe the accuser. Yet, this is what the logic of defamation assumes. If Person A says nasty things about Person B, we are supposed to assume that people do not have the freedom to reject the accusations and ignore them. Rather, we are to assume that people are robots who believe everything they are told. Similarly, there is no reason why anyone must believe the latest theories spun by Alex Jones.

Moreover, given that people are free to ignore the accusations of Person A, it is especially absurd to assume that Person A is somehow responsible if Person C then uses the opinion of Person A as a reason to inflict some kind of harm on Person B.

The reality is that people *do* have a choice and don't have to believe every nasty thing some other person says. Nor are people being somehow forced to act in any particular way because someone said some cruel things about someone else.

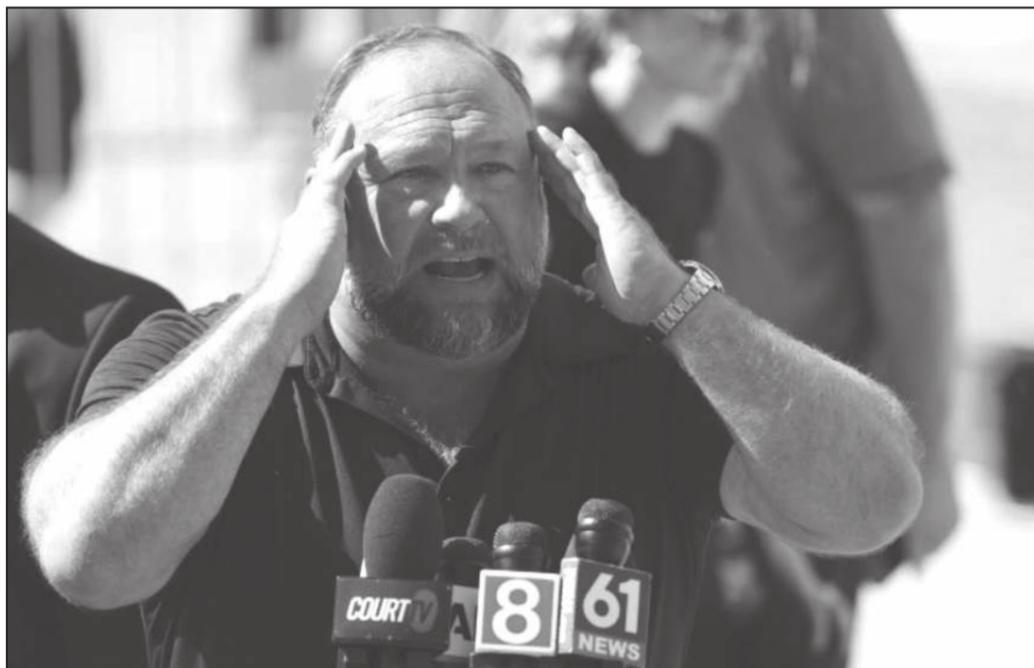
The idea that people are responsible for their own actions apparently had no place in the court proceedings against Alex Jones, and the judgment against him is a standing threat to ordinary people who say unpopular things.

In an age when everyone who disagrees with official regime narratives is labeled a racist, a domestic terrorist, or worse, this is a dangerous development indeed. Governments have used defamation laws to silence critics, and the wealthy have long used threats of defamation suits to do the same. Naturally, Murray Rothbard opposed defamation laws and recognized they are a way for the powerful to silence the powerless (blogger.com/blog/post/edit/2334395618953078543/3748177823111841614)

The current system [which allows for defamation suits] discriminates against poorer people in another way; for their own speech is restricted, since they are less likely to disseminate true but derogatory knowledge about the wealthy for fear of having costly libel suits filed against them.

The Jones case is known and notable partly because he has the means to mount a sizable legal defense. Unpopular people of lesser means will fare even more poorly, and will much more easily and quickly be threatened into silence.

The answer to all this is total free speech in which people are explicitly expected to come to their own conclusions and be responsible for their own actions. As Rothbard noted: in a system of unrestricted free speech, "everyone would know that false stories are legal, there would be far more skepticism on the part of the reading or listening public, who would insist on far more proof and believe fewer derogatory stories than they do now."



of dollars because some *other* people—who were not acting under any orders from Jones—allegedly committed some crimes on their own. It's difficult

Raising Nature's Child

By Kristen Nagle

In a time where there is an app for everything, new smart technologies to think for us, and the never ending reminder to trust the science - do we remember or know how to trust ourselves? With every convenience we have, a sacrifice is made, often one we aren't consciously aware of. As we move into a technocratic society, what does it even mean to raise nature's child? What is nature? It seems we have worked hard to push nature away, repelling it, unless we feel we need it. Otherwise, it remains separate from our lives.

Not too long ago, women were the gatherers, homemakers, the life force, bringing miracles into the world. There were no apps to let women know when they were ovulating; they understood the changes in their bodies as well as their surrounding environment. They also understood the sky, the moon cycles and the changing of the sun in its intensity and height. They were in harmony with nature, realizing the connection they shared with the elements of the world and with our creator.

Eventually, we thought we could outsmart nature, do better than what God had created for us. We are now amidst a technology driven era, where we no longer think for ourselves and are desperately disconnect-

ed from who we are, the earth and our creator. We no longer listen to our bodies or recognize the subtle signs it whispers to us; we barely hear it when it begins to scream. We are constantly looking outside of ourselves for answers, for quick fixes, for anything and anyone to blame.

Women used to work together in communities, support one another, pass down stories, recipes, knowledge and wisdom. A woman's first period was celebrated and she was honoured as she entered womanhood. She now possessed the ability to create life —miracles.

The young mother was supported by the other women in the community, through pregnancy and even during delivery of the baby. The woman was cared for, loved and supported, feeling empowered through her rite of passage to motherhood. Her baby also loved and welcomed earth-side, as a perfect, divine miracle, needing only their mothers touch, warmth, love and milk. Women walked in sacred circles with one another, they were the heart of every home.

We now witness a different story. Women are often isolated, caring for the home and working full-time, trying to do it all, missing the support of other women in the community. They spend their days in boxes (homes), to go to work in another box (indoors), commuting between the two in a mobile box (vehicle). They are cut off from the world, specifically nature.

Exhausted at the end of the day, they typically numb themselves with television or a beverage before heading to bed, only to wake up and do it all over again. The hustle and bustle of our fast-paced society, leaves no time or energy to research important topics. This leaves it up to the "experts" to dictate what is best, for them and their children. Children are placed in the care of someone else to raise and teach. Society has lost faith in parents as experts.

How are we to raise nature's child when we don't really know what that means? When a woman suspects she is pregnant, there is a list of generally accepted actions she must take. First, she usually books an appointment for bloodwork and/or ultrasound with a doctor or midwife to confirm the pregnancy, rather than listening to her intuition and observing the changes within her own body. Then, she continues with regular appointments, a few more ultrasounds and tests to make sure everything is progressing appropriately and that everything is 'normal'. But what is normal and by whose standards? At each appointment, responsibility of our bodies and that of our babies is conceded to the medical establishment - proving how disconnected we are from self. Mother's intuition is being sacrificed. She is conditioned to ignore it and to place decisions in the hands of an 'expert'. When it is time to bring the baby into the world, it is typically done in a sterile hospital setting with medical 'experts'. Mom is told how to

Websites of Interest

Please note, these websites are provided as sources of alternative information. Druthers does not necessarily agree with all material found on these sites. Please use your own discretion, yet keep an open mind. Explore and analyze information and evidence with us.

You can visit druthers.net to get in touch.

vaccinechoiccanada.com	swprs.org
freedomrising.info	action4canada.com
librti.com	americasfrontlinedoctors.com
worlddoctorsalliance.com	constitutionalconventions.ca
thehighwire.com	stopworldcontrol.com
corbettreport.com	evidencenotfear.com
pressfortruth.ca	activistpost.com
weareallessential.ca	freedomforumcanada.com
stand4thee.com	thefreedompages.ca
awarriorcalls.com	standupcanada.solutions
takeactioncanada.ca	lauralynn.tv
brightlightnews.com	libertycoalitioncanada.com
gbdeclaration.org	awakecanada.org
jccf.ca	VaccineRegret.net

See, 'Time' p.6

Originally published at: www.mises.org

Time to get back to Nature

Continued from p.5



position herself, how to breathe, when to push and for how long. She is completely outside of herself as she listens to external input, instructing her how to conduct her own body. Again, she remains fully disconnected from self and all intuition. Once born, the baby is whisked away from mom, rubbed dry, examined under bright lights, given intramuscular injections and drops of erythromycin in their eyes (as mom may have chlamydia?!). This ritual insinuates that the baby is flawed, weak, and needs man's synthetic creations to ensure it survives.

