

Held at Hub Community Center  
2375 Koksilah Rd, Duncan BC  
V9L 6M5 Canada  
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# Citizen's Congress Cowichan Valley

*...Create YOUR community citizen's congress*

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# Part 1: Summary

A meeting of approximately 50 people from various freedom groups convened during the last week of June to discuss the state of the Canadian democracy after more than two years of Covid oppression.

- The abuse of our constitutional rights by all levels of government, the corporate control of our government, and the onboarding of corporations to assist and direct these government mandates
- The overreach and use of policing to stop lawful protest.
- How to react to the situation as it is now and how to prevent the governments from once again abusing our constitutional rights.

This was the first of what delegates envisioned would be a series of similar actions from community to community, across the nation.

Delegates proposed a range of actions in various frames of time.

- Current actions of the first nations, the Peoples of the Salmon.
- The role that Blockchain and alternative financial systems for community and individual security.
- Explore the communal form of a direct democracy government of Northeast Syria.
- Calls to support the Conservative Party of Canada to roll back the abuse of our rights by the Trudeau regime.

A theme developed, that as citizens, we must all take responsibility for oneself, one's family, our community and support global communities, was a theme that emerged as a base line for our governance.

A summary of the presentations is attached along with the contact information of the presenters.

On the second day of the meeting, we opened with multidimensional prayers from Rabbi Zev Epstein, Stephen Malthouse, and Joshua Lemmens.

Delegates then configured the actions that could be taken over three-time frames, via a Gantt Chart to demonstrate the actions needed, and the time frame for accomplishment.

- Short – local
  - Security for food, water, energy. transportation, banking, IT, and protection.
  - Working with and supporting Indigenous people.
  - Infiltrate local municipal, school trustee and hospital board governance.
- Medium – regional
  - Enhancing community preparedness, consolidation of alliances with other communities.
- Long – up to and including national
  - The same issues remained but discussions focused on larger geographical regions.

There was an agreement that to change the political system, individuals within the communities need to run for municipal positions; to be actively engaged in the governance of the communities that we live in.

One goal emerging from the Congress was to reconvene post municipal elections in October both locally, regionally, and even nationally to further the reach of the Congress and to involve more citizens across the country

Our gratitude to all those who created space to hear the musings of others and engage in rich dialogue, a component conspicuously missing during these last two years. We left with inspired minds and full hearts. As you read this, we have an ask of you in our conclusion.

## Uninformed Consent screening

The commence of the Citizen's Congress was an evening of wine, cheese, screening of the documentary, and discussion with documentary principals: Todd Harris Matador Films, Director; Dr Stephen Malthouse, Christopher A. Shaw, Ph.D., and Alan Cassels.

Uninformed Consent is an in depth look into the Covid 19 narrative, who's controlling it and how it's being used to inject an untested, new technology, into almost every person on the planet. This film explores our recent loss of human rights while weaving in the devastating impact of mandates and the deeply powerful story of one man's loss. Hear the truth from doctors and scientists unafraid to stand up against Big Pharma and the Elite Class who profit from these mandates.

Watch here: <https://librti.com/matador-films>

Donate and view events here: <https://uninformedconsent.ca/>

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## The Potluck Club

Saturday evening was a delicious dinner and dialogue at the Potluck Club:

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## Part 2: Presentations

### Keynote: Democracy in Crisis, by Sean Arthur Joyce (via zoom)

First, I fully agree with the premise of the conference that **our democracy is in crisis and in desperate need of reform**. As I wrote in my book, *Words from the Dead: Relevant Readings in the Covid Age*, by May 2020 a coalition of 100 international pro-democracy organizations issued a warning that governments around the world were resorting to totalitarian methods in order to control the spread of Covid-19.

Thus, I argue that we've been in **a war against humanity since 2020**—the closest parallel is Second World War exactly 80 years ago—1942. Japan and America had entered the war in December 1941, opening a new round of conflict. The German army was bogged down at Stalingrad—signaling the beginning of the end of the Nazis.

