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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.'

Metaverse & Sustainable Development Goals -What Does It Really Mean?

By Bantam Joe

The United Nations and World Economic Forum are pushing the Great Reset very hard onto our children around the world and sponsoring them with cash and prizes to build the Metaverse (aka Web 3.0, Spatial Web).

Our children are showered with flowery words and promises but have no idea that they are building their own prison system that stands to lock them in for a thousand years while being transformed into genetically modified humans and digital shadows of themselves.

In this competition, the goal is to simulate how each of the 17 draconian Sustainable Development Goals (SDGs) of the UN are to better their lives. This is the carrot on the stick.

Just in case you've not read what the 17 SDGs are, here is a recap:

GOAL 1. NO POVERTY

"Poverty alleviation and social protection"

UN Solutions:

- AI-enabled digital footprint for credit/mobile money access
- Blockchain digital identity solutions to enable economic identities, incl. for refugees

What it really means:

- Everyone will receive UBI income along with a fixed amount of carbon credits.
- AI will analyze a person's social credit rating through his or her digital footprint (Facebook, Twitter, etc.).
- Collect information about individuals through blockchain technology to monitor and measure their background, skills, bad habits and behaviors.
- The same system is used in China, which began as Zhima Credits developed by Ant Financial to assess customer credit-worthiness. Ant Financial (formerly Alipay) is Alibaba's finance company. Alibaba is a strategic partner of the World Economic Forum and its founder Jack Ma is part of the WEF Board of Trustees).
- In a circular economy, resources will be rationed.

GOAL 2. ZERO HUNGER

"Access to food, improved nutrition and food-production security"

UN Solutions:

- Low-cost, low-GHG emissions synthetic proteins.
- AI, sensors and blockchain to eliminate spoilage/loss in food value chain, including smart food storage

What it really means:

- Replace even more real food with synthetic lab

grown edibles.

- Produce cheap GMO food for consumption.
- Insects will become part of the daily staple for protein input.
- Use technology to monitor all processes that handle food, ideally resulting in zero waste. This includes

micro-badges and credentials.

- You'll be able to level-up in the new system based on your social reputation score.
- Never mind that kids will no longer need to study music, food production, cooking, building, crafts, repairing, mending, healing, etc. Self-sustenance will be delegated to synthetics and AI.

• A child's career path will be determined from the outset and guided by AI biometrically.

GOAL 5. GENDER EQUALITY

"Facilitating gender equality, protecting and empowering women and girls"

UN Solutions:

- AI-enabled real-time gender data analytics

- AI to identify unbiased selection to support inclusivity

What it really means:

- Gender identity is ignored. Replace human intelligence with an AI to avoid incorrect judgments.
- Analyze data to identify and correct unbalanced gender representations.
- Teach women/girls to have less/no kids (for population reduction purposes) and get them out into the gig workforce working on STEM related projects.
- Teach youngsters to abandon their gender identity and take on transhuman generic sexual identity for better infusion into the gender-blind metaverse.

GOAL 6. CLEAN WATER AND SANITATION

"Access to and sustainable management of water, and water sanitation"

UN Solutions:

- AI-enhanced scenario modelling for water infrastructure risks and performance
- Smart water-infrastructure predictive maintenance

What it really means:

- Monitor all water systems and ration out according to GHG (green house gas) emissions (due to GHG/carbon footprint during production and transport of water) and carbon credit allowance.

GOAL 7. AFFORDABLE AND CLEAN ENERGY

"Adopting sustainable energy, and energy-system optimization"

UN Solutions:

- 4IR-enabled decentralized and coordinated energy-grid management, incl. IoT, AI
- Smart infrastructure for operational efficiency and maintenance

What it really means:

- Monitor all energy systems in homes and corporate buildings in real time.

See, 'What' p.3



monitoring sensors inside waste bins, storage units and refrigerators that report your consumption habits to a blockchain.

GOAL 3. GOOD HEALTH AND WELL-BEING

"Advancing global health for all ages, and health-care services"

UN Solutions:

- Smart homecare, smart wearables and virtual healthcare assistants
- Monitoring and predicting health metrics and disease, including smart implants and wearables.

What it really means:

- Get diagnosed by a tele-medicine AI doctor and have your body monitored via implanted biometric sensors.
- Corporations will assign you biometric sensors and AI fitness coaches to monitor and modify your "well-being" for productivity.
- Your medical history records will be tied to and on a blockchain via an ID Passport.

GOAL 4. QUALITY EDUCATION

"Inclusive access to education, quality of education and learning facilities"

UN Solutions:

- AI-driven assessments to enable the delivery of continuous feedback
- AI-designed digital curriculums, teaching plans and content across devices

What it really means:

- Upskilling and reskilling for a new life-long learning gig economy.
- Leave the learning to an AI machine. The AI never gets tired and will nag/nudge you until you give up or your behavior is modified.
- Education will be a remote online life-long training in STEM, and accredited with blockchain-based

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Writing to your elected officials

By Gary Harrison

Until a short time ago, you had two options if you wanted to contact an elected official, by telephone and by mail. In the last several years, e-mail has been added and has become the medium of choice. It's fast, it gets read, and — virtually all elected officials use and welcome e-mail communication. Whether it's sent through the post office or electronically, it should be formal and as well-written as you can make it. Political communication, to be taken seriously, should send the message that you care enough about the subject to take some care in writing about it. In the days before e-mail, officials generally considered letters more important than phone calls, because they took more thought and effort. A proper e-mail letter carries the same message — this person has really thought about this, and has put some work into sending his/her opinion. But, not enough people are writing to our elected officials. Maybe if more of us did this, people inside the government would be educated and wake up to what is really going on! Remember, most have been lied to and have not seen the evidence and have only heard one side!

Here's why it's important to write to your elected officials; To demonstrate to them that his/her constituents are aware of an issue and have a real interest in the outcome, to inform an official about an issue or situation, giving them background and history that he/she may not have, and at the very least... to put an official on notice that you are watching his/her actions, and that he needs to take your votes into account at election time! Here is an example of a recent letter written to an official.

Minister Jean-Yves Duclos;

I sent an email to you before you left for Europe to discuss the WHO International Health Regulations. I received no acknowledgement from your side and now you are back on Canadian soil. It has been difficult to decode all the announcements emanating from many sides after the May 22-28 meeting. My take-away is that there is still no agreement on a go forward but my sense is that the plan remains to grant unbelievable powers to the WHO to recognize, coordinate and execute strategies to address future health issues without essential consultation and agreement with national governments. Sounds like ceding national sovereignty to me. Limited initially to health but it is a slippery slope that would lead to ceding national sovereignty in other areas of strictly Canadian oversight.

My position is that you and your government do not have the authority to give away Canadian health sovereignty to a foreign entity. With only 30% of the popular vote in the last election certainly does not qualify your party to take unilateral action on this critical issue. Very little coverage in mainstream media. If there was, I am confident that literally tens of millions of Canadians would be fiercely objecting to such treason. And this is why it is essential that any giveaway of our sovereignty be voted on by Canadians in a national referendum. Similar proposal has been put forward in Australia. Almost 50 countries in Africa have voiced their disapproval in addition to others in Asia. Brazil would leave the WHO if this theft of sovereignty moves forward.

It is quite incredible that so many Western nations (US, Canada, EU) continue to consider the WHO the prime world leader for overall international health issues. The WHO is a shadow of its former self. In my opinion, the WHO deserves a failing grade for its action on covid-19. Why do I say this? The WHO is no longer 100% funded by governments. For years, the WHO has increasingly depended upon privately funded NGO's — the largest being the Bill and Melinda Gates Foundation — getting to 1 USD billion over the past 2 years. However, Gates has deep conflict of interest connections to several pharmaceutical companies. He has even boasted that his initial \$10 billion investment in international health will return him \$200 billion. So let's not be naïve. Gates and his pharma 'buddies' are not our friends. First and foremost, they are out to make profits for themselves and their shareholders and in so doing gain complete control over global health delivery.

The following summarizes events that point to WHO failures with respect to covid-19.

1. The PCR test used (and still being used) was never designed to test for pathogens — this according to Kary Mullis, inventor of the PCR test. Far too many false/positives. But effective for generating FEAR.
2. Masks, distancing, lockdowns now in hindsight did not appreciably eliminate mortality. More FEAR. Significant drops in social development and IQ among children.
7. Survival rates — those under 50 well up and over 99%. Even those over 50, 95% +.
8. WHO and pharma were aware that the vaccine travelled throughout the body penetrating soft organs with severe consequences.
9. It was strongly recommended (Barrington Declaration) that those over 65 should be the focus of early treatment. This was ignored in favor of a blitzkrieg approach on the entire population. Still 80% of deaths were in seniors over 65 — many with comorbidities.



3. Mental tragedies (suicides, drug overdoses), family violence, etc. along with economic damage to businesses has been catastrophic.
4. Gene therapy products injected in far too many people were never properly clinically tested and peer reviewed for safety and effectiveness. Check out US VAERS for deaths in excess of 30,000 and over 1 million vaccine injuries.
5. The gene therapy products were never designed
13. Many who objected to receiving the mandatory vaccine lost jobs with enormous impact on their daily lives. Free travel was prevented.
14. Egregiously, perfectly effective non patent medicines have been proven to be successful against covid 19 all around the world but not acceptable to administrative health authorities and government. Why?
15. WHO over the past few years have softened the definitions of 'pandemic' and 'vaccine'.

“Maybe if more of us did this, people inside the government would be educated and wake up to what is really going on!”

to kill the virus. The Emergency Use Authorization only addressed symptoms of the virus. Now shown to have no effectiveness against stopping viral transmission.

6. There never has been any attempt to determine deaths in Canada of those “with’ covid or ‘from’ covid. Big difference. Deaths due strictly to ‘from’ covid are significantly lower in US & Europe.

With this process, I am confident that Canadians will insist that the Canadian Government receive the necessary direction to reject the WHO's proposed regulation amendments.

Sincerely,
Gary Harrison
Waterloo, ON

12 Reasons to NOT Vaccinate Your Child

By Theodore Kuntz | Vaccine Choice Canada

1. **There is no COVID emergency for children.** Children with healthy immune systems can manage COVID infection with relative ease.
2. **Most children have natural immunity due to prior exposure.** Studies show natural immunity is superior to vaccine-induced immunity.
3. **The CV-19 vaccines are not actually vaccines.** These products do not prevent infection or transmission.
4. **The long-term safety of the CV-19 vaccine is unknown.** Normal vaccine safety testing requires 7 — 10 years to identify long-term effects.
5. **Because there is no long-term safety data, this makes the vaccine an experiment.** Do you want your child to be part of a medical experiment?
6. **Children have been permanently injured and have died from the CV-19 vaccines.**
7. **Unethical and coercive pressure is being applied to children and their parents.** This is a violation of all medical ethics, and the right of parents to make medical decisions for their children. Consent must be informed and voluntary, not coerced.
8. **There are no known treatments for those injured by CV-19 vaccines.** The science has not yet developed to reverse the injuries caused by the vaccine.
9. **First, do no harm.** The first principle of medicine is to do no harm. The evidence is clear that these vaccinations can cause significant harm.
10. **Vaccine manufacturers have been exempted from legal liability for injury and death caused by their**

products. This legal immunity removes any incentive for vaccine manufacturers to make their products as safe as possible.

11. **There are safe and effective treatments for those experiencing COVID symptoms.**
12. **CV-19 vaccines have not been proven to be safe, effective nor necessary.** Given the above, the risks of CV-19 vaccination demonstrably outweigh the benefits.

For more information:
Vaccine Choice Canada

<https://vaccinechoicecanada.com/uncategorized/vaccine-regret/>
Mama Bears — <https://mamabearsproject.com/>
Canadian Covid Care Alliance
<https://www.canadiancovidcarealliance.org/>



Canadians’ Trust in The Legacy Media Reaches a New Low

By Elie Cantin-Nantel

Canadians’ trust in the legacy media has reached a new low, according to a report from the Reuters Institute and the University of Oxford. (https://reutersinstitute.politics.ox.ac.uk/sites/default/files/2022-06/Digital_News-Report_2022.pdf)

The loss in media trust shown by the 2022 Digital News Report was mainly among anglophone Canadians, with francophones having higher trust levels in legacy outlets.