We, as humans, have forgotten that each one of us is perfectly, divinely designed, without mistakes. God doesn't make mistakes, humans do. "For it was You who created my inward parts; you knit me together in my mother's womb. I will praise You because I have been fearfully and wonderfully made". Psalms 139:13-14

We continue to give up our bodily autonomy, not trusting our motherly intuition, as we voluntarily book our well-baby visits at each marker of development. Again, this is to ensure that baby is developing normally, growing well, eating well and remaining healthy. In addition, babies must continue to receive man's synthetic creations (i.e. vaccines) because our creator obviously made mistakes. Man knows best. Isn't this what we've been told over and over?

It is time to break the cycle of control and victimhood! It's time to reconnect with our intuition and our creator and get back to nature. Only then, can we move forward to raise nature's child in all its glory, beauty and magic! It is time for women to remember their sacred womanhood, gifts, stories and whispers from ancestors. They must remember that they are the life force that will continue to bring miracles into this world for generations to come. Women must take back their power in all its might and pass this on to their children. This is how the cycle ends.

It is important to understand how perfectly we are

**It is time to break the cycle of control and victimhood!
It's time to reconnect with our intuition and our creator and get back to nature.**

created and our connection to nature - we have a symbiotic relationship even down to the breath we share with the plants and trees around us. This is intentional so that with every breath, we remember we are one, we are connected and we rely on each other's existence to survive. Nature's complexities and the abundant gifts around us, open windows and doors into our own intricacies, our own perfect divine design. How sad is it that we continue to destroy it all: nature and

ourselves? How we've come to misunderstand the human body, how wrong we've gotten it all!

The nut tree, for example, teaches us important lessons in the seasons of life. Its strategy is to drop its nuts every three years. During years of abundant food,

the squirrels do well, have more babies, but can't keep up with the nuts that have dropped, thus new trees are planted. More squirrels means more hawks, more foxes and so on. The next fall, if there are less nuts, the squirrels have to come out and search more, leaving them vulnerable as prey, which decreases their population. Without this cycle in nature, there wouldn't be any generational continuation of the nut tree.

We all have our cycles, phases and seasons in life and they all serve a purpose. When we allow ourselves to sit in the discomfort and stillness, it allows us to see and feel the experience, the lessons being taught and the growth happening. This leads us into our next phase of life. I look forward to the day when we are all comfortable to sit in discomfort, with patience and the goal of understanding. This is when we gain wisdom and insight into who we are, who our creator is, and connect back to all that is important to us. Once we can achieve this, then we can truly raise nature's child—our future generations.

Kristen Nagle is one of the founders of www.CanadianFrontlineNurses.ca

A Postcard from Armageddon

By Guy Crittenden

In a way I'm thankful the globalists made their move. I'd feel a lot better if I knew for sure we'd prevail, yet I appreciate what's been exposed, which includes that the system in which we've lived our lives had to go. It was debt slavery and perpetual wars and political assassinations, and every last thing based on lies and deception.

The blindfold fell from my eyes a few years ago when I researched the dirty war on Syria (and Libya) for an article no one would publish. We're not the "good guys," I learned.

Nowadays my attention turns to the new society we must construct, so people have something to walk (or run) toward as the old system collapses. I don't know exactly what that new society will look like, or how it will function, so I'm moving carefully.

For me, it starts with personal experience, and not grand theories like those that ultimately led to the deaths of hundreds of millions over the past century. I've no patience for "-isms."

My wife and I live in the forest. The Great Algonquin Forest, as I call it. A sense of place is important at a time when technocrats seek to herd us into virtual realms. A yurt or cabin appeals to us more than any baronial house. I want to live in a community, something like the Shire in Lord of the Rings. Or the settlement on the Toronto Islands — founded by squatters — whose lanes are too narrow for cars, and where everything is of human scale.

I believe our taxes should flow mostly to the immediate local village level, and not primarily to national governments, and then provinces or states, then cities. It's all upside down and ripe for abuse by plutocrats far removed from those paying the funds. And perhaps there will be no taxes at all.

I like late psychonaut Terence McKenna's idea of the Archaic Revival, with its return to the rhythms of sacred nature and recognition of the Goddess. And we need to establish everything in light of our true history. Genetics have disproven a common ancestor for humans and apes. So, what happened? Were we made in a lab? By aliens or inter-dimensional beings? I believe the Sumerian texts have a great deal to teach us in that regard. And the story of Tartaria fascinates me, and mud floods and the re-ordering of history by Jason Breshears (host of Archaix on YouTube).

Whatever we devise, we must ensure that what the World Economic Forum and its members have attempted (that include all the world's governments and large corporations — a daunting thought in itself) never happens again, and never could happen in light of the safeguards we'll employ.

In the end I believe the new society must include the most direct forms of spirituality, including plant and

non-plant shamanism and esoteric ideas of duality and nonduality from India and other ancient cultures. This is an area where perhaps my writing and experiences that are unique to me can serve their highest purpose.

All the master plants must be legalized, and we must lean into the wisdom of the earth's First People whom we've genocided on every continent. (Really what's happened these past few years is only that the gun sights have been turned on people in the industrialized world, who didn't care a whit about the violence our governments inflicted on people in poor countries.)

We incarnated at this time to participate in the largest battle for the soul of humanity in recorded history. It's so vast, so unimaginably sinister and underhanded, that most people remain unaware, incredulous that anyone could "be that evil" or that "so many people" could be in on it. (I struggle with that myself.)

I'm thankful for everyone's friendship in the Druthers community, on social media and in the protest movement. Some of you have genuinely helped me get through the past almost-three-years. My family is shattered. I've lost friends who were present at both of my weddings. Yet I embrace my new friends and look forward to putting my shoulder to the wheel with you in the next few years creating off-grid homes and intentional communities, and whatever else we have to do to outlast and prevail over the perpetrators.

Namaste everyone. In Lakesh!



*Guy Crittenden is a freelance writer and author of the award-winning book *The Year of Drinking Magic: Twelve Ceremonies with the Vine of Souls* (Apocryphile Press, San Francisco). Follow Guy at www.HipGnosis.co*

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**SCHOOL OPENS NOV 14TH AT 9 AM
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Admit You're Wrong, or Die

By Todd Hayen, PhD, RP

OK, so maybe (maybe) not so dramatic as that headline, but come on people, alright already, you're wrong, admit it and start what you need to do to heal! With people dropping left and right, diseases and cancer on the rise, excess deaths, heart issues, clotting, if many people don't actually admit they are wrong they may die, or at the very least, eventually get very sick. Sure, we don't know the extent of the danger of these experimental drugs. But we do know they are not what they have been cracked up to be. Most of the people are still following this lying agenda (safe and effective? Was this ever the truth?) simply cannot admit they were wrong.

I honestly believe they would rather die, in a lot of cases, than admit their error. I am a psychotherapist, and have seen hundreds of couples in marriage counselling. It is so rare, at least in the first sessions, for either party to admit they are wrong about just about anything. If I am successful with them, they will begin to back down, but it takes a lot of work.

What is this? I am a pretty old guy, and I do remember a time when people were more flexible. Sure, no one likes to admit they're wrong, but they actually used to do that, at least occasionally. When I was a Hollywood film composer, writing music to *The New Lassie*, one of the producers would occasionally disagree with my music choices (producers are wont to do that, disagree). But I loved this guy because he would always say to me, "I don't really like what you did there, do you?" Of course I did, I wrote it. So usually I would say, "Well, yes, I do like it, I think it fits the scene well." He would seldom insist I change something, but rather would ask me to pitch my choice. "Tell me why I should like it." I always had a good explanation, and very often he would sit there and stare at me for a moment after I had explained why the music was excellent. "Hmmm," he would often mutter, rubbing his chin. "OK, that makes sense to me, let's leave it."