Today we seem to be at a similar tipping point, but we have a long way to go before we reach what I call **our “1946 Moment”—our equivalent of the Nuremberg Trials**. We've seen more and more data proving the ineffectiveness and often-lethal consequences of mRNA ‘vaccines’, so like the Russians in 1942 we're pushing back hard against the enemy. But new ‘fronts’ in the war have opened up with the authorizing of these experimental injections for children, or the ludicrous monkeypox scare.

Here is the key point to my presentation: ***Our “1946 Moment” will come ONLY when all of the war criminals responsible for engineering and releasing a dangerous bioweapon on the world are in prison, all of those responsible for forcing a dangerous vaccine on people are in prison, all of the government bureaucrats responsible for life-threatening lockdowns—all sentenced***

***to life with NO possibility of parole and the worst mass murderers given the ultimate sentence as many were at Nuremberg.***

So, in that respect, **talking about democratic reform in 2022 seems premature, while governments are still ruling by decree and trampling on their own constitutions.**

That said, I did offer some concrete ideas for reform, based on concepts first published by political philosopher **Karl Popper** just after World War II. The question that informed his great book, ***The Open Society and its Enemies***, was: **Are we witnessing the end of democracy?** This soul-searching question was prompted by the Nazi annexation of his homeland, Austria, in 1938. But more importantly, **he used the war as an opportunity to analyze what had gone wrong with liberal European democracies and what could be done to restore or reform them.**

Among Popper's suggested reforms were: *that there be a provision in our constitution to **dismiss from office at any time** an elected official who fails to fulfill their responsibilities to their constituency; that **a government's primary role should be to protect its citizens**—including from itself; and that **the only change in a constitution that would never be allowed is any change that made it less democratic.***

In addition, I explained how the principles of Athenian democracy in ancient Greece are no less useful to us today. Ancient Greek lawgiver **Cleisthenes** provides the blueprint for the democracy that flourished briefly into the 5<sup>th</sup> century BC. In this model, **candidates for the governing council, assembly and law courts were drawn by lots and were not allowed to become professional politicians.** They were not eligible for re-election. Once the **Boule** (Council) and the **Ecclesia** (Assembly) performed their specific legislative task, unlike today's set-in-stone bureaucracies, **they were disbanded, only to be reconvened as needed.** Think of the pointless army of bureaucrats that could eliminate! (1,500 in the Prime Minister's Office alone.)

I also spoke very briefly about the history of the **anarchists**, who believe firmly in **local governance** with as little government intrusion as possible. I believe this could be reconciled with the ancient Greek model of democracy, since it created **governance models not as ends in themselves but as means to the end of providing for the needs of the people.** This would mean the end of centralized authorities in favour of local and regional governance.

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## Words from the Dead: Relevant Readings in the Covid Age, by Sean Arthur (Art) Joyce

Reviewed by Christopher A. Shaw

*Capturing the "Landscape of the Imagination" in the Age of Covid*

No matter where one stands on the Covid-19 pandemic, vaccines, and who's responsible, the events of the last two and a half years have marked us all for life. At the very least, we've all borne witness to the fractures in society that Covid sparked: Marriages destroyed along with family ties, friendships sundered. For many it seems as if trust — the very glue that holds society together — has been seriously damaged.

That's just the butcher's bill for adults in the "Age of Covid." How it will play out in the futures of our children remains to be seen, but the prognosis is not good.

If you are old enough, it's possible to remember what you were doing when John F. Kennedy was assassinated. It's a little harder to remember the next 10 years in any particular sequence, the Vietnam War rapidly pushing every social illusion to the breaking point, not least the actuality of American civil rights. The assassinations of Martin Luther King and Robert Kennedy simply adding more soundtrack to the demise of the American dream. Thirty years later, we got blindsided by another turning point in modern history: the fall of the twin towers on 9-11. Twenty years after that, we are beset yet again, this time, we are told, by an invisible enemy.