Only 39% of anglophone Canadians said they “trust most news,” a 16% drop from 2016. Meanwhile, 47% of francophones “trust most news,” an 8% drop from 2016.

The combined rating of Canadians trusting “most news” equates to 42%, a 13% drop since 2016.

The report also suggests fewer Canadians are using many major legacy media outlets’ online platforms. Compared to 2016, 5% less of anglophones use CBC’s online platform and 3% less use CTV News.’ The study also found fewer Canadians were using Global, BuzzFeed and CNN’s online news platforms.

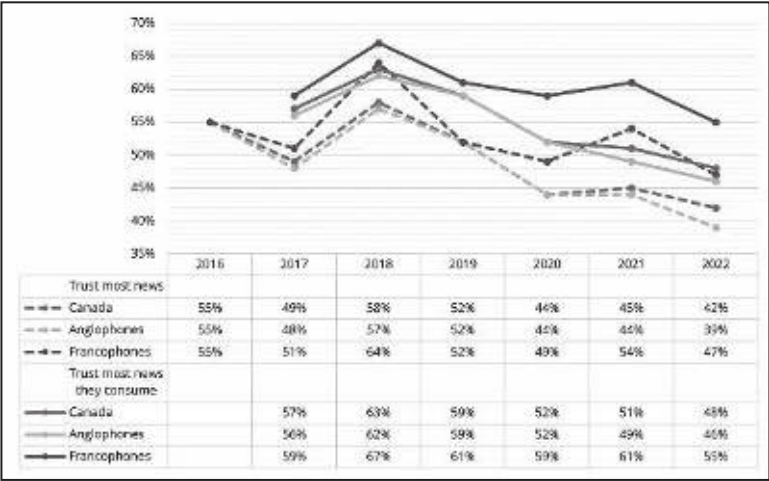
CBC News, the Toronto Star and CP24 are the anglophone Canadian outlets with the highest amounts of distrust. Canadians also considerably distrust American media outlets including CNN, The New York Times and Fox News.

According to the report, less Canadians also believe that the legacy media is independent and free of political or business influence.

Only 27% percent of anglophone Canadians believe

the media is not politically influenced, down 17% from 2016. The figure held up at 38% for francophones, making for a combined trust rating of 29%.

The study also found that trust in the legacy media is lower among younger people, with those under 35 showing greater skepticism.



Further, the study found viewers are avoiding legacy media outlets altogether. According to the study, 71% of people are avoiding the legacy media, a 16% increase from 2017.

Many respondents cited the legacy media’s Covid-19 and political coverage as well as negative impacts on mental and physical health as reasons for tuning out of the media.

While this is grim news for legacy media outlets, the Digital News Report shows more Canadians are paying

for news online – a positive indication for independent and grassroots media, according to The Conversation. (<https://theconversation.com/canadians-trust-in-the-news-media-hits-a-new-low-184302>)

The findings indicate that 15% of Canadians pay for online news content, up 6% from 2016 where that figure sat at 9%.

The Digital News Report 2022 was conducted while the Freedom Convoy demonstrations were taking place in Ottawa.

Many observers accused the legacy media of having a bias against the convoy, after many claims made by the legacy media about the movement were proven to be wrong. (<https://tnc.news/2022/01/30/the-canadian-legacy-medias-ten-worst-spins-on-the-truckersforfreedom-convoy>) The CBC, for example, had to retract two stories related to the convoy.

Despite fewer Canadians tuning into legacy media outlets, the Trudeau government has committed millions to bailout media outlets and increased funding to the CBC – another possible factor in the loss of legacy media trust.

A survey by the public relations firm Edelman had also found a loss Canadians’ trust in the legacy media, with 61% of respondents saying they believed journalists are “purposely trying to mislead people by saying things they know are false or gross exaggerations,” (<https://tnc.news/2022/06/08/trust-in-legacy-media-plummetted-over-course-of-pandemic-survey>) which was up 12% from the previous year.

Originally published at: tnc.news

What it Really Means

Continued from p.1

- Replace all combustible vehicles with electric, making it illegal to have outdated gas-powered cars.
- Require older trucks to upgrade to their engines or buy electric vehicles.
- Expect to see your electricity turned off if carbon allowance max is surpassed.
- Expect to see towns, cities and states institute brownouts and blackouts in order to meet regional carbon offset quotas.
- Expect less cars on the road and more scooters and bicycles instead.
- Expect to see fuel become prohibitively expensive and scarce.

GOAL 8. DECENT WORK AND ECONOMIC GROWTH

“Sustained and inclusive job creation and productivity, and improving workers’ rights”

UN Solutions:

- Robotics for process automation for increased productivity.
- AI-enabled digital support hubs for workers.

What it really means:

- Replace workers with robots and AI.
- Move people, hooked into their VR/AR/XR headsets, into the metaverse, where the future work domain will mostly reside.
- Use AI to guide the remaining workforce with corporate rights, rules and regulations only.
- As regions are sold off by the state to corporations and become privately owned, expect to become a “citizen” of corporations living and working under corporate rules with corporate “workers’ rights”.

GOAL 9. INDUSTRY, INFRASTRUCTURE AND INNOVATION

“Building inclusive, resilient and sustainable infrastructure and industry”

UN Solutions:

- IoT-enabled tracking and optimization of industrial machinery
- Robotics for manufacturing and construction process automation

What it really means:

- Create smart cities, industry and infrastructure fully automated for production with robots and AI, while monitoring all processes and people, and making people more and more irrelevant.

GOAL 10. REDUCED INEQUALITIES

“Facilitating equality and international collaboration”

UN Solutions:

- AI-enabled digital footprint for mobile money access
- Next-gen demographics data analytics

What it really means:

- Analyze data to identify and correct unwanted differences between countries and regions.
- Bring developed nations down to near poverty, while raising developing nations up to slightly above poverty.
- Using blockchain, AI and social-carbon ratings, setup short-term gig jobs in a race to the bottom economy.

GOAL 11. SUSTAINABLE CITIES AND COMMUNITIES

“Building smart, inclusive, safe and resilient urban systems”

UN Solutions:

- “Sensor-based grid and AI-based urban network management (pollution, waste, water, energy)”
- “Next-gen satellite, drone and IoT land-use detection and management”

What it really means:

- Develop Smart Cities with real-time monitoring using AI, drones and satellites using 24-hour surveillance cameras with facial recognition, biometric sensors and self-driving cars.
- Less privately owned cars on the road.
- Everything connected via wireless 5G and 6G IoT and IoB.

GOAL 12. RESPONSIBLE CONSUMPTION AND PRODUCTION

“Supply-chain optimization and sustainable consumption patterns”

UN Solutions:

- “AI- and IoT-enabled consumption and production data analytics”
- “AI-optimized logistics and distribution networks to minimize costs, emissions and waste”

What it really means:

- Monitor and analyze everyone’s consumption habits in order to lower each person’s carbon footprint.
- Food and water is rationed based on carbon-allowance and social credit scores.
- More consumption of fake lab-grown meat, bugs and GMO food.
- Trash bins fitted with sensors monitoring waste and punishing those that throw away food.
- Toilet bowls monitoring and measuring contents of excrement.

GOAL 13. CLIMATE ACTION

“Combating climate change and its impacts”

UN Solutions:

- “Earth management big data platform e.g. monitoring carbon emissions”
- “Smart and transparent land-use management”

What it really means:

- Build a global panopticon for monitoring all natural life and life processes on earth using satellites, cameras, IoT sensors and devices, robots and AI.
- “Investors” buy up all public/private property, land and homes.

- Sequester earth’s CO2/GHG (Green House Gas) and store it for carbon-credit sales and market exchanges.
- A circular sharing economy is created
- Creating “biodiversity” by genetically modifying all life forms DNA for biodiversity resilience.
- Carbon and life-processes becomes the new global currency.
- With the manufactured threat of climate disaster looming always, almost everything will be blamed on “climate change” and thus keep draconian measures in place in perpetuity.

GOAL 14. LIFE BELOW WATER

“Conserving and managing the use of marine habitats and resources”

UN Solutions:

- “Habitat monitoring and analytics (e.g. monitoring pH and pollution)”
- “AI-enabled data platforms to monitor and manage fishing activity and compliance”

What it really means:

- Monitor and restrict access to the open seas, lakes and rivers with sensors and satellites and penalize those found guilty of illegal activities.
- Feed the population genetically modified farm-bred and lab grown fish instead.

GOAL 15. LIFE ON LAND

“Protecting and restoring terrestrial ecosystems”

UN Solutions:

- “Real-time habitat and land-use mapping, monitoring and detection of illegal or adverse activities”
- “4IR-enabled wildlife tracking, monitoring, analytics and pattern forecasting and real-time detection, e.g. disease, animal capture”

What it really means:

- Monitor all forests and penalize those found guilty of illegal activities.
- Restrict travel of the population in natural land habitats.
- Use satellites, drones, robots, IoT sensors and AI to monitor all tokenized assets in natural forests.
- Remove humans from natural land habitats and into smart cities.

GOAL 16. PEACE, JUSTICE AND STRONG INSTITUTIONS

“Promoting peaceful society, building effective institutions”

UN Solutions:

- “AI-enabled identity tax fraud identification (using browsing data, retail data and payments history)”
- “Blockchain-enabled citizen loyalty and reward platforms”

What it really means:

- Every person on the planet will have a digital ID passport in combination with various biometrics

14 Smart Ways To Burn Fat At No Expense

By Jason Christoff

- Go To Bed Before 10:30 pm.** Quality sleep = increased fat burning. The best fat burner ever tested was 10 hours of sleep.
- Eat Less.** This is going to make you money. Understand that your stomach is the size of your closed fist and eating more food than that disrupts the organ systems of the body, placing them into stress. Consuming a greater volume of food than your own closed fist increases the chances of fat gain and disease dramatically.
- Walk Around The Block After Eating.** Walking is free. Walking aids in improved digestion. Improved digestion = less fat storage.
- Quit The North American Habits of Self Attack and Self Loathing.** Alcohol, cigarettes, over the counter meds, prescribed meds, junk food, elective surgeries, steroids, toxic personal care products, chemicals and narcotics. All poisons increase the production of fat cells because fat cells double as safe storage areas for toxins, if the liver is already dealing with increased toxic load. Less poison = less fat cells = less fat. Fat is more a toxin issue today than a calorie issue.
- Get Rid of the TV.** Again, this will make money. The TV's sole (soul) purpose is to legitimize and fortify a lifestyle that outsources personal responsibility to non qualified third parties and a lifestyle based on a never ending pursuit of hedonistic pleasures for self, at the expense of the life in you, the life in the people around you and the life of the planet. The TV's light after sundown also triggers the body to think the sun is still up, and the body really ramps up fat burning when it thinks the sun is going down. The TV programs a person to be fat via false belief systems and the light after sundown itself triggers fat storage. Double whammy for your worst life. The more someone watches TV, the greater they'll live inside an invisible prison within their own mind.
- Go Organic** — this may sound like something that does have an expense associated with it but the part of the mind that shuts off hunger cravings, only does so when nutrition washes over it ...inside the bloodstream. Non organic food has very little nutrition compared to organic, so by eating organic, the hunger cravings get shut off much earlier compared to someone eating non organic. Calories without nutrition will cause you to overeat, so even though organic costs more, the quantity consumed would be less, causing a financial break even scenario in some cases. Don't tell yourself that you can afford to be sick but you can't afford to be healthy. That doesn't make any sense.
- Drink More Water** — the body can only burn fat efficiently if its' properly hydrated. Coffee, caffeine based energy drinks and alcohol are all diuretics and that means they remove water from the body, therefore slowing fat burning. By quitting expen-



- sive diuretic based drinks that increase fat storage, you'll save money as well. Water is the only liquid the body is designed to digest safely, other than human breast milk in the first 5 years of life.
- Make Sure to Fully Evacuate Your Bowels** — there's a certain position which can more efficiently help people move their bowels, and drain their