Anyone reading this who worked or currently works in the film biz knows that what I just described is a rather unusual scene. Producers, at least in the music end of things, very seldom give in to a composer. The point I am making here though is that people really did at one time change their mind about things. Maybe my producer boss wasn't admitting he was "wrong" (music is a very subjective medium) but certainly could change his mind. He was flexible, and most importantly, he would let me explain my position. And if he saw something in my explanation that made sense to him, he would relent and shift positions.

Forget that now. It ain't happening.

It is what I try to teach my couples in therapy: be

more flexible, do not be so rigid, try to see another perspective. Couples therapy deals with a lot of subjectivity as well. So, it makes a bit of sense that people in relationships see things differently from their partners. But what we have been dealing with during this Covid era is not subjective at all. It is black and white, truth and lies, life and death. And people are insanely sticking to their own narrative, which is just a reflection of the mainstream narrative—like snapping turtles who won't let go until lightning strikes, and I doubt if, in this case, lightning will do a damn thing.

I suspect there are a lot of circumstantial reasons for this stubbornness. I fall back here on Desmet's theory about mass formation. The powerful thought form *egregore* could also have its influence if you believe such



things (I do). And needless to say the mainstream narrative has been relentless in driving all of this into the hearts and souls (and heads) of those who are susceptible to such brainwashing.

I will stick to the idea that much of this resistance to absorbing the evidential truth, and changing minds accordingly, has to do with a decades long priming. People in general no longer know up from down—as they blindly navigate the bizarre-o streets of the 2000's. Not much that their senses pick up is automatically, as it used to be, identified accurately. Instead, the identification can be easily confused. I mean, every photo we see could be photoshopped to appear to be anything under the sun. We have even seen this technology applied to video and audio and have no idea if we can even trust a recorded speech from a politician or anyone else who has the intention to deceive. We have been bombarded by commercials for decades where only the strongest minds do not easily fall into their persuasion. Nothing is real. Our senses can't tell us a thing we can trust. I even

wonder sometimes if the actual scenery I gaze upon while taking a walk in the neighbourhood has not been digitally manipulated (ha ha).

Certainly we can no longer believe anything we see in the cinema or on television. Used to be that real human beings executed stunts, which made the event spectacular and jaw dropping. CGI has taken over digitally, and synthetically, painting nearly every scene in a film. Even the actors may be fake. Everything else is fake; nothing is to be believed at face value. Anything our senses are asked to evaluate as evidence is rejected as such, like in a magic show. Nothing can be trusted anymore, until some certain type of authority says it can be. There's the catch.

Who or what can do this? As per dozens of articles you may read, it is the great skill of the "powers that be" at the head of all this psychological manipulation. And it makes things easier that the masses fall for it all, hook, line, and sinker. And I'll tell ya, once they've got 'em, they've got 'em for life. Or so it seems. If you have nearly no system of determining reality (your senses and common sense), and have never been taught to critically think so you can ascertain truth with a blindfold on, then you are going to be looking for someone to whisper in your ear to describe what it is you are looking at but cannot see.

Some of us at least. Not all.

So who is bestowed this great honour and thus becomes the chosen one to help the blind see? (not really "see" of course, that is an illusion too.) There are a lot of theories on that, but I believe the people who have obtained this exalted position have become much like a mother duck who gets her ducklings to follow only her around. Imprinting—being in the right place at the right time, and continuously being told by others that the imprint is legit and you indeed are following around the true, and trustworthy, momma duck. Now, this could happen to any of us, anyone can easily decide that the wisdom, intelligence, and charisma of a leader or expert or authority is the way to go. But sheep are the only ones that seem to get imprinted. Shrews don't. If some other piece of information comes forth with sound evidential support, we drop our connection with the one that contradicts facts and truth and find a new duck to follow, or just follow our own light. Sheep get imprinted, and there is nothing that can drag them away. That momma duck can lead them anywhere, and if she is nasty, she can lead them all the way to their death.

Originally published at: shrewviews.substack.com

Read more from Todd Hayen on his substack shrewviews.com

Dr. Makis Second Letter To The Canadian Medical Association

Continued from p.1

Here also, is Dr. Makis' second letter to the Canadian Medical Association respectfully asking that they fulfill their duties: investigate the death and carnage associated with the injections, and halt mandates for healthcare workers to be injected.

"On September 3, 2022, I wrote you a letter regarding the sudden and unexpected deaths of 32 young Canadian doctors since the rollout of COVID-19 vaccines, and I raised concerns about COVID-19 vaccines and vaccine mandates contributing to these sudden deaths. The letter went viral on social media, it was viewed by millions of people worldwide, was translated into dozens of languages, and became the topic of numerous podcasts, media interviews, internet videos and news articles.

There has been a tremendous interest worldwide into what is killing Canada's fully COVID-19 vaccinated young doctors. Unfortunately, Canada's healthcare leaders, including CMA, do not share this interest. Both of you failed or refused to respond to my letter, and you also failed or refused to respond to inquiries made by American philanthropist Mr. Steve Kirsch, as well as inquiries made by journalists.

I am now providing you an update with information

about 80 young Canadian doctors who died suddenly or unexpectedly since the rollout of COVID-19 vaccines. Four more doctors have died since my previous letter, and these unexpected deaths are accelerating. You cannot continue to ignore this.

My team has assembled a database of 1638 Canadian doctor deaths during the period 2019-2022, with 972 of them from CMA's own website. Our preliminary analysis of this extensive data suggests that Canadian doctor deaths under age 50 in 2022 will be 2-fold higher compared to the 2019-2020 average. Shockingly, Canadian doctor deaths under age 40 are already 5-fold higher in 2022 compared to the 2019-2020 average, and Canadian doctor deaths under age 30 are 8-fold higher!

McMaster University recently announced the sudden deaths of 3 young fully COVID vaccinated medical residents during the summer of 2022, which is unprecedented. All Canadian medical students and residents were forced into unscientific, unethical, cruel and harmful COVID-19 vaccine mandates.

I implore you again to remember your Hippocratic Oath and your own CMA Code of Ethics, and call for an immediate halt to all COVID-19 vaccine mandates in Canadian healthcare."

Dr. William Makis MD

Resources:

Bright Light News interviews Dr. Makis

Here is the Bright Light News' Interview with Dr. Makis from last month; he discussed these matters when the injected physician body count was at 32.

www.rumble.com/v1jxtkf-32-canadian-doctors-died-and-corrupt-medical-colleges-are-destroying-medici.html

Or go to rumble.com and search "32 Canadian Doctors Died & Corrupt Medical Colleges Are Destroying Medicine -Dr. William Makis, Md"

Dr. Makis testimony of rampant criminality

Dr. Makis tells the shocking story of how the College of Physicians and Surgeons in his province was weaponized in a corrupt campaign against his lawful position. This demonstrates how unlawful and abusive these medical regulators had become even before their current devoted role in the covid-crimes-against-humanity.

www.rumble.com/v111o4z-dr-judy-mikovits-and-dr-peter-mccullough-weigh-in-on-corruption-within-th.html

Or go to rumble.com and search "Dr. Judy Mikovits and Dr. Peter McCullough weigh in on corruption within the CPSO & the CPSA"

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Vitamin D Causes Dementia? Really?

By Ken Peters

There is a constant attempt by the pharmaceutical industry to discourage people from using natural remedies, since they simply can't abide having competition, especially the type that is safer, cheaper, and more effective than what they offer. The latest example of these disinformation campaigns revolves around diminishing the perceived value of taking vitamin D, and not for the first time.

We Are Going To Need A Better Health Minister

Even politicians are in on this game. In April of 2021, in the midst of the Covid "crisis", our own Canadian Federal Minister of Health, Patty Hajdu, joined the disinformation party by revealing either her extreme lack of basic health knowledge, or for other nefarious purposes.

During a discussion on the government's approach to the Covid crisis an independent MP asked the minister if she could "explain why Health Canada's website states that most Canadians are getting enough vitamin D and doesn't actively recommend supplementing."

Our Health Minister responded with: "I would encourage the member opposite to not fall prey to the myriad of fake news articles that are circulating around the Internet."