Can the long-term impact on American society and the world be measured by knowing the ballistics of the rifle used to slaughter Kennedy? Can we really comprehend the disaster that befell Iraq and Syria solely by calculating the temperature of burning jet fuel on "I" beams? The clear answer is "no," such things only tell us how something was done, not why. Nor can we really put such events into perspective until they are comfortably in our past. If the full impacts of the JFK assassination and 9-11 on society still elude our grasp, how much more so do the events leading to the onset of Covid-19 and the aftermath bewilder us?

The answer is that a simple accounting of facts and figures alone will not do it, no matter how comprehensive. Indeed, the only way is through knowing history, by understanding the societal interactions that make up our daily lives, and by accepting that society both shapes and, in return, is shaped by events that we participate in. In other words, to understand Covid-19, one has to look to at how our art, literature, and culture, have changed. It is not enough — it never was — to try to navigate our future path with mere scatterplots and statistics. What we need, and have always needed, is a way to pierce through the fear and

This is precisely what poet and former journalist Sean Arthur Joyce has accomplished here with his collection of essays, *Words from the Dead, Relevant Readings in the Covid Age*. Sixteen essays, including a preface and an afterword, have exposed the pandemic from a host of levels, first and foremost, history. What forces were at play in past epidemics and how did people and their governments respond? Can we understand our current apprehension of social collapse in

context to the to *Brave New World* or *1984*? Indeed, we can, and in his analysis, Joyce demonstrates what a lot of us have intuited from the beginning of Covid: It's less about an actual health threat than part of an age-old struggle for human freedom over "faceless technology." As Joyce writes, "The Covid "pandemic" is as much a moral as a health crisis." (p. 61, footnote).

To arrive at this conclusion, Joyce had to look at the dystopian literature of the mid-20<sup>th</sup> Century, but also cast back further in time to the never-ending question about how we should be governed. In so doing, Joyce considered the thoughts of Socrates and Plato, Hegel, and Mill on freedom. He also takes us into popular culture using the themes drawn from the 1960s television series *The Prisoner* and *Star Trek* with the Borg to illustrate just how tenuous human freedom often is.

For Aldous Huxley and George Orwell, the battle was against an authoritarian State and the State's insatiable need to suppress human freedom. Joyce, and many others, find the same today with the Covid-19 narrative: What's been presented as a series of measures for the health of all, has become a mad scramble by governments of all stripes to consolidate greater power. Whether Covid-19 was the health apocalypse or not, it would be difficult to imagine that anyone, on any side of this, could fail to see that something more complex may be involved. The massive upwards transfer of wealth and the widespread restrictions on ostensibly free people should serve as clues to the presence of forces beyond a virus at play.

Joyce writes about many State measures being outside of law –and indeed they are-, but isn't this precisely the nature of any government in assuming more power than it was delegated through application of a "State of Exception?" And with Covid, we have an endless state of exception. (Footnote: *State of Exception*, Giorgio Agamben). Or, as Joyce points out, this is what happens when the narrative of a "dominant minority" controlling the levers of power begins to collapse. Joyce calls it "soft fascism," as apt a descriptor of Canada and much of the world in 2022 as one is likely to find.

The actual initial health dimensions of the pandemic and response are slowly coming into focus. The impacts have not only included those who were made ill or died from the virus, but also those who suffered adverse effects or died from the various fast-tracked Covid-19 vaccines. The latter deaths are typically denied as vaccine-related by much of the mainstream medical community and most of the media as coincidences. After all, to cite the endless pronouncements, all Covid vaccines are "safe and effective" for all people under virtually all circumstances. The "science is settled" to use a threadbare phrase often proclaimed by public health officers.

Would that either statement was true.

In reality, the vaccines are largely unable to protect those vaccinated from catching Covid-19 or its variants or, perhaps worse, from transmitting it to others. Nor, as the emerging scientific literature amply demonstrates, are these experimental vaccines safe for all people. Combined with the rapid levels of secondary failure and the clear examples of fraud by the key companies involved, much of the official narrative is in shambles.