- body of toxins. Each human is supposed to move 12 inches of fecal material daily. Fat cells double as safe toxin based storage areas. The less toxins = the less fat storage. Evacuating your bowels fully each day, decreases toxic load in the body dramatically and increases fat burning. Watch the video, (<https://youtu.be/YbYWhdLO43Q>) study the angles of the hip, back and legs ...and simply use some books or boxes around the house to mimic the same effect.
- Get in the Sun Without Block** — not only is conventional sunblock composed of cancer causing ingredients, conventional sunblock only blocks UVB (the UV that burns) while letting the cancer causing UVA to penetrate deep into the skin layer. Science at its' best AGAIN... growing the economy based on failure instead of success. Forgive my anger for the lies, which destroy your health... but I care as much about you as I care about myself. Conventional toxic sunblock also slows the production of fat burning vitamin D. Vitamin D is a steroid hormone, which increases fat burning in the body dramatically. Get into the sun without block, 10-30 minutes daily (front and back), don't burn and build up to longer and longer exposure times gradually.
 - Increase Quality Time With Family** — increased stress = increased fat storage. Nothing calms the body more than the peace that comes into someone's metabolism when they're around their own family, as it triggers the activation of security based emotional centers. Invite family over for meals when you can, don't separate from each other as much and make family life a big part of your week-

- ly rituals.
- Don't Eat After 6:30 pm** — this habit makes a huge difference instantly, not only with how much fat is stored on the body but on energy levels as well. Going to sleep with food in the stomach, disturbs the detox pathways of the body immensely, leading to increased organ stress. It takes about 3.5 hours for a full stomach to clear after a meal and that clearing is based on the body being in an upright (standing or sitting) position ...not lying down.
 - Eat Sitting Down** — If you eat standing up or eat quickly, the proper digestion stages will be compromised and stress results in the system. All stress increases fat gain. Relax when you're eating, sit down, gather the family, chew the food completely before you swallow, turn off the TV that pumps stress into the general public on purpose, put on some relaxing music and increase your level of self care. Remember that most fat gain is directly related to a lack of self care. If someone wants their fat content and disease to go down, their self care and self love have to go up. No one is coming to save you. It's just you.
 - Stop Eating and Drinking The Big Fat Gainers** — the big fat gainers are coffee, cereal, muffins (cake without icing), breads, pastries, milk, yogurt, granola, alcohol, pizza, oatmeal, granola bars, commercial fruit juices, margarine, low fat products, crackers, cakes, cookies, pasta, soy products, chocolate, caffeinated energy drinks and teas, pop, diet pop, rice/almond milk that contain carrageenan, the vast majority of all take out and restaurant food, processed meats, energy drinks like Gatorade and basically ANYTHING you can purchase at a corner store plus all prescription and over the counter medication. In fact the #1 cause of weight gain is NON CALORIE toxicity, so start cleaning things up. Stop eating poison and acting surprised about why you're fatigued, overweight and sick. Snap out of it. (all mention of grain based fat gainers above are made in relation to wheat/gluten based products only — anything organic and gluten free would be a healthier choice in the same categories) If you really want to maximize your fat burning, get rid of grains altogether.
 - Maintain Good Posture and Skeletal Alignment** — the spine is what conducts proper electrical activation to all organ systems and this nerve based highway works optimally when people maintain proper posture. A stressed spine stresses the entire system and all stress increases fat storage, water retention and disease in the body. Bad posture is like a slow drip poison. Work with a good chiropractor if you can plus a good exercise coach but if you can't afford those, you can also cue yourself daily to maintain proper posture and optimal skeletal alignment.
- Start where you are, use what you have, do what you can. One life. One time at bat. Make it count.**

Jason Christoff has developed a world wide reputation as a self sabotage coach who makes complex issues easy to understand for his clients. Find more of Jason's work at jchristoff.com

Total Control, Nothing Less

Continued from p.3

- data on a blockchain.
- Social-Carbon Credits will be used to create obedience to authorities and punish unwanted behavior. If you comply, you'll receive rewards. If you do not, you'll be penalized, punished or cutoff from society.
 - Track and trace everyone using real-time geo-location data and 5G connected cameras.
 - Everyone will be subject to geo-fencing for control of movement and travel. Those that do not comply will be restricted to quarters or have all "benefits" on the blockchain turned off.
 - In a tokenized society, where all of earth has been tokenized, where UBI is tokenized, cash is gone, 24/7 surveillance of activities is present, and everyone is monitored on an AI-powered blockchain, everyone will pay taxes on every transaction in real-time. There will be no exceptions (unless you're a billionaire).

GOAL 17: PARTNERSHIPS FOR THE GOALS "Building sustainable global partnerships"

This last goal is not included in WEF's table of 4IR solutions, but both the UN and the Group of 20 (G20) are being strengthened at a rapid pace and the 4IR solutions for each goal that was introduced before the 2019 G20 Summit are strikingly similar.

- In addition, a number of technologies are listed that are in a development phase which could potentially be used to meet the goals. Here we find, among other things:
 - Genetic rescue and genome modification for endangered and extinct species and resilience (meaning GMO).
 - Low-cost, low-GHG emissions synthetic proteins (AI and synthetic biology) for lab food.
 - Decoding well-being and longevity using AI and sensors for personalized health maps and sequenced genomes and phenotypic data.
 - Gene editing (CRISPR) to tackle "human diseases" driven by gene mutation.
- ...and much more. All tech "solutions" that can and will be used for good and bad usage (weaponized) to control humans further while enriching the controlling "investors".

Competition Pre-Registration & *Draft* Prize Information Website
<https://www.sdgmetaverseprize.org>

Watch The Entire United Nations Keynote Speech!
United Nations ITU "Metaverse for SDGs" - 28 Feb 2022
<https://youtu.be/enx4lAkB9GQ>

New World Order Quick Guide for Dummies
bantamjoe.com

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.

vaccinechoicecanada.com	action4canada.com
freedomrising.info	americasfrontlinedoctors.com
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brightlightnews.com	libertycoalitioncanada.com
gbdeclaration.org	awakecanada.org
jccf.ca	VaccineRegret.net
swprs.org	

Vaccinated Babies

By Etana Hecht

Yaffa Shir-Raz is a long time journalist who’s been covering the vaccine and Covid-19 mandates for the past year on her website, Real-Time Magazine (www.rtmag.co.il). While Yaffa was studying VAERS submissions, she encountered two cases of hemorrhaging in babies (ages 1 month and 3 months) who were exposed to the vaccine via breast milk, and then found a case of a breastfed baby dying after her mother got vaccinated. She asked her colleague Ranit Feinberg to investigate VAERS and see if there were any other reports of babies or children under the 5 year age limit who were adversely affected by the vaccine. Ranit came back to Yaffa with more than FIFTY cases in children up to age 3, many of whom had been vaccinated themselves, as opposed to being exposed through breastmilk. The two of them dug into the data for weeks, and today were able to publish their excellent report. (<https://rtmag.co.il/english/breaking-58-babies-who-received-mrna-covid-19-vaccines-suffered-life-threatening-adverse-events>)

I urge you all to read Yaffa’s report for yourselves, but meanwhile, here are some of the main points the report raises:

They studied 58 VAERS reports of babies between the ages of newborn - 3 years old. For the purposes of their report, babies who were exposed to the vaccine via breast milk were excluded. The 58 reports only include babies who were vaccinated themselves.

The major question this raises is how on EARTH were these babies vaccinated? In most of the reports, the method of vaccination is unknown. In one, it states “unsure if the patient was involved in a clinical trial” by the author of that report. What’s clear is that there are an unknown number of babies who have illegally received an unauthorized vaccine. At least 58 of them suffered serious adverse events, many of them life-threatening.

The 58 reports studied contain a wide variety of serious medical issues. Most of them conclude with either “outcome unknown” or “not recovered”. The most commonly found adverse events included:

- Life threatening bleeding
- Anaphylactic shock
- Anticholinergic syndrome
- Encephalitis
- Hypoglycemia
- Neuroleptic syndrome

The FDA released a “briefing document” ahead of the June 15th Vaccines and Related Biological Products Advisory Committee Meeting regarding amending the EUA for use in children ages 6 months - 4 years. This is what they already know when they declare it “safe and effective” later this week:

Safety: In their very own document they acknowledge 245 US VAERS reports for babies ages 6 months - age 4 with included adverse events such as: “SARS-CoV-2 test, headache, fatigue, COVID-19, pyrexia, dizziness, pain, nausea, pain in extremity, chills, pyrexia, syncope, product storage error, nausea, product administered to patient of inappropriate age, fatigue, chest pain, vomiting, product administered to patient of inappropriate age, exposure via breast milk, cough, rash, diarrhea.”

Efficacy: In the document, the FDA claims vaccine efficacy of 80.4%. They came to this number from two studies of a total of 1,415 vaccinated babies/toddlers up to age 4. From those 1,415 kids, 10 got Covid-19 with “symptoms”. Broken down by age, 3 from the younger kids and 7 from the older kids, there were slightly more from the vaccine group than from the placebo group. They now claim 80.4% efficacy.

The FDA is meeting this Wednesday to likely rubber stamp an EUA for babies ages 6 months-5 years to get three doses of the Covid-19 vaccine. Putting aside the obvious question of where, exactly, the FDA is finding an “emergency” from Covid in babies with which to justify this authorization, the more urgent issue at hand is safety. This is a war waged by medical tyrants over the future of the world’s babies, and the most important battle in this war is about to take place. We’re at a fevered pitch in terms of giant swathes of information demonstrating the negative fallout from the vaccine that’s available to the public, while at the same pace those at the FDA and Pfizer are closing their eyes, sticking their fingers in their ears and singing “la-la-la-la-la, I can’t hear you”.

Pushback

It is URGENT that we make more noise than they’ve ever encountered in their decades of closed door deals, buried documents, and regulatory capture of our health institutions. The time for this charade to come to an end is now. If there’s anyone reading this who currently has

חדשות זמן אמת | English

Breaking: 58 babies who received mRNA COVID-19 vaccines suffered life-threatening adverse events

| 31954 צפיות



An analysis of VAERS reports shows that contrary to the FDA's briefing document claiming that the majority of adverse events in Pfizers' clinical trial were non-serious – at least 58 cases of life-threatening side effects in infants under 3 years old who received mRNA vaccines were reported. For some, it is unclear if they survived. It is also unclear why the infants were vaccinated, and whether they were part of the clinical trials. However, in the upcoming FDA meeting on Wednesday, the FDA will not be able to argue it did not know

13 2022 יוני | Ranit Feinberg & Yaffa Shir-Raz | English

a time slot to speak at the FDA meeting, please consider using it to create a “culture-jam”, Alex Stein #99 style. Some sort of witty scheme that will expose the horror and corruption in a manner that will be appealing to viewers and will go viral. We must make them look like

the fools they are for continuing this medical tyranny, and turn the pressure up to a point where they’re forced to back down.

Originally published at: etana.substack.com

Judges Rule Against Provincial Health Ministers: They Are Not Above The Law

Facing a civil suit over constitutionality of public health orders

By Doreen A Agostino

British Columbia. — which already fired over 2,500 healthcare workers — continues to terminate government workers over vaccine mandates, even as it seeks to fill gaps in its workforce by expediting the certification of foreign-trained nurses. (May 8, 2022)

Two rulings in the past two weeks suggest that provincial health officers are not above the law, with judges in British Columbia and Alberta issuing crucial decisions against Dr. Bonnie Henry and Dr. Deena Hinshaw.

This week, a B.C. judge ruled that Henry must face a class-action constitutional challenge to several of her health orders under COVID-19, and that he would not throw the challenge out of court as Henry’s lawyers had requested.