Which is of course an absurd thing to say, given that vitamin D is the single most important nutrient that we supplement with, one that is required to prevent almost any disease you can name, including influenza. And not just influenza, the potential to be infected by Covid, and the severity of one's symptoms, are clearly linked to vitamin D status.

Previously on Refuting Bad Science

In 2008, as vitamin D research was kicking up, Dr. Cedric Garland, professor of preventive medicine at the University of California, San Diego, publicly stated, "I think vitamin D is introducing a golden age in medicine."

By 2013, the pharmaceutical industry realized it was time to disavow consumers of the idea that a simple vitamin could be of so much value. At that time, this headline made its way around the world: "Vitamin D supplements don't help boost bone density in healthy adults."

This "study" concluded that: "The negative findings of our analysis contrast with the widely held perception that vitamin D works directly on bone cells to promote mineralization," the scientists wrote. "This perception is probably incorrect."

That deeply flawed study was easy for even a non-scientist like myself to refute, simply by reading the actual study, and pointing out the obvious problems with its conclusion.

In almost half of the studies reviewed, the amount of vitamin D given, less than 800 IU per day, was insufficient to make a difference, especially if the subjects were already D-deficient.

Furthermore, this study ignored one from the previous year, which found that people 65 and older who took 800 to 2,000 IU vitamin D daily, had a 30% lower risk of hip fractures. In that study, it was found that taking less than about 800 IU of vitamin D per day had no effect on bone-fracture risk, when compared with taking a placebo or a calcium supplement alone.

More Disinformation

Time for another visit to the wonderful world of medical disinformation. Watch how an older study is republished to facilitate headlines around the world like this one:

"Prolonged vitamin D supplement use may increase dementia risk". And this one: "Vitamin D could speed dementia: study".

See how science can be purchased by pharmaceutical interests in order to turn people away from natural support from supplements, driving them back into the arms of their drug-pushing doctors. Marvel at how a layman, like myself, can dismantle their spurious arguments simply by reading the actual study and doing a little follow up research.

What Does This Study Say?

Published originally in Nov/2021, in the Clinical Journal of the American Society of Nephrology, this study was deemed sufficiently offensive to vitamin D to be worth dusting off and republishing, along with a big media push to get the headline out there.

The actual title of this study is: "Vitamin D supplementation worsens Alzheimer's progression: Animal model and human cohort studies", and was republished this year in *Journal Aging Cell*, July/2022.



The study opens with: "Many recent epidemiological studies have found a link between vitamin D deficiency and risk of dementia. Basing their assumptions on results of observational studies, some people have come to believe that vitamin D deficiency causes AD (Alzheimer's Disease) and have gone a step further to conclude that vitamin D supplementation might confer neuroprotection against dementia."

But, it concludes with: "However, those taking a high (>146 capsules of 0.25 mcg per year) and medium (43.8-146 capsules of 0.25 mcg per year) cumulative dose had a 1.80- and 1.27-fold increase in risk of incident dementia, respectively, compared with nonusers, suggesting a potential link between prolonged use of calcitriol and increased risk of dementia in older people."

And, it gets worse: "The findings of our animal experiments also suggest that the prolonged vitamin D supplementation might actually exacerbate AD." Not to mention, "Older adults with pre-existing dementia were at 2.17 times higher risk of death if taking vitamin D3 supplements."

Well, studies like that could really make one question their use of vitamin D supplements. I mean, by doing so, am I increasing my odds of getting dementia or Alzheimer's Disease, and even dying prematurely?

So, these researchers ended up producing results that "overturned long-term understandings about vitamin D", however not discounting that vitamin D had "other benefits". No, the lesson here is that, "the research should remind older adults that prolonged and high-dose consumption of vitamin D supplements may be detrimental to their brain health, and that more moderate levels of the vitamin could be derived from sun exposure".

The Flaw

The astute reader will already be questioning how 0.25 mcg of vitamin D, only 1000 IU, daily for less than half a year could be dangerous. Most of us consider that to be an insufficient and ineffective amount of vitamin D. So what's up?

The lead author "noted that the data was derived from people who had received prescriptions for calcitriol, the active form of vitamin D3, but not the inactive form which is sold over-the-counter".

The insanity here is how they casually use the terms calcitriol and vitamin D interchangeably.

What is Calcitriol?

We refer to vitamin D as a vitamin but, in fact, it actually "comprises a group of very closely interrelated hormonal compounds also related to the other main calcitropic hormone, the parathyroid hormone". (Calcitropic = "involved in the regulation of calcium in the blood and in bone".)

So, let's now look at the cascade of "vitamin" D compounds and where calcitriol fits in, so that we can get a good understanding of the difference between calcitriol and the form of D that we supplement with (cholecalciferol).

Vitamin D is synthesized in human skin after the conversion of 7-dehydrocholesterol (found in your natural skin oils) into cholecalciferol under the influence of UV B radiation (from the sun). Cholecalciferol then turns into calcifediol, which metabolizes into calcitriol.

Calcitriol the Drug

Because vitamin D supplements are building blocks for calcitriol, the body will not produce more of it than required. An end hormonal product like calcitriol, however, is another story, and constitutes a hormone/drug rather than a supplement. And therefore can be dangerous.

Calcitriol, the drug, is a synthetic version of Vitamin D3 and is prescribed to treat calcium deficiency with hypoparathyroidism (decreased functioning of the parathyroid glands) and metabolic bone disease in people with chronic kidney failure.

Given the powerful effect of synthetic calcitriol on the metabolism of calcium in the body we should not be surprised to find that there are serious potential side effects that can accompany its use. In fact, there are approximately 40 side effects listed under the drug Calcitriol on rxlist.com.

Real Scientists Know

Now let's examine what two other researchers, not in the pocket of pharmaceutical companies, have to say.

Therefore, **it must be concluded that cholecalciferol is the only form of vitamin D that should be considered in the context of the nutritional functions of fortification and supplementation.**

Thus, **calcitriol is not a replacement for vitamin D and, at best, functions solely as a poor replacement for its endocrine function.**

Here, real scientists point out the distinction between vitamin D and calcitriol, that they are clearly not the same thing, and the terms should not be used interchangeably.

We have established that the drug calcitriol works primarily on calcium metabolism, and serves as a poor replacement for natural vitamin D. Well, other research has already established that excess calcium can lead to heart disease. Thus, if we see an increase in mortality, as indicated in the study we are analyzing, it may be due to the effect of this drug on increasing blood calcium levels, which increases risk of cardiovascular events.

And, since aberrative calcium functions in the body have also been implicated as a cause of Alzheimer's Disease⁸, we can see a mechanism whereby calcitriol could also be the cause of the increase in incidence of AD in the study in question.

Therefore, it is most likely that the increase in dementia and mortality rates is due to the calcitriol drug used in the study, and has nothing whatsoever to do with actual vitamin D. And, to claim otherwise, as that study does, is a deliberate attack on vitamin D that flies in the face of real science.

Conclusion

If a layman, like myself, can easily refute such studies, where are the rest of the scientists, who could do so with a glance at the full study? Are they afraid for their careers if they stand up to the pharmaceutical overlords, or are they simply a dying breed? I do not fault science. I fear that science has sold out to the point that, in the public realm, it has become nothing but a tool of industry.

So, relax and enjoy your vitamin D supplement with no worries. It will not cause dementia, Alzheimer's Disease, nor premature death, in fact quite the opposite. As always, do your research. Also remember that your face makes almost no vitamin D during sun exposure, and neither does your body if you have showered off your natural skin oil. So, unless you are running around half-naked and dirty in the summer, it is a good idea to supplement in the summer months as well.