All of the above should matter if we were simply debating the issues of Covid-19 morbidity and lethality, the potential and actual negative impacts of the vaccines, and the control measures instituted by various health agencies and health officers such as BC's own Dr Bonnie Henry.

The reality is that we are not having this discussion, for the most part because those who proclaim the official narrative simply refuse to have it. Rather than putting up their own actual data against those who disagree, it is far easier to castigate dissident scientists and physicians as "anti-vaxxers" or "pseudo scientists" who peddle "disinformation," techniques that largely have been successful with much of the population. Why, for example, debate anti-vaxxers when all that will be accomplished is to confuse the laity and possibly kill someone's grandma? The science is settled, the vaccines are safe and effective, but take your booster shots anyway, the latter as clear an aporia as one could possibly imagine.

The battle, for that is what it is, has been defined by Canada's prime minister as one in which "science" (or his version of it) must prevail against the forces of ignorance, outright racism, and the misogyny of a "fringe minority."

Against such election-style rhetoric and the frankly sloppy "science" promoted by Justin Trudeau, most appeals to reason and re-evaluation are simply lost in the drumbeat of calls to believe, conform, and obey. Much of the public, in Canada and in mostly western societies, is simply not interested in any alternative to the mainstream view. In part, that's what advertising is for: endless repetitions of simple messages. Combine those with a campaign of fear and the result is pre-ordained: A population that complies without asking too many embarrassing questions.

In such circumstances, rigorous science and medical enquiry has no chance to change opinions in those already lost in what Belgian clinical psychologist Dr Mattias Desmet has termed "mass psychosis formation."

According to Desmet, society has largely defaulted into three separate positions: First, those who believe and will vociferously defend the official narrative. Then there are those who reject it in part or in whole. Finally, there are a large number in the middle who went along with official pronouncements and orders for most of the pandemic because the powers that be had made good on their promises to make life miserable for the unvaxxed. It is the middle fraction who now face apparently endless Covid-19 "boosters" and the likely loss of the privileges they thought they had purchased by getting jabbed in the first place.

Were the years of Covid simply the result of accidents and mistakes that “were made,” never, of course, actually accusing the guilty? Or was there a larger agenda at play, one in which once again human freedom has become the target of those who seek greater power?

The latter is the case and the battle we are in is not a simple one based on dominant weapons systems, but rather what writer Julius Ruechel has termed, “a battle for the landscape of the imagination.” The most powerful force at present is that of the World Economic Forum and its octogenarian director, Dr Klaus Schwab. In brief, Schwab and his supporters contemplate a 4<sup>th</sup> Reich controlled from the top by a fraction of the one percent. This new elite will lead the world to a future run for the benefit of the very same *ubermensch* who fly into Davos every year to discuss ways to further their control. “Build back better” has been their slogan, and the Covid-19 pandemic the way to achieve it. Against this goal are those who still believe in a world based on small ‘I’ democratic principles in which the power of the State cannot be used to enforce any agenda against its own people and take away their sovereign rights in the process.

In *Words from the Dead*, Joyce has chosen to fight the battle for humanity’s soul using the tools of the poet and investigative journalist. It’s not that Joyce does not know the actual science — he clearly does — but the actual versus imagined science is not the issue, rather all the things that contribute to human culture and the question that has been with humans as long as they have been human: How do we want to live, how do we want to be governed?

One could probably use Desmet’s “mass formation” categorization to predict how readers will react to Joyce’s essays: Those who drank the Kool Aid and begged for more lockdowns and mandates, will be the those who will feel most threatened by Joyce’s work and hence most likely to dismiss it out of hand. Those on the other end of the spectrum who already share much of Joyce’s worldview about Covid and the WEF should welcome the book. The crucial audience, however, will be the grouping in the middle, that is, those who trusted governments of all types to tell them the truth and went along out of a sincere desire to “do the right thing,” little dreaming that doing so uncritically would condemn them and their fellow citizens to dwell in Klaus Schwab’s dystopian nightmare.