The petition was put forward by the Canadian Society for the Advancement of Science in Public Policy (CSASPP) — an organization that says it includes at least 41 healthcare professionals. CSASPP argues that Henry’s mandatory vaccination orders for healthcare workers are unconstitutional, and that they did not provide reasonable alternatives to vaccination, including rapid testing and religious or medical exemptions. (<https://tnc.news/2022/05/08/judges-rule-against-provincial-health-officers-in-b-c-and-alberta/>)

Ignorance of the law excuses no one; for all are presumed to know those things to which all consent.

No public official is above the law S.C.R. 121



Dr. Deena Hinshaw (left) and Dr. Bonnie Henry (right) have been ruled against for their draconian Covid measures.

Roncarelli v. Duplessis, [1959] S.C.R. 121, was a landmark constitutional decision of the **Supreme Court of Canada** where the Court held that Maurice Duplessis, then premier of Quebec, had overstepped his authority by revoking the liquor license of a Jehovah’s Witness. Justice Ivan Rand wrote in his often-quoted reasons that the unwritten constitutional principle of the “rule of law” meant **no public official was above the law** and so could neither suspend nor dispense it. Although Duplessis had authority under the relevant legislation, his decision was not based on any factors related to the operation of the license but was made for unrelated reasons and so was held to be exercised arbitrarily and without good faith.[1]

Decision:

The six judges who sided with Roncarelli used different legal reasoning to reach their decision. Three judges wrote that Duplessis had ordered the cancellation outside his authority as premier; two judges stated that although Duplessis had the power to order the cancellation, he had done so in bad faith; and the sixth judge concluded the **premier was not entitled to immunity as a public official**.

Roncarelli’s son maintained it was a significant moral victory in his father’s struggle against the system.

<https://scc-csc.lexum.com/scc-csc/scc-csc/en/item/2751/index.do>

Originally published at: OurGreaterDestiny.ca

Believing The Injured

By Jessica de Vaux

Editors note: This article was originally posted to a Canadian Covid-19 Vaccine side effects group on Facebook and submitted to Druthers by the author because she says “It’s time to speak up. I’m not scared. They’re scared. They should be.”

I just want to say to all of you, I believe you. Not sure if that helps or not considering what you all are dealing with personally. I pushed for people to get vaccinated as I worked in health care at the time and really believed the B.S. being fed to me about it being the only way to “stop the spread”. I regret being that person — that

gullible and opinionated on something I knew nothing about. It’s hard to know the truth when you’re being lied to. What I’ve also realized (and we don’t fully realize the true impact of), is how the opinions spread on social media and mainstream media have a life altering power and impact. I didn’t see that until now. I have wanted to apologize for being wrong and for promoting this vaccine, but I didn’t know who to say sorry to and how. I just got invited to this group and figured this would be the perfect place because it’s to the people that this vaccine has impacted the most. So, from one stranger to another, through the power of social media, I want you all to know that I see you, I believe you, I will defend you and I will be forever humbled by this experience. I am so sorry.

Canada Marches! James Topp’s Long March to Ottawa

By Guy Crittenden

It was 4:00 PM on Saturday, June 18, 2022 when I arrived at the HOW Convenience store on the south side of Highway 17 — the TransCanada Highway— about ten minutes drive west of North Bay, Ontario.

“Have you seen James Topp pass this way?” I asked the cashier.

“No,” she answered. “But I’ve heard about him.” Back in the car with my wife and stepson, I consulted the website **CanadaMarches.ca** on my phone and the link to the Spot geolocation page whose orange dot updates the most recent position of Mr. Topp and his team along the highway. I’d hoped to intercept him and join his protest march before he turned in for the day. It appeared I’d missed him.

A few exchanges on a Facebook support page led me to discover this Saturday was a rest day for Topp, but I was happy to learn this included a meet-and-greet event at an open-air arena in the nearby Town of Callander that was set to begin in just a few hours. We grabbed a quick bite at a poutine festival in a North Bay park, then headed to the event.

Warrant Officer James Topp has served with the Canadian Armed Forces for 28 years. His current battle isn’t with a foreign army; instead, he’s fighting against dismissal for refusing the COVID-19 vaccination. He remains active in the reserve army, and hopes to raise awareness of the injustice of mandated experimental injections by marching from Vancouver to Ottawa, following the route Terry Fox famously traversed in 1980. His long journey began way back in BC on February 20 and will terminate in Ottawa at the Tomb of the Unknown Soldier on July 1, Canada Day. Topp met with politicians about a week before his arrival in Ottawa, but from what I saw, his passion is connecting with ordinary Canadians who come out to greet him along the way, and often join in the march for a stretch.

The vehicles in the Callander venue parking lot were festooned with Canadian flags — I teared up at the sea of red and white. Topp was in the arena giving an A/V presentation to an audience of several hundred people. Vendors sold buttons and T-shirts, and the energized crowd applauded often, especially when someone asked Topp if he’d consider running for political office.

After a pregnant pause, Topp replied, “No.” Topp later said he’d consider it if there was a real need. He admitted he’s a private person who’d prefer retiring to a cabin in the woods than the limelight of his protest march. Serving others takes priority for men like James Topp.

My wife and I hand-distributed a whole bundle of *Druthers* newspapers to people in attendance and caught up with old friends. Topp’s volunteer team (that coordinates support vehicles and scouts out rest stops, among other things) told me I could join the march the following morning at the aforementioned HOW Convenience store.

At 8:00 AM on Sunday, June 19, I arrived at the rendezvous location and joined Topp, his crew, and about a half-dozen people who’d joined to walk that day.

“I’m the journalist you’ve been waiting for,” I said to Topp with a grin. “You know, the one who gets what’s going on.”

My cheeky introduction fell flat as Topp asked if I had a card (which I gave him) and crossed the highway. I real-

ized my *faux pas*; I should have introduced myself as an activist first, and a freelance writer second.

“I’ve written articles covering every aspect of the attempted globalist takeover,” I said, to underscore that I’m not hostile media.

“I don’t really discuss those things,” Topp replied. I turned this over and over in my mind as I fell in at the back of the line and we marched west through North Bay and then many kilometres past it before I said goodbye at a rest stop and headed home.

Topp’s taciturnity could have turned me off, but I actu-



Warrant Officer James Topp is walking from Vancouver to Ottawa to highlight the need for freedom.

ally appreciated his caution as I had yet to earn his trust. Most editors in legacy institutions like the CBC are hostile to Topp’s message, having slavishly promoted government edicts and medical tyranny for over two years — offering no alternative perspective on useless mask-wearing, destructive lockdowns, and the jabs that we now know cause injury and death. (Only the day before I’d watched a podcast in which feminist intellectual and former Clinton advisor Naomi Wolf stated we’re living through a global genocide, and that she’s turned to the Bible for inspiration. And I’d also just learned the only safety study supporting claims the vaccines are ‘safe and effective’ for pregnant women was of 44 pregnant rats in France, two thirds of which suffered miscarriages.)

During my time marching with Topp, I witnessed a real drill sergeant who at times gave quick tutorials to his followers about single-and double-file formations (the latter being useful for quick intersection crossings). And I witnessed another, kinder side of the man whose eyes light up around children and who’s exceedingly gracious with strangers who stop their cars and run up to shake his hand on the highway shoulder.

I think we have the makings of a hero here: a man of grit and integrity who cares for down-to-earth people (and doesn’t cater to media showboats like myself).

“Five minutes for rest and water,” Topp would shout out, as we exited the highway for a parking lot or grassy area. People had to keep up or drop out. I periodically bummed a ride back to my car, which I then drove ahead to a future rest stop, playing leapfrog.

The most interesting dimension of my day was speaking with the various people who’d joined to support the protest action, who reminded me vaguely of the pilgrims in Chaucer’s *The Canterbury Tales*. Each had their own reasons for marching, and it was a distinctive bunch.

One “pilgrim” was a female friend who I hadn’t seen in two years. She lives on a farm where she offers therapeutic encounters with animals to people, including autistic children. She disclosed to me that, though uninjected herself, tests showed something was transfecting to her from vaccinated clients. She showed me a lab photo of her red blood cells clumped together in a pattern resembling rolls of quarters.

“It really is a bioweapon,” I said. Another marcher was a 70-year-old man who trained extensively before joining the march, and kept up impressively. I was most impressed with a blind man who fell in with us for a while in North Bay. It was touching to see people helping him navigate the highway. A tattooed woman was friendly with me, but warned me not to pet her dog.

I had a fascinating conversation with a young bearded man, who chuckled when I remarked that most of my friends in the resistance movement are former hippies (not military folk). He’s a practitioner of Wim Hoff-style cold plunges and (like myself) a student of various arcane spiritual modalities. He told me he owes his participation in the resistance to the spirit of his departed grandmother, who was a spy for Norway during World War Two.

“You get off this streetcar right now and join those protesters!” she’d told him from her perch in some Astral realm when he was in the city. We discussed prepper topics and I enjoyed the sticks of pickled rhubarb he offered me at one rest stop.

I’m old enough to remember Terry Fox and his run across Canada in 1980. I was 20 years old at the time, majoring in English at the University of Toronto. I was preparing for a different world than the one that’s unfolding at the moment. Neither he nor I could have imagined then that a sociopathic oligarchy would attempt to establish a New World Order in the early 21st century — a one-world government ushered in with gene-editing vaccinations and an emerging global famine. We find ourselves at the end of a “fourth turning” and imminent currency collapse that will see the US greenback lose its status as the world reserve currency, and the end of the United States empire.

Unless Canadians (and people everywhere) rise up, we’ll soon find ourselves living in a scientific dictatorship (or “technocracy”) governed by AI algorithms, vaccine passports, programmable central bank digital currency, and digital IDs all of which will track and trace our every move and thought, as we inhabit shared pod apartments and are subjected to endless climate change lockdowns.

I’m with you, James Topp. Whether or not you like to discuss global politics, I’m with you.

Every step of the way.

Guy Crittenden is a Canadian freelance writer and journalist and winner of an unprecedented 14 Kenneth R. Wilson Awards for excellence in business journalism. His book The Year of Drinking Magic: Twelve Ceremonies with the Vine of Souls won the 2018 Silver Medal at the Independent Book Publishers Awards. Contact Guy at gcrit@rogers.com

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Words Of Encouragement -Look How Far We Have Come!

By David Cheyne

We have been up against the largest marketing campaign in human history. We are literally fighting against all the news agencies, print paper agencies, Hollywood actors paid to endorse this bullsh*t, and yet we will win.

We will win because the truth is stronger than billions of dollars pushing lies. The old adage of the truth always prevails is not a cliché. It is also the truth.

Our government will continue to pour on the lies with variants, monkeypox, climate crisis, financial crashes they created, and yet we will keep on fighting for the truth. After time many that are asleep will start joining the fight as they have been. Unfortunately for many they don’t get involved until they are directly affected.

But this is a message of encouragement to everyone. We are not cattle. We are not property of the Crown.

While some sit and criticize us for what we do, we will continue the fight on their behalf due to their ignorance

or cowardice. There are only a few reasons stopping people from being involved in this fight.

People are scared of their friends laughing at them or criticizing them. They are still hypnotized and trapped in the lie. Or they have become so apathetic and soulless that they just don’t care.

Over generations we have become weak through poor health habits and mindless TV sucking our souls away from us. For many decades we have been taught to work hard, come home and plop yourself down on a chair and watch mindless brain washing material for hours just to get up and repeat this process everyday.

Some people escape this and become small business owners just to work even longer hours just to have the government over regulate, overtax, and try to control their lives.

To become truly free you must understand the government has zero authority over us. Income tax was introduced as a temporary measure to help out with the war.

Everything the government says is temporary becomes permanent.

All these mandates are testing grounds for future laws of restricting our freedoms. A test of compliance. When compliance stops, so does tyranny.

Let me remind you of a famous quote.

“When government fears the people, there is liberty. When the people fear the government, there is tyranny.” Thomas Jefferson.

You can continue to sit on the sidelines and wait for other people to fix this for you. Or you can add your voice to the millions of Canadians that are openly voicing their frustrations directly to the people that need to hear what we have to say. This Canadian is not going to sit idly by and watch our government murder its citizens from illegal mandates. Poverty, drug addiction, suicides, overdoses have all overshadowed this bullshit flu. But the media kept your attention where Trudeau wanted it. It cost him 1.6 Billion dollars of our tax money to terrorize you into compliance. This should make your blood boil with rage. It sure does for us freedom fighters. Especially when we see him brag about it in private press conferences to the liberal party.