My Top 20 Survival Tips For 2022-2023

By Jason Christoff

1. Start an online business, even as a side hustle. Start pursuing something where you're not under the thumb of corrupt gov-lovers or corrupt corporations. Email me at jason@freedomfromselfsabotage.com for three online businesses you can start now, with very little investment.
2. Start growing your own food. Just start, even if it's something small.
3. Create redundancy with your fresh water supply. Potentially bottled water (glass bottles preferred) plus a reverse osmosis filter under the sink. A gravity-powered Berkey filter can also work. A well is the best idea. Dependency is the general weakness that ushers in blind compliance.
4. Create redundancy for your backup heating system. A natural gas-powered fireplace plus a wood fireplace or wood stove. (on top of your conventional gas/oil-powered furnace). You're more likely to comply with corrupt dictates when you don't have a choice, so manufacture your backup choices and options long in advance.
5. Create redundancy for your backup electricity supply. Natural gas-fired generator plus solar panels. (on top of your regular on-grid power supply). Generac makes both generators and solar panels. There are even portable solar power charging units for electronic devices. Start small but start.
6. Have a 4-6 month supply of absolutely everything you use regularly. From spices to toothpaste and from mustard to toilet paper. Make a list. It's time. Get a 6 months supply of propane for your barbecue as well.
7. Try to exit from large city centers if possible and find homes with more floor space, bigger lots or acreage, a garden, a place for tools, a place for weapons/ammo, solar, and a well and try to keep your distance from the dependent gov loving folks who comply simply because they don't have any other options, alternatives or choices.
8. Home defence for potential looters. Whatever the law allows in your area regarding firearms and protective/defensive weapons, make sure you invest in this area. Get something that will make the troublemakers back up and not ever return. A double-barrel pump shotgun looks rather menacing but any sort of firearm will do, to keep potential looters at bay. If supplies run dry in the cities, in an attempt to install a hunger game-type society in the dependent populace, you will need to protect your assets from people who never paid attention to what was happening or the direction being taken by the government and media.
9. Remove all cryptocurrencies from exchanges and download them to personally controlled wallets. Hard wallets are preferable. In a crash of the stock markets, where they fall by 40%, something like Bitcoin could get as low as \$3000-\$5000. Keep this in mind as a potential scenario for loading up on choice cryptos if that happens or think about selling now and getting out before the stress of it all causes illogical decision-making near the bottom. At this point, it should be obvious that most financial markets are artificially maintained and in no way reflect basic economic principles or present-day economic realities.
10. Remove a good amount of cash assets from banks, to avoid bail-in situations or restrictions on cash withdrawals, as happened in Greece, Cyprus, Argentina etc. Obviously, leave enough for recurring bills, just in case the payment of bills is permitted, even if having access to your cash assets is restricted for withdrawal purposes. For people with larger cash balances, make sure to remove at least 6 months' worth of cash for your living expenses. Remember Greece 5 years ago where you could only take out a very small amount of cash every week (300 euros), even if you had millions in the bank? Investigate "bail-ins" as after the 2008 pre-planned economic collapse, legislatures across the world all pressed forward to modify the laws of most developed nations to reflect the philosophy that banks could literally steal the deposits of their customers to save the bank in a financial collapse. If you

see anything when "out of nowhere, it's everywhere", you know you're most likely being set up for a future con that was planned decades in advance.

11. Acquire 1-2 chest freezers and make sure you're stocked up on the frozen essentials like grass-fed meats, frozen fruit etc. Don't ever load up on junk. Junk makes you sick, weak and compliant. Always



build your strength with everything you do. Remember the 4 pillars of strength that the system aims to destroy, so that you can't resist their social engineering. Remember to build your physical strength, your mental strength, your spiritual strength and your financial strength.

12. Sell what you don't need and get streamlined with your assets and finances. When people have money and things are calm, it's the best time to unload items you no longer use and redirect that money into loading up in the areas that are going to count. Maximize your benefit, and minimize anything that holds you down or clutters up your life.
13. Contact local organic farmers in your area, who you already buy organic food from. Visit them in person. Tell them that if they experience any looting or bullying, regarding their food supply.....to call you for support and in defence of the only thing of value in a crisis, which is healthy organic food. Social engineers are working around the clock to close farms and push insect-based agriculture upon the population, for the same reason they push all their policies.....because eating insects weakens people physically, mentally, spiritually and financially. Crickets are known parasite and chitin repositories, which first make a human physically ill. After physical illness, mental illness follows. Once the physical body and mind are damaged, spiritual weakness then follows. After these 3 areas of weakness infiltrate a person, they can no longer work to produce energy for themselves or others.....thus financial weakness comes next. After all 4 areas of weakness are set, compliance is almost a guarantee.
14. Best to get a 4x4 truck instead of a car if possible. Keep

the gas tank near full at all times. Diesel is preferable. Hopefully, in a countryside property, you can arrange for larger storage tanks of fuel.

15. Beyond stocking up on healthy food, make sure you have a wide array of health supplements. I believe Organifi makes some of the best nutritional green and red powders on the planet. Remember that in a

crisis you need VITAMIN C to stay healthy. The powders from Organifi are a good source of vitamin C. Frozen fruit is good as well. Use the discount code CHEK20 at check out for Organifi, to get a 20 percent discount. Vitamin D (from Mega Food) fish oil (from Nordic Naturals), digestive enzymes from Renew Life, zinc (from Mega Food), Thieves Oil (from Young Living), Fermented Garlic (from Mercola.com) and Echinacea (from Vogel).....all essential. These items can reverse almost any illness when combined with clean water, bed rest and love from your family.

16. Make sure you have a first aid kit, which may even include a stitching kit as well.

17. If you live in the Northern Hemisphere, start buying your hunting and winter gear months in advance for the best selection.

18. If you're in the Northern hemisphere, sunbathe as much as possible

(from May 1 to Oct 1), to build up a good concentration of vitamin D in your fat cells. No toxic sunblock of course but never burn. This will guarantee that your immune system is strong, regarding everything they're going to throw at you over the next calendar year.

19. Keep exercising, stretching, shadow boxing, strength training and practicing active relaxation to keep the stress hormones at a minimum. Turn off the TV and all mainstream fear-based media, to keep your head straight and to stay outside of the mind control. Quit alcohol, coffee, caffeine, sugar, nicotine, narcotics etc to get ahead of the survival curve. Don't participate in the rituals of the slave. Don't hurt, abuse or destroy yourself by your own hand. You only get one body. Start getting healthy today. The best book on health ever written is Paul Chek's *How to Eat, Move and Be Healthy*.

20. Keep using private and alternative channels to spread valuable information, which is currently being censored, so as to wake up as many people as possible. This agenda is based on the media tricking people to do to themselves what the powers "that shouldn't be" could never do by force. The more people get the proper uncensored information, the less likely they are to cheerlead the destruction of their society and culture.

To get on my personal email list please email me at jason@freedomfromselfsabotage.com. As the slaves are watching the big game and getting drunk at the restaurant on Friday night (taking the bait as we call it), you get cracking and start prepping. Prepare now while the commodities and services are still flowing.

Observations From A Canadian Visiting Nicaragua

By Chris Schaefer

I miss my Freedom Family!! I'm still adventuring in Nicaragua and loving every minute of it. It is the most free, friendliest and wealthiest country I have ever been in.

In the past 6 weeks of my own exploration and investigation, I have found:

1. No major crime - I've never seen police anywhere except directing traffic or in a parade.
2. In this city, I've only heard a siren twice - in 6 weeks! It was an ambulance both times.
3. People eat off the trees and from their gardens, and they fish year round for next to nothing to feed themselves/families, and the rest they sell for income.
4. Affordable - \$1000 USD/Month is doable for a single or couple and includes furnished apartment and all the food you need to be satisfied and healthy.
5. 24C - 30C year round temperatures.
6. Humid - no more dry skin ever.
7. The most beautiful and diverse wildlife I have ever witnessed. I made friends early on with a monkey.

He stands 3.5 ft tall and whenever I am in his area, he always comes right up to me to say hello.

8. No one is living in tents or less. No one is hungry. If someone needs a home, they pick where they want to live and provided the land is unoccupied by another, the government gives them the land for nothing and then they, plus friends/strangers/volunteers, build a house.

Shelter and access to enough healthy food should be a human right - without need to produce labor for it. After all, the earth provides all of us with air, water, food and resources of the earth for our use - for free. It is for us to use and enjoy.

In Nicaragua, freedom like I never knew could exist on this planet, exists here.

Chris Schaefer

Editor's note: We are sharing this story, not for the sake of encouraging people to move there, but simply to show people there are other ways. There are other possibilities on how to live more freely without being shackled to cold-hearted, greed-driven, corporate culture. Let that thought percolate a while.