Rebutting the scientific nonsense coming from the mainstream media and medical establishment has not been enough to move those in the middle to a more rational appreciation of all that has transpired. Nor does it really address the future misery still to be imposed if Schwab et al. have their way. Rather, the hinge to moving people to fight for freedom perhaps lies in asking people to decide how they want to live. The choice between those two futures is what hangs in the balance.

It has been Joyce’s contribution to bring this choice into focus in the battles that lie before us. And it will be this same question that will be relevant in the future if we hope to see our children and grandchildren live as free human beings.

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## Constituency Parliaments: Can They Bring True Democracy to Canada?

A concept proposed by the late Vaughan Lyon in "Power Shift: From Party Elites to Informed Citizens"

### Concept:

- Each constituency has its own assembly.
- Applied both at the national and provincial/territory level.
- The elected representatives present all proposals to the Constituency for a vote, the results presented to the national/provincial assemblies.

### Benefits:

- Informed and engaged electorate.
- An increase in participation of the general population.
- Elimination of special interest manipulation.
- Elimination of national and provincial elections and related costs.
- Upon retirement or resignation, the constituency elects a new member.
- The elimination of majority governments with a less than majority support.
- The elimination of partisanship.
- A constitution created and ratified by the citizens.
- An elimination of party politics replaced by citizen participation.

It is beginning; in Alberta with Danielle Smith promising to pass the Sovereignty Act if elected premier.

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## Peoples of the Salmon

*Sharing Love, Light, and Harmony on The Creator's Path of Kindness*

Are you ready to realize your God-given Sovereign Power, Rights and Freedoms, to restore Heaven on Earth in collaborative, harmonious communities? What we are conscious of manifests as our experience. Together we will create what we envision

By joining the Sovereign Peoples of the Salmon as an affiliate is a leap off the ship of the Crown Corporation of Canada, as a Free Being, onto the Sacred Land also known as Kanatan. Acquire your Sovereign World Passport in accord with the Universal Declaration of Human Rights!

*What does a PotS affiliation require and provide you?*

Affiliates of PotS play a critical role in influencing, contributing, and supporting the building of sovereign sustainable communities that operate under Common de jure Law, which reflect Unity in diversity across 'Kanatan,' which means "Sacred Land." PotS community Affiliates share, support and enable our collective vision to be expressed in a variety of ways, including your contributions of experienced service(s), voice and/or your financial support via Affiliate donations.

*How does a PotS affiliation support you?*

Once adopted into the Wolverine Clan by Peoples of the Salmon, you are part of a safe and transparent community of peoples living within Natural Law of the Creator Peoples of the Salmon are inclusive of all peoples regardless of where they are from. You are now with your brothers and sisters, walking forward together into our future in Love and Light.

This is important work we are doing and requires committed Sovran Affiliates. We ask you to bring your skills and passions to contribute as a Wolverine and to the Peoples of the Salmon. Your ideas reflect our common unity in diversity across 'Kanatan,' which means "Sacred Land."  
**Come walk with us...**

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## Creating Decolonized Autonomous Zones

I am Indigenous and have a perspective that falls in line with creating decolonized autonomous zones; to create a well-organized resistance. I have many experiences and knowledge with governance and negotiations with Indigenous First Nations and a foundational understanding of UNDRIP.

How to create Sovereign Autonomous Zones and what it takes.

1. Understanding Colonial Core Thinking, and how the system presently in place will not honour any political or legal challenges. Using indigenous examples that show the public of what the Indigenous suffered is now being used on the colonized. If colonial thinking is not challenged, globalism will win. Democracy does not work to gain power over tyranny.
2. A system to organize all of the awakened citizens and their communities with a simple strategy that works. Some of the fundamental precepts from the book by Gene Sharp, *Dictatorship to (Democracy) Sovereignty*. Through natural law, we can survive with achievable groups that include Intelligence, communications, propaganda, finance, and procurement.
3. What do autonomous Sovereign zones look like, and how to implement them.