This Canadian will risk his freedom and life for a better future for the kids that inherit our planet.

No, I am not a morally superior person to anybody else. I have flaws, ego, and many other human imperfections. But I love my country the way it was. I love people regardless of their faults, and I will not sit by and watch these politician crooks kill innocent people and change our system into a totalitarianistic society.

I don’t care what names you call me. I don’t care that you’re blissfully ignorant. I don’t care that you know something’s wrong and you won’t speak out about it for whatever bullsh*t reason you have not to. Our country, lives, way of living, and freedom hangs in the balance of your ignorance or cowardice.

I will not go down as either. And neither will the millions of other Canadians standing up fighting along my side. There is a line in the sand. You can cross over and join us anytime you want without judgment or persecution. This isn’t about ‘I told you so.’ It’s about our very survival.

It’s about humanity versus transhumanism. Liberty

versus totalitarianism.

10 days before the vote on removing the mandates I made a video and instructions on how we could get the MLA’s and MP’s to side with Canadians. I emailed the entire Awake Canada database to get them on board with contacting MP’s and MLA’s. We still lost that vote. But within 10 days after that somehow those mandates were removed.

I’m not going to say it was solely from the actions of people from Awake Canada but I will say it was from the actions of all Canadians in this fight pushing these idiots



that are supposed to be representing Canadians.

Now even the liberal MP’s are turning against Justin Trudeau.

A lot of people in Parliament are still good people but they are just as brain washed as most of the Canadians were. By being a voice and letting them know the truth and directing them to the evidence we are turning things around

The truth will prevail.

But if you think this is going to be over soon you are mistaken. The conservatives are the party that signed on to agenda 2021 agenda 2030, and agenda 2050. It does not matter who is in power they are going to push us towards the same goal that Justin Trudeau has been. The only thing in their way is the population of each country.

Think history folks.

Think Mahatma Gandhi leading one million Indians in a peaceful resistance. History continues to repeat itself. Governments always end up turning on the people in the name of greed, personal bribes and incentives from lobbyists and big corporations that are really running the show.

This is not conspiracy theory, this is historical fact.

All freedom fighting Canadians that are standing for your rights regardless of what you are doing will continue with or without you. The larger of an army we create the stronger our message is heard.

So what’s it going to be?

Ignorant bliss, cowardice, or crossing over and joining us in the biggest fight of our lifetimes? The choice was very easy for me regardless of any personal consequence.

Humanity. Join us. You know where to find us now.

<https://awakecanada.org>

Download Bonnie Henry emails here:

<https://awakecanada.org/bonnie-henrys-emails-freedom-of-information-act/>

They make it clear that she knew these vaccines were dangerous 1 month into their release.

There are also a lot of non responses to letters I know that were sent to her last year.

Like the 3 doctors from the Okanagan that you can read about here:

<https://awakecanada.org/okanagan-doctors-letter-to-the-3-bc-criminals-in-charge/>

Please share these everywhere, social media is creaming Awake Canada with massive censorship and I just picked up another 30 day ban for posting the Bonnie Henry information which is available on the government website.

Imagine that! I got a 30 day ban for posting a link to a government website.

They are doing everything to shut us up, so you must help us do everything to be the loudest we can. We will not be silenced.

<https://awakecanada.org/bonnie-henrys-emails-freedom-of-information-act/>

Thank you for your support!

What Do the Truckers Convoy & Pride Toronto Have in Common?

By Jean-Claude Lafond

I know many of you are not going to like me either way. Many from the Gay community do not like my position and opinion of the Truckers Convoy and, yet, very few from the Truckers Convoy would have a problem with me talking about Pride Month. Frankly, the Gay community has been divided regarding COVID-19 mandates and many, myself included, from the LGBTQ+ community supported the Truckers Convoy.... but you will never get that info from any mainstream news source. Rarely would you see the tabloid news agencies (CBC, CTV, City TV, Global etc) convey an opinion from a person in the LGBTQ+ community in support of the Truckers Convoy, yet many did, like myself. We would never be allowed to express that on national television. Also, many from the Truckers Convoy didn't care that I was gay. Frankly, I found that the people from the Truckers Convoy were more interested in hearing my story, and with genuine interest. Recently I wrote a small post at work regarding Pride month, thanking my company for recognizing Pride month, even though I no longer attend Pride Toronto. It has become too commercial, too weirdly woke, and very exclusive. This grassroots organization has been infiltrated by idiots and ruined the fun.

Most Canadians do not understand the reason why Pride Toronto has a parade. To understand the similarities between the Truckers Convoy and Pride Toronto, I need to go back in history and tell the story of why we have a Pride March here in Toronto.

I have been covering Pride Toronto here in Canada since late 1987 as a young photographer, hiding my homosexuality because I was scared of the repercussions. What most Canadians do not know is that the Pride March started from violent moments in our Canadian History. On February 9, 1981, in the city of Toronto, the police raided the gay bathhouses, arrested many men, and charged a lot of gay men who were operating the bathhouses. But it goes further than that. Many media outlets at the time reported in the newspapers, and on television and radio, all the names of the gay men who were caught at the bathhouses. They were shamed and ridiculed by most of the media and also by

many of our politicians who participated in the rhetoric. Many of these gay men, and lesbians as well, lost their jobs because of it. They lost their homes, their families, and many were kicked out of their apartments. They experienced constant harassment by the police along with extreme prejudice from other Canadians. It was relentless.

Sound familiar? After this ill-treatment — a violation of Human Rights, the gays and lesbians for the first time got together. If you saw the first poster, "Enough is Enough," these Canadians were now fighting back, with 3000 strong marching down to 52 Division, with the slo-



gan "Gay Rights Count." About 500 of them remained after the march, many causing damage to stores and cars of people who had shown serious prejudice. The protest continued down Yonge Street with the police violently beating them but the gay men fought back and the scene became violent and bloody. This type of treatment of members of the LGBTQ+ community went on for almost a year and then CHUM FM finally started to sympathize with us. When the police got really violent towards community members, they finally criticized the police on the air, calling them pigs, and then the Globe & Mail spoke out and said they felt someone's sexual activities should remain in the bedroom, and should not be printed in the public domain. Enough is Enough.

The violence continued and then certain politicians also started to speak out, risking their political careers in criticizing prejudice against the community. Dr. Rev. Brent Hawkes went on a hunger strike, demanding the

rights of gays be addressed including the prejudice of employers, banks, police, hospitals, and businesses. His hunger strike was met with arrogance fro the media. One Toronto Star reporter strongly implied that he should starve to death.

Finally, the first Gay Pride March occurred in March 1982, where Margaret Atwood and Dr. Rev. Brent Hawkes spoke. There were thousands and thousands of Canadians, including some media outlets, criticizing and speaking out against the violence and the hateful, degenerate language from Police, certain politicians, certain media, institutions, and businesses. Of course, Pride Toronto has changed from the cold month of March 1982 to June, probably because you can't wear a bikini or speedo in March.

So the original Pride Toronto March was a violent occurrence in Canadian History; a time when our rights were being violated and we were frightened to be ourselves. Thankfully today, there has been so much forgiveness and reconciliation. Though the parade is more commercialized, there are laws now, protecting us from such violent prejudice. The laws also gave us some ammunition to fight back in the courtroom.

Now, let's make the comparison to the Truckers Convoy, and protestors against COVID-19 mandates and forced vaccination.

What has happened to Canadians today for not taking a vaccine, is pretty much the same treatment that we experienced because we were gay. Think about it — the violent treatment from police, banned from enter-

See, ‘Fighting’ p.10

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Breaking News

-The Pfizer-BioNTech COVID-19 Shots Harm Sperm

By Dr. Byram W. Bridle | viralimmunologist.substack.com

Isn't it great that new harms keep popping up as research into the safety of the COVID-19 'vaccines' uses data from the public rollout to compensate for what should have been assessed properly and thoroughly prior to, or during clinical trials?

A peer-reviewed paper has just been accepted for publication in the journal *Andrology*. This journal has an impact factor of 3.842, which is quite good considering it has such a specialized focus. This falls into the category of what I like to call the 'meat and potato' journals; they publish good solid science. I like these kinds of journals because they tend to be influenced less by advertising dollars.

The paper that I am referring to can be found here: <https://onlinelibrary.wiley.com/doi/10.1111/andr.13209>

I found this paper to be interesting. First, the authors are clearly 'pro-narrative'; to a point where there is an awful lot of inappropriate rhetoric. Rhetoric has no place in an objective scientific article and this aspect of the paper should never have survived the review process. Regardless of the clear bias of the authors in favour of the COVID-19 inoculations, the results of their study are extremely concerning.

The authors rightfully criticized earlier studies that were being used to support the idea that COVID-19 inoculations have no negative impact on male fertility. All these previous studies had major flaws, including but not limited to:

- Testing only a single time point post-inoculation.
- Testing based on in vitro fertilization where there is a quality control step that eliminates low-quality sperm. One wouldn't expect to find problems if only the best performing specimens are selected.

Very small numbers of samples.

One of the things that I really liked about the current study is that it used serial samples from sperm donors. Specifically, samples were obtained prior to 'vaccination' and at multiple time points after the 'vaccine' regimen was completed. This means that each person served as their own internal control, which is ideal. The Pfizer-BioNTech product was used. The authors of the paper confirmed that none of the donors had been diagnosed with COVID-19. As such, any effects could be attributed to the vaccine, not the disease caused by SARS-CoV-2.

By approximately three months after becoming 'fully vaccinated' (i.e., defined as having received two doses), this is what the data demonstrated (confirmed to be significant by multiple different statistical tests):

"sperm concentration was significantly lower". Specifically, it was reduced by 15.4%. Put another way, the sperm concentration was reduced by 12 million/mL of ejaculate.

Worse, there was a "[total motile count] percentage change reduction of 22.1%". This translated into there being 31.2 million fewer motile spermatozoa per ejaculate.

Two rules of thumb when it comes to male fertility are:

- The more sperm, the greater the chance of one of them getting into the egg.
- Getting to and entering the egg requires the sperm to be mobile.

As such, the findings of this paper are quite concerning in the context of male fertility.

The data also demonstrated that these defects in semen appeared to be largely resolved by the mean long-term follow-up time of approximately six months. Interestingly, this led the authors to promote the shots because, although there is short-term damage to sperm, it looks like it resolves long-term, at which point a man would be 'in the clear'.

Unfortunately, this study was performed when 'fully vaxxed' meant two shots. The authors assumed one would be finished getting jabbed at that point. Now, many countries have or soon will have re-defined 'fully vaccinated' to mean three shots. Further, four doses and beyond are being strongly encouraged.

So, how is a male going to recover from the so-called 'transient' damage to their sperm if they keep getting dosed before recovery can occur?

Worse, no studies have been done looking into the consequences on male fertility beyond two doses. What if it exacerbates the problem and/or extends the length of the problem?

Since sperm donors were used in this study, those from whom the semen was sourced would be



considered particularly 'robust studs' among the male population. Their samples have to meet stringent quality control standards to become enrolled into a sperm donor program. This means there is the potential for greater harm to the semen of males among the general population whose fertility potential may not be as high.

But I Was Told that Pfizer Conducted a Reproductive Toxicity Study and Everything Looked OK

Indeed, Pfizer did run a pre-clinical reproductive toxicity study and they did conclude that their inoculations seemed to have no impact on fertility. However, here are

two important facts that have not been widely disclosed by public health officials nor mainstream media:

The COVID-19 inoculations are designed to get a person's own cells to manufacture the spike protein from SARS-CoV-2. The pre-clinical safety study used rats. Human cells express what is known as a high-affinity version of the receptor for the spike protein. This means the spike protein from SARS-CoV-2 can bind strongly to human cells. In contrast, rat cells express the low-affinity version of the receptor. The spike protein of SARS-CoV-2 cannot grab onto rat cells very well. For example, rats that get infected with SARS-CoV-2 do not develop the disease we call COVID-19. It is a relatively simple task to 'demonstrate the safety' of a novel medical product if one conducts the safety testing in an animal model that can't reveal toxicities.