OPP Officer Says No Intel of Convoy Violence

By Harrison Faulkner | tnc.news

On Day 5 of the Emergencies Act hearings, explosive cross examination of Ontario Provincial Police (OPP) intelligence officer Pat Morris confirmed that there was no intelligence that indicated the Freedom Convoy met the legal threshold required for the federal government to invoke the Emergencies Act.

When cross examined by Convoy lawyer Brendan Miller, officer Morris said that he had no evidence of espionage or support of espionage, no evidence of sabotage or support of sabotage and that there was no evidence of foreign influence activities that involved the threat to any person.

Miller continued to press Morris, whose job it was for the force to lead the intelligence-gathering effort of the OPP, on the lack of evidence that must be met in order for the government to be justified in declaring a national emergency and invoking the Act.

"I saw online rhetoric, I saw information on social media, I saw assertions of that type of activity. I'm aware of no intelligence that was produced that would support concern in that regard," Morris responded.

Miller then asked: "You didn't see any evidence in the intelligence of activities within or relating to Canada directed toward or in support of a threat or use of acts of serious violence against property for the purpose of achieving a political, religious or ideological objective within Canada or in a foreign state?"

Morris answered: "In relation to the things you're discussing, we collected all the information which some information asserted attempts at that. We did see that and had to consider that. Did we have any credible evidence that that would occur? No."

Miller then asked Morris if it was possible that federal intelligence agencies would withhold intelligence from the OPP.

"I believe that I would've been informed," Morris said. "I received no information in relation to the probability of that activity."

You can watch the entirety of Convoy lawyer Brendan Miller's cross examination of Pat Morris here: www.youtube.com/watch?v=a-KchDti9r0

An email written by Morris was examined under questioning from Cara Zwibel, counsel for the Canadian Civil Liberties Association, in which it states that the Integrated National Security Enforcement Team (INSET) – which is lead by the RCMP – reported that the protests in Ottawa and at the Ambassador Bridge did not meet their threshold for a threat to national security.

In that same email, Morris appears frustrated at political leaders, questioning them on the source of their information regarding "extremist involvement" in the convoy.

Morris also made numerous claims throughout his testimony which contradict many media reports surrounding the criminal behaviour of protesters in Ottawa and around reporting that protesters were armed.

Morris dismissed concerns that protesters were armed in Ottawa as "hyperbole," saying "we produced no intelligence to indicate that these individuals (protesters) would be armed. There has been a lot of hyperbole about that," Morris said under questioning from Commission counsel.

Commission counsel spent considerable time probing OPP intelligence collected on the convoy prior to January 28th – the day that protesters arrived in Ottawa.

Asked about potential threats and criminal activity occurring in the convoy prior to January 28, Morris said that the "absolute lack of criminal activity was conspicuous."

"There was almost no reported criminal activity of

any of this activity coming across Canada," Morris said under questioning from Commission counsel. "So it was conspicuous for the absolute lack of criminal activity."



When questioned by Ottawa Police counsel, Morris told the commission that "open fires," "honking" and "ideological fringe elements" were not considered threats by the OPP intelligence bureau.

Morris also testified to the extent with which OPP spies were embedded inside the protests to collect intelligence on the "mood, tenor and plans" of the protesters.

Although Morris testified that the protests never reached the OPP's threshold of a threat to national security, the protests in intelligence reports were labelled a potential threat to national security in part because, as is written in an OPP intelligence report, the "threat to [Canada's] reputation by virtue of coverage in the international media of what was transpiring in Canada."

Former Chair of the Ottawa Police Services Board (OPSB) Diane Deans testified in the morning, prior to Morris' cross examination.

Deans' testimony spent considerable time on her involvement in the resignation of former police chief Peter Sloly and her eventual resignation from the board as Chair.

Deans went on to accuse Ottawa mayor Jim Watson of using the protest as an opportunity to "settle some old scores" against her.

A recording of a phone call between Deans and Mayor Watson was admitted to the Commission as evidence. In it, Deans asks Watson if council will move a motion of no-confidence in her as Chair of the OPSB and if Watson planned to vote against her.

Watson said in the conversation he wasn't sure.

You can listen to the entire phone conversation between Deans and Watson here: www.youtube.com/watch?v=v9Df6GiCUS8

Originally published at www.tnc.news

The Silencing of Machines

By Fiona Thorson

When did you last unplug for a significant amount of time? How did you feel? Relief? Withdrawal symptoms from your electronic device addiction?

There is a funny thing that happens within me when the power goes out. It's a mixture of feelings but the dominant one is *excitement*. Yes, excitement, not disappointment (unless perhaps I'm on an important call online or it's freezing outside), not fear... excitement.

Here's what I do when the power goes out...

First, I wait a minute to see if the power will come back right away. If it doesn't, then I slowly start to reach for the candles, lighter, and flashlight. Once it seems apparent that it will be off for a while, I light up the candles and place them around.

THEN my excitement rises... *What am I going to do with myself?* I wonder. No power means no internet and only limited use of the computer. What does that leave me? *Books!*

I love books. I love *my* books. Back in 'the day' (Am I that old already?) before we carried smart phones, computers, and tablets around and stayed *connected* constantly, I read a lot of books. I am curious and a bit of an info junkie, so with internet nowadays, like you maybe, I'm reading a lot of stuff online... constantly researching and learning.

It's great! I love the internet for the good things it offers, but it means less focus on a couple of topics and a lot of scanning on a lot of topics. The quality and depth of what I read online is different from that of reading a book.

Back when books were more popular, I often had about three or four non-fiction books that I was reading at a time (and one novel and, rarely, two). Most of the time, I read each book to the end; none of this half-assed reading and saying to myself, "Oh, I'll go back to that later, after I've looked up these 100 other things first."

No, I had five books on the go and carried some of

them with me in my backpack when I went out on foot.

Why am I telling you this?

Well, I guess that when the power goes out, I know my choices of reading at home go back to my books, but that's not all.

It is the silencing of machines, the ambient glow of a candle, and a release in my brain from the many things I might be doing on my computer... It is these things that really get me feeling happy and excited. I feel like a kid thrown into the basement or locked outside and told to "Go find something to do," and my imagination and creativity start their engines.

Ready, *set.... Create!* Do you know the feeling?

Just last week, I got to visit some friends in the United States (*Oh, the land of the free and mostly bare-faced!*).

Their new home is in a rural area with very poor cell phone service and they don't have internet yet. Initially, I was disappointed that I wouldn't get online to do the many tasks I had to get done, but that waned quickly. There were a lot of moments to spend in *real life* with my friends, some time in nature, and the quietness was stunning.

More captivating is that the quietness of my mind brought out feelings and thoughts I'd been ignoring. It showed me more of my inner-real self that was being stifled away by busy-ness.

I suppose that's why I get excited when the power goes out. I have nothing to do on my addictive electronic devices and I'm brought back to more moments of silence. It reminds me of one of my favourite quotes, by Nietzsche – I consciously ponder the last part of it (emphasis added) whenever I forget to turn inward, when I'm frazzled, or fazed by something external:

"For happiness, how little suffices for happiness! ... The least thing precisely, the gentlest thing, the lightest thing, a lizard's rustling, a breath, a whisper, an eye glance - **little maketh up the best happiness. Be still.**"

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"Please world, be kind to one another. We really are just one big earth family. Thank you. I love you.
Keep on passing it on."
- Shawn Jason

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News From Around The World

By Paul Bennett

A Third of French Women do Not Want to Have Children

According to a recent poll in France, 30% of women of childbearing age do not want to have children. The poll, carried out by *ELLE*, a women's lifestyle magazine in collaboration with polling experts at the *Institut français d'opinion publique (Ifop)* spoke with 2005 women to conduct the poll.

ELLE on their official website stated: "How to explain this lack of love for motherhood? Carried by the feminist wave and in particular by #MeToo, the respondents confide above all, their desire to remain free of their destiny. 50% believe that a child is not essential to their personal development, while 48% wish to continue living without assuming parental responsibility.