Remarkably, only the females were inoculated in the pre-clinical reproductive toxicity study. I'm not sure if Pfizer forgot that it takes 'two to tango' when it comes to reproduction. Regardless, in light of the newly released study discussed in this article, this omission becomes even more egregious.

Males in the General Population Are the 'Guinea Pigs' for Accurate Reproductive Safety Testing

So, like it or not, males of reproductive age participating in the public rollout of the Pfizer-BioNTech inoculation are the only source of reliable data to determine its safety (or lack thereof) in the context of fertility, especially for booster doses for which there isn't a shred of reliable data

See, 'Vax' p. 10

Global freezing? Arctic Ice Levels Reach 30 Year HIGH

By Ethan Huff

Despite ever-rising carbon dioxide (CO2) levels, arctic ice is actually *expanding*, not melting. (<https://www.wnd.com/2022/05/inconvenient-truth-globalists-arctic-ice-30-year-high>)

The World Economic Forum (WEF) recently convened its annual conference in Davos, Switzerland, to discuss the "climate crisis." It was revealed there that arctic ice is currently at a 30-year *high*, according to data from the intergovernmental European Organization for the Exploitation of Meteorological Satellites.

Globalist groups like the WEF have been pushing for years to redistribute the wealth of nations as a "remedy" for alleged global warming and climate change. It turns out that the real problem might be global *freezing*. (Related: Remember back in 2017 when an arctic science expedition got caught in too much ice?: <https://dreddymd.com/2017/09/09/arctic-science-expedition-ship-gets-stranded-in-too-much-ice-climate-change-now-its-too-much-ice>)

One of the primary metrics used by climate fanatics to make their wild climate claims is arctic ice. We have been told for years that the polar ice caps are melting, which Al Gore famously said would cause flooding due to sea level increases.

"In 2007, Al Gore began warning the world that scientists were predicting that by 2013, the Arctic would be ice-free during the summer," writes Art Moore for *WND* about how wrong these fanatics ended up being with their climate hysteria.

FACT: The climate is always changing

Climate change skeptic Tony Heller remains an outspoken critic of all this wrongness by the climate cult. Last September, he wrote a piece about how the Arctic Ocean gained a record amount of sea ice for that time of year.

"Most years the Arctic loses ice, but this year ice extent has increased," he tweeted, further noting that this would not get reported on by the likes of *CNN*, *The New York*



Times, or *BBC News*.

Last summer, sea melt was the lowest it has been in 15 years while the expanse of the Antarctic Sea was well above average. All of this points to the fact that the planet is *not* warming; if anything, it is freezing — or better yet, it is just *normal* based on shifting climate cycles that have been occurring since the beginning of time.

Even so, the corporate-controlled media continues to fearmonger about the fictitious notion of global warming. The *Times*, for instance, published a story last fall claiming that climate change is "the greatest threat to global public health" that exists.

The solution, of course, is more government control over people, more taxes, and more tyranny. This, the "experts' claim," will keep the planet at just the right temperatures.

The Biden regime is also on board with this agenda, as its Department of Health and Human Services (HHS) issued an announcement about how it plans to treat climate change as a public health issue.

By doing this, the government has now granted itself the authority to invoke emergency powers just as it did with the Wuhan coronavirus (Covid-19), except this time the restrictions will include things like curbing private vehicle use and limiting the amount of animal products people consume.

Fossil fuels like gas and oil are also slated for elimination, only to be replaced with highly unstable and unreliable "green" technologies such as wind and solar.

"If climate activists were allowed, they would take us from COVID lockdowns straight into climate lockdowns," says Steve Milloy, founder of JunkScience.com.

"Now that they've seen arbitrary lockdowns successfully imposed under the guise of a 'public health emergency,' they can't wait for federal, state and local declarations of a climate emergency to achieve the same sort of dominance over us."

The latest news about climate hysteria can be found at [ClimateScienceNews.com](https://www.ClimateScienceNews.com).

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The Crucial Need to be Free of Monetary Misconceptions

By Paul Grignon,

Money as Debt

Money is our lifeblood... literally. How is money created in our current system? The answer is elusively simple. All money except coins is created by promising to pay it back to the bank it came from. It is our total principal debt to banks, mostly mortgages, that is circulating as money. Cash is the physical form this ‘bank credit’ takes when withdrawn from a bank.

Money Creation in the Modern Economy was published by the Bank of England 8 years after my 2006 animated movie *Money as Debt* went hugely viral and taught this truth to millions worldwide in many languages. I quote:

“Rather than banks receiving deposits when households save and then lending them out, bank lending creates deposits.”

The Mother Bank of the entire system (est.1694) has now, for the first time, publicly confessed that ...*borrowers create their own loan money with their signed promise of repayment.*

The Interest Fallacy

Awakened to this fact, many, including prominent authors and economists, propose that the cause of mathematical instability and a grow-or-collapse imperative in the money system is the fact that the money to pay the interest was not created. Obviously Principal (P) is less than (<) Principal + Interest (P +I).

According to this thinking, the ‘interest shortage’ requires that the interest be paid from someone else’s principal, leaving them short. To make up this *perceived* shortage, the money supply, which is principally debt to banks, must *perpetually increase* to avoid *mathematically inevitable defaults*. Obviously, P+I is correct as the total sum paid by the borrower. However, P < P+I does not indicate a mathematical shortage of money to pay interest. Money is both a stock and a flow - and *flow multiplies stock*. I’ll explain.

Take out a \$20 bill (stock). It has been in circulation (flow) before it was paid to you and will continue to flow - to be exchanged for goods and services - after you spend it. A single \$20 bill exchanged 1000 times pays for \$20,000 worth of goods and services. The same applies to bank account dollars — and to money paid as interest.

Paying interest to a bank in time is no different than paying for groceries or anything else. The bank spends it on operating expenses and dividends just as the supermarket corporation does. This same money is mathematically available to be paid as interest repeatedly. Any shortage of money to pay interest is a matter of the money not being available to earn (fails to flow). It is not due to an actual shortage of stock.

The Shortage of Stock

Unlike interest, which continues to exist after payment to a bank, when principal is paid back to a bank it *ceases to exist*. Therefore, to maintain a stable money supply, every dollar extinguished must be immediately replaced by a new debt-created dollar. If new ‘bank lending’ money creation slows down, for any reason, *the money supply shrinks*.

This results in *multiple defaults* of a dollar for each new dollar not created on time to service existing debts. Why multiple? It’s mathematically unavoidable due to the nature of money and the act of lending itself.

Here is the explanation: A dollar created as someone’s principal debt to a bank is spent. That dollar can be spent repeatedly without creating any mathematical shortage. Or, that dollar can be locked up in savings or *lent as existing money*. This is where the shortage arises. When we place our dollar in a money market account or money market mutual fund at our bank, we become *non-bank lenders*, lending our dollar out as existing money via the bank. When we take our dollar out of circulation by depositing our dollar in a bank term deposit, this enables the bank to replace it with a new money creation ‘loan’ of

a dollar. Or we can lend it directly.

In all of these cases, the dollar is now unavailable to the original borrower, or anyone else, unless someone *borrowes it into circulation a second time*.

The result: P money in existence < 2P concurrent principal debts of that money. Already, with just the minimum case of 2 concurrent principal debts of the same dollar, we are now on a *treadmill of perpetual debt* that requires bank money creation, that is *borrowers*, to re-create the full bank credit dollar without fail and on



time to avoid causing someone else’s mathematically inevitable default.

“All money except coins is created by promising to pay it back to the bank it came from”

Non-bank lending is bigger than money creation. Money market funds, building societies, organized crime and private individuals all create additional concurrent principal debt with every loan. Mortgage- created money can circulate for up to 30 years before it is repaid and extinguished. How many times can the same dollar also be lent as existing money?

According to the Federal Reserve, at the Crash of 2008 there were, within the banks themselves, 4 concurrent principal debts of a dollar for every dollar the banks had created. Non-bank lenders added a minimum of 20 additional principal debts of that dollar. These debts do not include paying taxes nor private unreported lending, a big unknown. In 2008, such *unprecedented multiplication of concurrent principal debt* could not be sustained. As in musical chairs, the music stopped and the huge shortage of chairs was revealed.

The Growth Imperative

The growth-or-collapse imperative is created by this concurrent re-lending. In order to avoid multiple dollar defaults for every dollar in existence, every dollar loaned as existing money must be re-lent immediately upon repayment (flow) and money creation by banks making ‘loans’ to ‘borrowers’ (new stock) must never slow down. Otherwise mathematically inevitable default results.

This phenomenon is ignored by everyone. It has been denied by every banker and economist I have debated. My invited paper on the subject was published by the World Economics Association but drew no response. My similar paper, invited by an online scientific journal, was blocked from publication by more than 150 economist “peer reviewers”.

Deniers include the authors of the aforementioned Bank of England confessional. In a detailed critique, I pointed out to them the *complete omission* of savings

and lending of existing money in their description of the money system and why both are the cause of growth-dependent system instability. Were they interested ? No.

Return to Gold?

Please note that once a gold coin or any other truly limited money is lent into circulation, it is ‘money as debt’ just like bank credit, producing the same results when concurrently re-lent. Lending’s inherently unstable math is not eliminated by any form of a “return to gold”.

The problem is our concept of money itself!

In the current money system, we are limited to thinking that money can only be a quantity made valuable by its own scarcity. This is what inevitably gives rise to shortages, manipulation and enslavement. Beware of crypto currency on the same model! It is just *the same thinking with new technology*.

Bitcoin and all such scarcity model crypto currencies are theft

If four people contributed equally to making a pie, would they welcome a fifth claim on the pie from an outsider who contributed nothing? Of course not. Why should they? But when it comes to crypto currency, both the authorities and the public have been fooled into believing this new invention has a legitimate use as an alternative form of money.

Why is Bitcoin theft? As stated earlier, money in the current system is created as a promise to pay it back to a bank. Most of us will have to earn that money by doing things for others for which they are willing to pay us. That service to others and the demand for repayment is what gives bank credit money *true value*.

That is why calling bank credit “money created from nothing” is very, very wrong. Bank credit, most of it mortgage debt, is created from our lifeblood, up to 30 years worth. On the other hand, Bitcoin and its many imitators *are* money from nothing. They are unearned claims on value created by others, as are counterfeit \$100 bills.

I was approached in 2010 by an early promoter about making an animated movie explaining blockchain and promoting Bitcoin — blockchain OK but Bitcoin no. I turned it down saying “*no such thing should ever be money*”. Nor should the elite’s ultimate goal — a monopoly of central bank crypto locking us into musical chairs math *plus* a social credit bio-surveillance nightmare.

A Complementary Concept of Money is Required

The embryo of a truly liberated “fully backed” money system, completely legal, already exists. This “Producer Credit” form of money is currently used between businesses for an estimated 20% of world trade and is familiar to all of us as customer reward points and prepaid cards. Canadian Tire Money is a Producer Credit money introduced in 1958. Producer Credits are also ‘money as debt’. The critical difference lies in who owes what to whom. Producer Credits are payable only in goods and services.

We need only be able to earn and spend these Producer Credits universally like money and we would have a second and complementary concept of money that is compatible with and increases the mathematical stability of the current system. I describe my proposal in great detail at my website moneyasdebt.net.

References

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my essay page
<http://paulgrignon.netfirms.com/MoneyasDebt/MAD2016/essays.htm>

Paul Grignon is an artist and videographer and the creator of the Money as Debt Trilogy.

Vax damages reproductive capability

Continued from p.8

publicly available.

Questions that Need to be Asked

Men,
How does it feel to know that the only reproductive toxicity study assessed by health regulators was fatally flawed and designed in a way that it could never address male fertility issues?

How does it feel to have had the Pfizer-BioNTech inoculation pushed so hard, to the point where it was mandated and people coerced into taking it only to learn now that it damages sperm?

How does it feel to know that your ability to conceive a child was likely compromised for months after inoculation?

How does it feel to know that your potential to conceive may never return to baseline as long as boosters are taken at short intervals?

How does it feel to know that the up-and-coming versions of the vaccines, with updated spike proteins, have not been required to undergo safety testing in the context of male fertility?

Parents,
There is a dearth of properly conducted male reproductive safety studies. Data from the most comprehensive one to date (discussed here) demonstrates harm to sperm that they cannot recover from before boosters are recommended (five months later in North America). How confident are you in allowing your young, dependent son to receive these shots in light of their tiny risk from COVID-19 (and for the few who might be at risk, approved anti-viral treatments are readily available)?

People need to start directing these questions at their physicians and pharmacists (anyone administering these inoculations), public health officials, and politicians who

Fighting for Liberty Has a Price

Continued from p.7

ing businesses, fired from your job, kicked out of your home, segregated and treated like a disease, spurred on by hateful language in the media and by politicians. People who supported the Truckers Convoy financially had their names and locations published on Google Maps. They were shamed for showing their support. The banks froze their accounts and Canadian politicians arrogantly went public to defame the character of those Canadians, shaming them with their falsehoods and lies. Its no wonder why these Canadians are protesting and shouting through the streets for their freedoms — freedoms that have been taken away from them, much in the same fashion as was done to the Gay community in its time.

One thing for sure, how ignorant are our politicians as to forget our recent history of prejudice? I am glad for all the gays and lesbians who fought for our freedoms, and now the LGBTQ+ community is a national celebration of expressions for the full month of June. I am proud to say that I am no longer afraid to be myself. When you see police, politicians, businesses, media and community members publicly ostracizing a certain segment of the population and sowing division, it is a true sign of prejudice and intolerance and should never be part of our Canadian culture because we are better than that. My message to all politicians and career journalists is this: you do not speak on my behalf, and stop using the LGBTQ+ community as a pink shield for your virtue signalling. Stop using our community as a weapon in order to push the same type of prejudice against other Canadians. Enough is Enough.

think they are medical experts. Many of them are either unaware of important scientific nuances (like the fact that reproductive safety testing was done only for females in an inappropriate animal model) or know better but are afraid of retribution if they speak up. You must take responsibility for your own health and that of your family. Ask them to show you the studies that they are leaning on. If nothing else, that will prove that they have the relevant data in-hand. An inability to show you the objective science that forms their rationale should be a warning sign.

I learned the following from a friend of mine. It can help put things into a great perspective... People need to urgently draw a line in the sand if they haven't done so already. You need to figure out for yourself how far is too far when it comes to pushing medical products that are associated with massive profits and control structures. Remember when it was 'two weeks to flatten the curve'? That falsehood was enough for some to notice

Flags Spark Controversy @ Kawartha Dairy

By Dave Bolton

June 11, 2022 Newmarket Ontario. It looked a lot like a street party in the vicinity of a local ice cream store. A group of about 200 people came together, formed a vehicle convoy — displaying Canadian flags and various freedom slogans — and made some noise.

Part protest, part rally, part celebration, the crowd was there to support Kawartha Dairy assistant manager Donna Sfetcos, who had been asked by her employer to remove flags from her car after a social media post with a picture of her vehicle started a flood of complaints earlier in the week.

35 year old Sfetcos was amazed to see all the people who came to show their support. "I'm overwhelmed, I didn't expect this. I expected five to 10 people," she said. "But never this, not in a million years."

The crowd, who came in multiple convoys from different areas including Georgina and Barrie, blared and honked their horns, waved their flags and ate lots of ice cream from the dairy outlet. Sfetcos, assistant manager for the last four years at the Newmarket Kawartha Dairy, one of 10 stores in Ontario, said her vehicle had two Canadian flags and two 'We the Fringe' flags on it.

Sfetcos told *Druthers* "The person who originally made the post on both Twitter and Facebook didn't reach out to speak with me directly, that I know of. On the morning of Tuesday June 7, I received a phone call at the store at approximately 9:15-9:30, stating that the f*** Trudeau flags were offensive. I told the caller that no vehicle in the parking lot has that on a flag. That morning I answered a total of 6 phone calls, all complaining and yelling at me. At approximately 11:15-11:30, my manager, who is amazing, handed me her phone and said the VP wants to speak to me. I took the phone and went outside, I was told to take down my flags. I expressed how I wasn't okay with removing the Canadian flags, but the 'We the Fringe' flag I would take down, as I don't want families to think they say f*** Trudeau. The phone calls and emails kept

something wasn't right. Many people have been OK right up to the point of being mandated two doses and even beyond. How many boosters are you going to allow? For two years we have taken such baby steps that many have not taken notice of how many promises have been broken. It becomes obvious when you have drawn your line. For me, my line is way behind where our society is today.

Demand integrity in the practice of medical research. Exercise your right to fully informed consent. Don't assume you are being told everything. Ask tough questions and demand thorough answers and evidence to back them up.

For the experts who have consistently seen these issues coming long before any public acknowledgement, demand that censorship of their voices be ended.

Let healthy, open scientific debate become part of the norm again.

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coming through to the store that day and still continue to this day.

The next day I arrived at work and decided I'm going to keep my flags up, so I zipped tied the 'We the Fringe' flag to the Canadian flag, but within 30 minutes I received a call complaining about the supposed f*** Trudeau flags, so I proceeded to go outside and take down the 'We The Fringe' flags.

A few hours later the VP called and asked me to remove the Canadian flags as well. I was heartbroken. I complied to something I didn't want to comply with, as I love my job and didn't want to be fired. We have received a lot of feedback to the store as well through info@kawarthadairy.com both negative and positive. Our google reviews have dropped from a 4.7 to a 4.5 due to the company initially not standing behind me."

Sfetcos described the situation as a rough go for everyone involved. She said the Kawartha Dairy head office has, however, been very supportive. "They respect me," she said. "It's a family-run business."

The company responded: "We understand the flags on one of our employee's personal vehicles were offensive," said Dana Somerville, who oversees all of Kawartha Dairy's owned retail stores. "Although there was no pro-

fanity on the flags, we have spoken to the employee, who has removed the flags from their vehicle. Kawartha Dairy does not support and is in no way affiliated with the 'fringe movement'. Kawartha Dairy prides ourselves on being an inclusive company who treats everyone like family and respects the personal opinions of our employees and our customers,"

In response to the accusations Sfetcos

said the flag in question "Says 'We The Fringe', and there's a sticker that says 'peace, love, unity, freedom'. It's literally about peace and love; it's not about discrimination or any hatred toward Trudeau or anybody else whatsoever."

One June 14, Ms. Sfetcos reported that The Kawartha Dairy CEO and VP have personally apologized to Donna and said that she can continue to fly her flags. She'd like to thank "the fringe" for all their support.



Kawartha Dairy Newmarket assistant manager Donna Sfetcos standing in front of the flag bearing vehicle that caused the furor.



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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

Brazilian President will uphold sovereignty over WHO Treaty

Brazilian President Jair Bolsonaro has expressed genuine concerns regarding the intentions of the World Health Organization (WHO) in pursuing a power grab treaty. Under the guise of ‘pandemic preparedness’ the WHO is seeking to ratify a pandemic treaty that will allow them to exert power over one’s health and will grant them absolute control over our entire lives.

President Bolsonaro told reporters: “National sovereignty is not something to be handed over to WHO or other entities and to be renounced just to join a club of seemingly advanced nations. Brazil will not get into this [WHO Pandemic Treaty]. Brazil is autonomous. I have already spoken to our foreign relations cabinet and if that proposal goes forward, it won’t be with Brazil.”

Bolsonaro added: “Moreover, I was the only statesman that didn’t adhere to the lockdown policies. I said we had to take care of the elderly and people with comorbidities, and today, studies outside of Brazil especially, show that I was right. Check this out: Which state locked itself [down] the most in Brazil? Sao Paulo. Which state had the most deaths per 100,000 people? Sao Paulo. That’s a sign I was right.”

Some uncompromised and fair media circles are also beginning to highlight the monumental significance of the planned treaty. The beatifically soft-spoken and wise Scot, Neil Oliver, from *GB News* perfectly summed up the nefarious treaty by stating: “Be in no doubt, this so-called pandemic treaty is the single, greatest global power grab that any of us has seen in our lifetime, it is nothing less than the groundwork, the laying of deep foundations for global governance through the WHO.”

He finished by passionately saying: “We owe it to ourselves. Perhaps we even owe it to them, to tell them that they are living in a fantasy world of their own creation and that we want none of it. Let them have the gall to seek to sign away our freedoms in such a high-handed manner, this month, or in 2024. I for one am not playing along. As Patrick MacGoohan’s character said in *The Prisoner*, I am not a number, I am a free man.”

Support is gathering around the world in trying to stop the insidious power grab by the unelected WHO to destroy sovereignty across the world. The hashtag ‘Stop the Treaty’ is rapidly going viral and many more people around the world are finally coming out from their long slumber and questioning the narrative.

It is refreshing to see a world leader from a powerful country like Brazil stand up for his people and its sovereignty.

Political Instability in Pakistan as Khan is Ousted

A political crisis is rapidly ensuing in Pakistan following the unexpected dismissal of Prime Minister Imran Khan. In April, a no-confidence motion was passed by 174 votes in the Pakistani Parliament ending Khan’s four-year leadership.

Khan initially blocked the motion a week earlier by dissolving parliament and demanding a snap election, but this was later deemed unconstitutional by the Supreme Court. Since the motion, Shehbaz Sharif, leader of the ‘centralist’ Pakistan Muslim League-N (PML-N) has been installed as the new Prime Minister of Pakistan since April 11.

In a national address following the no-confidence vote, Imran Khan said: “You have to come out to protect your own future. It is you who have to protect your democracy, your sovereignty, and your independence. This is your duty. I will not accept an imposed government.”

Khan’s party colleagues walked out of the parliament prior to the motion and insisted that “foreign interference” was at play in orchestrating his fall. Opponents of Khan have argued that the motion to vote him out was because of domestic factors such as the failing economy of high inflation, rising debt and increasing fuel shortages.

Mr Khan who has refused to side with the US in their proxy war with Russia and China accused his political opponents of a coup and of colluding with the US in overthrowing him. In an interview with *CNN*, Khan accused US Assistant Secretary of State for Central and South Asia, Donald Lu, of meeting with the Pakistani ambassador to the US to plan the no-confidence regime-change motion. Khan told Becky Anderson from *CNN*: “This guy should be sacked for bad manners and sheer arrogance. Imagine telling the ambassador of a country of 220 million that you get rid of your prime minister.” The US State Department has denied the claims.

In a sinister and undemocratic move, the newly appointed government cracked down and banned protests and arrested close supporters and party workers of Khan. Anti-corruption police arrested Former Human Rights Minister of Pakistan, Shireen Mazari, for alleged previous offenses. On May 21, the Human Rights Commission of Pakistan (HRCP) tweeted: “HRCP condemns the arrest and manhandling of a senior PTI leader. Her arrest smacks of political victimization, which has regrettably become an entrenched practice and is deplorable no matter which party is the perpetrator.”

Mr Khan and his party, Pakistan Tehreek-e-Insaf (PTI), are currently heaping pressure on the current Sharif regime by staging huge rallies of support and are seeking snap general elections by mobilizing thousands of supporters to protest in Pakistan’s largest cities including the capital, Islamabad, the northerneastern city of Lahore and Peshawar.

The fractious political and constitutional crisis in Pakistan will rage on in a complex country where the heavily influential politicized military, government, and legal system work hand in hand.

Schoolchildren in Wales to eat insect-based protein as part of educational workshops

Innocent kids from Wales are taking part in an experiment to highlight the benefits of an insect-based diet and of climate sustainability. The unexpected 4-11-year-olds from four different primary schools will be fed a diet of crickets, mealworms, grasshoppers, locusts, silkworms, and a ‘Bolognese’ made from insect and plant proteins.