According to the article, "*Sondage exclusif : 30% des femmes en âge de procréer ne veulent pas d'enfant*" (originally published in French), the environmental and climatic crisis also motivates the non-desire to have children for 39% of the women questioned, followed by political and social crises (37%) and fear of overpopulation (35%). Unsurprisingly, nearly one in two EELV [French Green Party] supporters want to remain childless, while on the right (*Les Républicains, Reconquête, RN*), the majority of women still express a desire for motherhood. The same goes for feminist and ecological affinities: 50% of women consider themselves "very feminist" and 54% say they are "very ecological" and do not wish to have children. There is also a strong disparity in the desire for a child according to the socio-professional category of the women questioned. While women from the working classes continue to want to become mothers in their vast majority, 36% of business leaders prefer to remain "childfree".

Of those who did not want to be a mother, 39% said that the "climate crisis" played a role in their desire not to have children. 37% said that political and social crises played a role, and 35% cited a fear of overpopulation. When broken down by political affiliation, almost half of French Greens in the EELV party said they didn't want children. Comparatively, most supporters of Marine Le Pen's National Rally party wanted to have children. The survey found that more working-class women wanted to have children compared to those from more professional backgrounds such as business. That being said, France continues to have one of the highest birth rates in the European Union above EU standards but in recent years the birth rate is dwindling.

The 'not so surprising' results from the French poll are a snapshot into current Western values and a sad indictment of a soulless society that places little emphasis on motherhood and the family. The decline of the traditional family in Europe and beyond is slowly happening.

Box of Gold Teeth Found is Not Evidence of Russian Torture according to Ukrainian Dentist

A Ukrainian dentist in the eastern Kharkiv region recently verified untrue reports of Russian torture by confirming that a box of gold dental crowns and rotten teeth belonged to him.

On October 4 Ukrainian Defence Ministry posted a picture on Twitter depicting a gas mask and a large plastic box of gold dental crowns lying on the grass and blamed Russian troops for committing war crimes in the area. The Ukrainian Ministry tweeted: "A torture chamber in Pisky-Radkivski. A gas mask that was put on the head of a victim who was covered with a smouldering rag and buried alive. And a box of gold dental crowns. A mini-Auschwitz. How many more will be found in occupied Ukraine."

However, a village dentist, Sergey, 60, confirmed with German Newspaper *BILD* that the gold dental crowns were from his dentistry work and not extracted from torture victims. He believes that the box of teeth shown by the Ukrainian Ministry on Twitter came from his own plundered house.

BILD reporter, Paul Ronzheimer, tweeted on October 5: "We spoke to local dentist Sergey in the village about this horror-photo: The teeth look like the ones from my cabinet. My house was looted by the Russians. They come from people that I treated all these years. I took these teeth out."

Sergey told *BILD*: "The teeth look like from my stolen collection. I'm the only dentist here. So, if they were found, they must be by me. Some residents told me that the Russians used the teeth to scare people."

According to *BILD*: "Asked whether the crowns might come from dead people, the dentist replied: "My God, no! They come from people I have treated all those years. I took teeth out because they were bad. Over the course of 30 years, I have removed tens of thousands of teeth. This is a fraction of them. Sometimes, I pull out five to eight in one day. I have been doing this for 33 years."

In any war, the truth is always the first casualty, with propaganda, lies and misleading stories par for the course. Both sides in this dirty war are steadily and desperately ramping up false narratives to suit their own agenda.

New Abortion Law in Hungary Gives Unborn Babies a Chance For Life

In mid-September, Hungary introduced vital legislation requiring women who are seeking an abortion to listen to the baby's heartbeat before termination.

Journal *The European Conservative* said: "From now on, before making the final decision to initiate a termination procedure, the mother will have to have heard her baby's heartbeat during an ultrasound scan." *The Journal* added: "From now on before proceeding with the abortion, the mother must obtain a medical certificate from a pre-natal healthcare provider, proving that the vital functions of the foetus, i.e. the heartbeat, could be "clearly identified" by the patient and the doctor.

In a statement, Hungarian Interior Minister Sando Pinter said that "almost two-thirds of Hungarians associate the beginning of a child's life with the first heart-

beat," and that modern equipment can detect heartbeats early in pregnancy which can provide "more comprehensive information for pregnant women."

Dora Duro from the opposition party *Mi Hazánk* (Our Homeland) praised the new decree on her Facebook page: "This is the first pro-life move since the regulation of abortion in 1956, breaking a decades-old taboo. There will be at least a few seconds when a fetus can communicate with its mother who can listen to its heartbeat before an abortion is carried out."

Amnesty International Hungary and advocates for abortion predictably reacted to the new law by saying it would make it "harder to access legal and safe abortion" and will create a "barrier to accessing abortion" which "must be repealed immediately." Aron Demeter, a spokesperson for the Human Rights organization said: "It is definitely a worrying step back, a bad sign. This amendment achieves nothing,

but will further traumatize women, put additional pressure on women who are already in a difficult place."

Hungarian Prime Minister and EU Villain Viktor Orban has championed the importance of traditional family values and has given families with multiple children incentives such as tax breaks and subsidies to help improve the declining birth rate in the Central European country. In April 2011, under the leadership of Orban, Hungary approved a new constitution protecting life from the moment of conception. Article 11 of the Constitution states: "Everyone has the right to life and dignity; the life of the foetus will be protected from conception."

Since the 1950s, abortion in Hungary is legal in the first 12 weeks of pregnancy on medical and social grounds.

It is hoped that many thousands of lives will be saved in Hungary because of this new law. With the recent overturning of *Roe v Wade*, and the new decree in Hungary, the fight for the rights of the unborn baby appears alive and well.

90% of People Attending Gender Service in 2022 May Have Autism

An alarming statistic from an audit at an Irish gender identity service has raised concerns regarding informed decision-making, assessment, and treatment of vulnerable people attending the service. In a statement shared with GRIPT, an Irish online news website, the National Gender Service (NGS) revealed: "Based on these Audits the National Gender Service has seen an increase in the number of people attending their service with Autistic Spectrum Disorder (ASD)."

The NGS estimate that those availing their service with ASD could be 90% for 2022. According to the NGS: "This number was as low as 3% in 2014. The last time a full-service audit looking at prevalence of ASD was in 2019. At that last stage, the number was 34%. A repeat audit is ongoing and the expectation for 2022 is that figure will increase significantly and may reach as high as 90%."

Rather than asking serious questions about the alarming statistics regarding autism within the service, the NGS is instead asking the health service to provide specialized support and staff to help with autism. In their statement, "they have insufficient resources to meet current and future demand for their services."

However, the NGS did acknowledge that further help and exploration are needed: "Being autistic does not mean that a person cannot go on to start hormones or have gender-affirming surgery. However, it is important to understand a person's autism as part of a broader clinical assessment that includes assessment of social and occupational function, mental health, and communication needs, as all of these can be affected by autism."

Gender identity services have been in the spotlight this year. One of the world's largest youth gender clinics, the famous Tavistock clinic in North London was embroiled in controversy over its handling of vulnerable children earlier in the summer. NHS England was ordered to shut down the Gender Identity Development Service (GIDS) at the London centre after a damning report indicated it had failed vulnerable young people. The report also highlighted the disturbing side effects of 'puberty-blocker' drugs in adolescents.

In an open letter to the NHS on July 19, revered pediatrician and former president of the Royal College of Paediatrics and Child Health, Dr. Hillary Cass, spoke candidly about her findings in the interim report into care at the Tavistock Centre. She said: "My interim report highlighted the gaps in the evidence base regarding all aspects of gender care for children and young people, from epidemiology through to assessment, diagnosis, support, counselling and treatment."

Dr. Cass was highly critical regarding the prescription of powerful and life-changing drugs for children with gender dysphoria. She found that there is a "lack of clarity about whether the rationale for prescription is as an initial part of the transition pathway as a 'pause' to allow more time for decision making.

We, therefore, have no way of knowing whether, rather than buying time to make a decision, puberty blockers may disrupt that decision-making process. A further concern is that adolescent sex hormone surges may trigger the opening of a critical period for experience-dependent rewiring of neural circuits underlying executive function (i.e. maturation of the part of the brain concerned with planning, decision making and judgement). If this is the case, brain maturation may be temporarily or permanently disrupted by puberty blockers, which could have significant impact on the ability to make complex risk-laden decisions, as well as possible longer-term neuropsychological consequences."

The Tavistock gender clinic was once called "the model for treating trans people around the world."