The project is guided by a team of researchers from the University of Cardiff and the

University of the West of England in Bristol. The project will include focus groups, surveys, workshops, and an interview as part of their piloting methods.

Researcher and head of project Christopher Bear from the University of Cardiff justified the project by saying: “This research project is an opportunity for us to explore how early-age youth envisage the role of edible insects and plant -based proteins in more sustainable and ethical food futures.” He added, “We want the children to think about alternative proteins as real things for now, rather than just as foods for the future, so trying some of these foods is central to the research.”

The project academics don’t hide their questionable aims of specifically targeting young children. Project researcher Verity Jones from the University of the West of England said: “I have found that, once children know that insects are already, by the very nature of processing, in many of the foods we eat; and are assured that they won’t become ill from eating them, they are open to trying. All research, for adults and children, indicates whole insects are off-putting, but ground-up insects within foods are very acceptable.”

This pilot study evidently aligns with the aims of Agenda 2030. The United Nations Agenda 2030 for Sustainable Development clearly outlines their vision of improving food production and nutrition security through insect farming and education about the benefits of eating an insect-based diet.

In 2018, the World Economic Forum (WEF) published an article on their official website called: Good Grub: why we might be eating insects soon. The article stated: “As scarcity of resources and sustainability become increasingly important issues for food production and distribution, how long before you’re asking for insects in your food, rather than complaining if you find one?”

Cheerleaders for all things related to the WEF, the European Union (EU) have approved mealworms to be consumed in Europe. The unsavory insect was deemed safe to eat by the EU food safety agency.

Normalizing eating bugs and indoctrinating children with their sick agendas is another example of the lengths the climate change fanatics and globalists will do to pursue their dark ambitions. The WEF infamous slogan may soon be changed to, “You’ll own nothing, eat bugs and insects and you will be happy.”

A lot of food for thought!

World Class Senegalese Footballer Shows His True Class

Paris Saint-Germain (PSG) footballer, Idrissa Gana Gueye, recently bravely defied the fierce propaganda that comes with promoting LGBT rights by withdrawing from a *Ligue 1* match in which he was expected to adorn the rainbow colours on his jersey.

The practising Muslim cited “personal reasons” as the rationale for pulling out of the match against Montpellier which was marking the International Day Against Homophobia, Biphobia and Transphobia.

The Senegalese President Macky Sall showed his support by saying in a Twitter post: “I support Idrissa Gana Gueye. His religious convictions must be respected.” Gueye has also received support from his Senegalese teammates. English Premiership footballer, Ismaila Sarr, on his Instagram account posted a picture of himself standing next to Idrissa with fist and heart emojis and a message of “100 per cent”. Cheikhou Kouyate, who plays for London club Crystal Palace also supported him by calling him a “real man” and adding, “ We wholeheartedly support you brother.”

His admirable stance is a far cry from the pathetic woke English national football team who constantly engage in virtue signaling. Captain Harry Kane religiously wears a rainbow-coloured armband and the national team continue to take the now tired knee before every match.

Brendan O’Neill, columnist with *The Spectator* commented on the issue by saying: “Pride, it seems to me, is no longer about celebrating gay freedom but rather has become a globalised orgy of virtue signalling. Adorning oneself or one’s business in the rainbow colours is really a way of saying ‘I’m good. I’m nice. I have the correct views. And by extension, anyone who rejects the rainbow is viewed as suspect, as a sinner, as someone who might require a spot of re-education.”

With all the furor around Gueye’s absence, interestingly very few people have highlighted the obvious hypocrisy that French football giants PSY are owned by Tamin bin Hamad Al Tani from the Qatar Sports Investments. According to the Human Dignity Trust on their official website: “The Constitution of Qatar designates Islam as the state religion, and Islamic Law as the main source of legislation. As such, in addition to the Penal Code, Qatar operates an interpretation of Sharia Law which criminalises sexual activity between men, under which it is possible that the death penalty can be imposed.”

As expected, when one goes against the tiresome and cringing Pride narrative, Idrissa Gana Gueye was met with an angry tyrannical mob. The French Football Federation (FFF) shamefully blamed him for “validating discriminatory behaviour.” In trying to bully and isolate Gueye, the ethics council of the FFF stated: “There are two possibilities. Either these allegations are unfounded, and we invite you to speak without delay to silence the rumours. For example, we invite you to accompany your message with a photograph wearing said shirt. Or the rumours are true, and we invite you to realize the impact of your act, and the grave error committed.”

The FFF finished their faux moralizing by saying: “The impact of football on society and the capacity for footballers to be a role model for those who admire them gives us all a particular responsibility.”

Despite what the haters say, many people across the world will now view Irissa Gana Gueye as the perfect role model for firmly sticking to his beliefs and principles in a sport where values and honour is now a thing of the past.



Absurdity Observer

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

- **Tim Hortons’ mobile app tracked and recorded** users’ movements resulting in “a mass invasion of Canadians’ privacy” in violation of Canadian laws, an investigation by federal and provincial privacy commissioners has found. The investigation concluded that the company misled users into thinking the geolocation data would only be used when the app was open. In fact, the app tracked user data as long as the device was left on, generating an “event” **every time users entered or exited a Tim Hortons competitor, a major sports venue, or their home or workplace**, according to the investigation.
- WHO warns: “Summer festivals could become **Monkeypox super spreader events**” (while simultaneously saying the Monkeypox is no reason to shun Pride Parades).
- Historically, ‘*Infant deaths post-vaccination*’ have been mistakenly categorized as ‘*Sudden Infant Death Syndrome*’ according to a study published to *Toxicology Reports* by Miller et al. titled *Vaccines and Sudden Infant Death*, that found “Infant mortality and SIDS cases reported to VAERS tended to occur in temporal proximity to vaccine administration, that is, they clustered in the early post-vaccination period—Day 1 through Day 7”. In recent weeks, a new term has emerged in the mainstream media. **Sudden Adult Death Syndrome (SADS)**, has been **coined by the medical community to help explain the sudden increase in healthy young adults dying** suddenly and unexpectedly from a “mysterious syndrome.”
- Not only is inflation at record-breaking highs, “**shrinkflation**” is on the rise now too. **Companies are slimming down their products** in response to the inflation of prices. For example, Kleenex is now selling 60 tissues per box instead of 65, Nestle slimmed down its coffee cans from 100g to 90g, and a bar of Vim dish soap has shrunk from 155g to 135g.
- Ontario’s Chief Medical Officer of Health, Dr. Kieran Moore, says there are **plans for a round of COVID-19 boosters in the fall**.
- As can be expected and given the fact that alcohol stores remained open during the isolating lockdowns (while support groups were banned), a study published in *JAMA* (Yeo et al.) finds that **Alcohol-Use-Disorder related deaths increased** among all ages and sexes **during the pandemic and skyrocketed among the youngest age group**, with a nearly 40% increase in the 25-44 age group.
- A UK study conducted by the *UCL Queen Institute of Neurology* (Lunn et al.) found that there was a **40% increase in Guillian Barré Syndrome** cases in the UK in the months where the **AstraZeneca vaccine** was most administered. The paralyzing disease is an established side effect of adenovirus vaccines. A study published in *JAMA* (Hanson et al.) found similar results.
- **The National Center of Meteorology in the UAE** has announced its plans to deploy artificial intelligence to assist in “**cloud seeding**” to **boost rainfall** and “ensure long-term water security and sustainability.”
- **Bill C-11, or the “Online Streaming Act,” passed its third reading** in the HoC on June 21st. Bill C11 **allows the Canadian government to grant sweeping power to the CRTC to block websites, censor content**, and go full authoritarian on free expression. This already happens in

- countries such as China, North Korea and Iran.
- The head of the World Health Organization (WHO) **privately believes the COVID pandemic started following a leak from a Chinese laboratory**, a senior Government source claims. While publicly the group maintains that ‘all hypotheses remain on the table’ about the origins of Covid, the source said Tedros Adhanom Ghebreyesus, director-general of the WHO, recently confided to a senior European politician that the most likely explanation was a catastrophic accident at a laboratory in Wuhan in late 2019.



- **Large study debunks the false narrative that COVID causes heart inflammation.** A study that included nearly 800,000 adults published in the *Journal of Clinical Medicine* (Tuvali et al.) found that in those “who were not vaccinated against SARS-CoV-2, we observed no increase in the incidence of Myocarditis or Pericarditis from day 10 after positive SARS-CoV2.” (In fact, in this study, there were more cases of heart inflammation in the group that never caught COVID). Population data supports these results since *if* COVID did actually cause heart inflammation, there would be an increased incidence of myocarditis and pericarditis in the population, but no such increase in heart inflammation Dx’s can be seen in the US population until March 2021 (see *JAMA* article by Diaz et al. published Aug 4).
- **Ukraine bans Russian books and music.** This includes books by Russian citizens printed in Ukrainian, books published in Russia and occupied Ukrainian territory, music by Russians on both media and public transport, as well as increasing quotas on Ukrainian-language speech and music content in TV and radio broadcasts. According to official data from the 2001 Ukrainian census as well as a 2012 poll by RATING, the Russian language is native to 30% of Ukraine’s population, and an additional 20% identify both Russian and Ukrainian as their native languages.
- In a prime example of what **co-opting** looks like, **large corporations** throughout the world updated their logos to **include the rainbow for pride month in the profile pic-**

tures of their social media accounts, **with the exception of their Middle East accounts.** In a possible effort to cater to their customer base, companies like Cisco, BMW, Lenovo, Mercedes-Benz, and Bethesda virtue-signalled their support for the LGBT+ community in countries where gay marriage is legal and celebrated but didn’t even pretend to show support for LGBT+ in countries where homosexuality is illegal.

- Investigation finds that **\$350 million was given to the NIH and its scientists** and was hidden from the public by the NIH. Investigation using FoIA requests by the nonprofit organization *Open the Books*, found that between 2010 and 2020, more than \$350M in royalties were paid by third parties (mainly pharmaceutical companies) to the agency and at least 1,675 NIH scientists who are credited as co-inventors. Because those payments enrich the agency and its scientists, each and every royalty payment could be a potential conflict of interest and needs disclosure. In 2005, an Associated Press investigation found that Dr. Anthony Fauci specifically received \$45k in royalties for an experimental AIDS treatment and only vouched to donate the entire amount to charity after being caught.

- **President of the European pharmaceutical behemoth PharmaMar** is facing criminal charges after being **caught faking his COVID vaccination status and injecting himself with salt water** instead. Dr. Sousa-Faro is embroiled in a European controversy involving more than 2,200 celebrities and European elites who were added to the National Immunization Registry in exchange for large sums of money.

- **Omicron sub-variants (BA.4 and BA.5) that evolved to escape vaccine antibodies and affects the vaccinated** hits Israel, where there is a 70% spike in the number of seriously ill COVID patients since the week before the variant emerged, and its trickling into the rest of the world. In early June, the variant drove a spike in cases and deaths in one of the most vaccinated countries in the world, Portugal, where 98% of the eligible population is vaccinated.

- **Quadruple vaccinated Dr. Fauci** (head of the NIAID) and Dr. Eileen De Villa (Medical Officer of Health for the City of Toronto) **test positive for COVID-19** after experiencing symptoms. Triple vaxxed Trudeau also tests positive for the second time this year.

- **CDC recommends mRNA COVID vaccines for children as young as 6 months**, despite concerning Vaccine Advisory Committee Meeting notes (see notes for June 14-15). The meeting revealed that patients were only followed for 60 days in the studies (because they chose to vaccinate the placebo group), the vaccine was not found to be effective (efficacy was assumed, based on blood test results showing antibodies for the Wuhan strain), and that the Moderna study showed 1 out of 200 children ages 6 to 23 months experienced a severe adverse event within 28 days of injection.

- Yet another **study finds natural immunity is superior** to vaccine “immunity.” *New England Journal of Medicine* study published June 9 (Goldberg et al.) finds that natural immunity “protection was higher than that conferred after the same time had elapsed since receipt of a second dose of vaccine among previously uninfected persons.”

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