Irish Senator Sharon Keogan who has been raising concerns regarding youth gender identity services in Ireland best summed it up when she said: "This issue today will be tomorrow's national scandal."



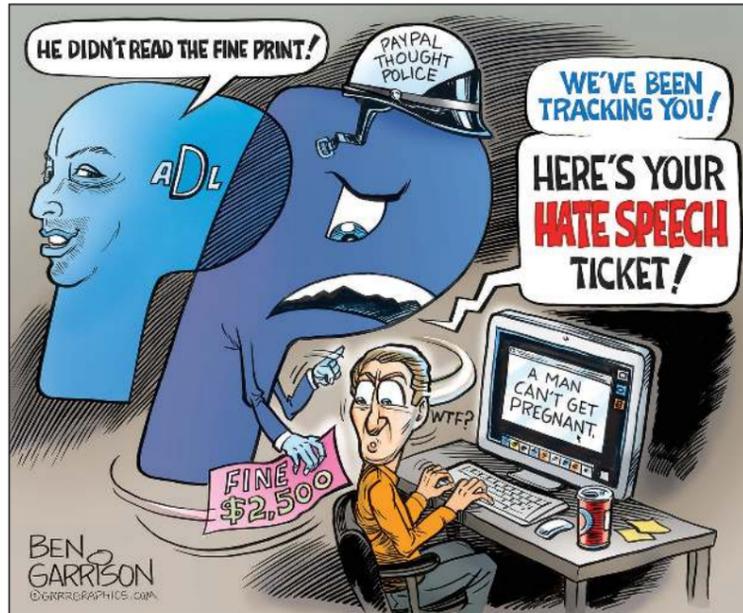
Absurdity Observer

Some Of The Most Absurd Things That Have Happened In Recent Weeks

- **Ontario's Chief Medical Officer of Health, Dr. Kieran Moore, recommends that mask mandates return** if the province continues to see "an increase in hospitalizations" due to COVID-19. He recommended that people mask up and get their booster shot and noted that the rate of uptake for 4th doses by Ontarians aged 70+ — around 16%— was "not acceptable."
- To combat so-called "avoidance behaviour," the **College of Physicians and Surgeons of Ontario is now encouraging its doctors to prescribe drugs or recommend psychotherapy to patients who have refused to receive a COVID shot.**
- The Liberal government has admitted in writing that they have an ongoing **\$105.3 million contract with the World Economic Forum to introduce digital identities for travel to Canada.**
- **New Zealand proposes taxing cow farts and burps.** The farm levy would be a world first and the first step to a pledge made last year to reduce methane emissions from farm animals by 10% by 2030 and up to 47% by 2050. Farmers argue this tax would inevitably reduce the food supply.
- The head of the Canadian Armed Forces will be moving full steam ahead with his plan to **purge the military of soldiers who refused the Covid shots** back when it was mandatory even though the mandate has ended.
- Hundreds of schools in the Netherlands are now offering mealworms, lupine worms, and other **insects in children's lunches** as part of a conditioning **campaign to normalize eating bugs** to save the environment.
- More institutional racism under the guise of "equity." The **Edmonton Police Commission voted 5-3 to have Albertans self-identify their race on driver's licences and identification cards.** The vote came after a presentation from Stats Canada about its Race Data Project, which is consulting with police services across Canada on the collection and use of race-based data.
- The UK's Prince's Trust NatWest Youth Index finds that **23% of young people (16-25yo) believe that they "will never recover from the emotional impact of the pandemic."** The study also reveals young people's overall happiness and confidence have hit the lowest point in the survey's 13-year history and finds drug use among young people is at an all-time high.
- CDC advisory panel on immunization (ACIP) unanimously votes to add **COVID-19 mRNA shots to the recommended childhood vaccine schedule** in the USA.
- A study published in *JAMA Pediatrics* titled: *Detection of Messenger RNA COVID-19 Vaccines in Human Breast Milk (Hanna N, et al.)* provides clear proof-of-principle evidence that the mRNA from both Pfizer/BioNTech and Moderna **COVID-19 inoculations gets into the breast milk of lactating mothers.** With COVID shots now approved for infants as young as

6 months old, it's unclear what potential harms are associated with babies exposed to the inoculations via breastmilk and then getting directly injected.

- A new pre-print **study reveals that gain-of-function research is still taking place.** In the study, titled "Role of spike in the pathogenic and antigenic behaviour of SARS-CoV-2 BA.1 Omicron" (Da-Yuan



Chen, et al.) the Boston U researchers describe making a super-killer 'chimeric' version of SARS-CoV-2. When the chimeric SARS-CoV-2 was tested in mice that express the same high-affinity viral entry receptor that people do, the authors dropped this bombshell: "...while Omicron causes mild, non-fatal infection, the Omicron S-carrying virus inflicts severe disease with a mortality rate of 80%."

- Cover-up unveiled in Pfizer's case-study country (Israel): **leaked audio from a June 2022 meeting between Israeli researchers and the Ministry of Health reveals researchers knew the COVID shots were associated with serious risks** and wanted to alert the public. The researchers pointed out evidence showing the Pfizer jabs cause long-term adverse effects and are associated with more severe side effects upon repeated doses, however, the Ministry altered the researchers' final report to say that adverse effects are mild and short-lived. Further research was also cancelled.
- Both Pfizer and Moderna have begun **phase 3 testing of an mRNA flu shot** on thousands of American adults. Ultimately, Moderna plans to create an annual mRNA shot that covers 10 of the most common viruses.
- **The FDA is withholding autopsy results on people who died after getting a COVID shot** citing "privacy concerns" after FOIA requests from several organizations.
- The public inquiry into the greatest overreach of Canadian government power (The Emergencies Act) is now underway. **Ottawa witnesses who testified in defence of the act, claim they suffered from**

"phantom honking" for months after the truckers left and that they felt like they were living in "The Purge." Internal documents have revealed that the Ottawa mayor claimed he felt the rally was taking a "volatile" turn after witnessing "fireworks going off and hot tubs being brought in." Per Blacklock's Reporter, Deputy Transport Minister told police on day 10 of the protest, he wanted the Freedom Convoy crushed because it was the "spiritual source of the protest movement."

- **Woman gets fined for going to church:** Kristen Nagle, RN and co-founder of the Canadian Frontline Nurses, was recently found guilty and fined \$10,000 for being "a leader" at an Easter Sunday mass at The Church of God by Pastor Henry Hildebrandt back in 2021.
- World Council for Health Steering Committee member Dr. Mark Trozzi reveals the findings of extensive laboratory analysis done by the international group of scientists of the German Working Group for Covid Vaccine Analysis. The analysis showed that the **vials of Pfizer/BioNTech, Moderna, and Johnson & Johnson contain numerous elements that do not belong in the human body and have a strong potential to harm it:** cesium, barium, cobalt, iron, chromium, titanium, aluminum, silicon, and sulphur. None of these ingredients were declared by the manufacturers and they're present in amounts far too high to simply be contamination.
- New analysis by Florida Health released by the Florida Surgeon General finds an **84% increase in the relative incidence of cardiac-related deaths among males aged 18-39 years old** within 28 days following mRNA COVID shots.
- **NIH awards new grant to EcoHealth Alliance, the US organization at the centre of COVID-19 lab leak controversy.** Their previous grant was terminated after the organization failed to turn over records critical to the COVID origin probe. The new grant is funding the study of bat viruses and their ability to infect humans.
- **Genetically modified mosquitoes vaccinate humans in a study** funded by the NIH. The study, published in *Science Translational Medicine (Murphy, et al.)*, found that the mosquito vaccine was 50% effective in preventing malaria, but that protection only lasted for a few months. Researchers claimed it was challenging to get the dosing right due to some participants receiving more bites than others.
- The vice chair of the Renfrew County District School Board in Ontario has confirmed that the rumour of **children "identifying" as animals in some of the district's schools** is true. The issue first came to light after a local paper published a letter written by a concerned citizen, Rae Stanley. In her letter, Stanley says "it has been confirmed that a student in one school identifies as a frog and another school has a litter box in the washroom for a student who identifies as a cat." RCDSB vice chair David Kaiser confirmed that one school did indeed request a litter box, but that request was not fulfilled.

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