In addition, I facilitate emergency preparedness and survival workshops. Being prepared individually, as a family, and as a community for any kind of emergency is critical at this time.

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## Northeast Syria

The civil war in Syria that began in 2014 allowed for a unique social experiment to occur. In the northeast region, called by the Kurds "Rojava", years of organizing for a new society suddenly came to fruition: a truly democratic, equalitarian, and ecological society. Further, the Kurds and their Christian and Yezidi allies formed militias to protect the region. A key feature of Rojava is that they practice what they term "democratic confederalism" in which the various regions with their diverse ethnic populations choose to be in confederation with other regions. The revolution in Rojava can be viewed as an experiment in social transformation that may serve as a model for communities elsewhere who see alternatives to what constituted "normal" governance pre-Covid-19.

How to organize a community-based bottom-up democracy, inspired by the autonomous administration zone of Rojava, located in North-East Syria? The premise involves first creating collaborative networks among willing participants, in order to address the needs of the community. For instance, volunteer farming cooperative, medical services exchange, and exchange/bartering of other goods and services. Availability of goods and services can be catalogued in securely built electronic databases, supported by technology outside the reach of big-tech. Participation in any given activity is entirely voluntary, however decisions which affect the entire community will be brought to public attention and voted on, in organized "town halls." In this manner we can begin to build greater autonomy within communities and begin to organize a more equitable democratic process on a small scale.

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## Getting the Moneylenders Out of the Temple

Any revitalizing of our democracy has to include deep discussions of how it has gone so badly for many people, particularly in the rise of unprecedented health authoritarianism. There are many issues but the main one is the corruption of public decision-making by the pharmaceutical industry, a process I have watched for nearly 30 years. It continues to astonish me that very well-meaning people still allow conflicted decision-makers at all levels to set health policy agendas which are almost always in line with corporate interests. We as a society have become so used to the corruption, our noses can no longer detect the rot. The taint of corruption needs to be rooted out and exposed at all levels. My motto might be: We have to get the moneylenders out of the temple. Removing drug money from physician education, medical guidelines and health decision-making bodies is the place to start. As a society we need to start rebuilding our trust in medicine and it can't happen without removing the profit motive from prescribing.

Stop pharma money from corrupting the universities and the education of medical doctors. Expose and clearly state how drug companies donate for or sponsor the curriculum, student events, science labs, construction of campus buildings which get named after them such as Pfizer Health Science, etc. No conflict of interest, no coercion and no corruption are needed to correct the current educational process. Drug companies and their parrots say they are following the science, but it is "Tobacco science", science by press release, and celebrity science. Is it Public Health, well no, it is patented drug stock Portfolio Health that is their main focus. USA and New Zealand are the only two countries allowing direct to consumer advertising of prescription drugs, and they have the highest per capita use of drugs. Corporation funding funds "Health" Canada through licensing fees. We suggest having a contest to rename Health Canada with a more transparent, more accurate, honest name.

We need to go on the offensive instead of just being defensive. whoever won a chess game by only playing defensively. Health Canada is playing on the pharmaceutical corporate chess board, and they don't really care if Canadians live or die, they have other priorities, like appeasing their corporate 'partners'.

Take action for your health and wellbeing.

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## [PROJECT]: OVERRIDE - Parallel System

With the goal of protection from government overreach [PROJECT]: OVERRIDE proposes a new system architecture that establishes a parallel-running society.

British Columbia's Islands Trust and ALR (Agricultural Land Reserve) Regulations restrict our self-sustainment in the areas of land use and housing. The rigid government oversight has limited affordable housing and pushed people to risk breaking the law to make full use of resources on their private land.

Freedom groups over the past three decades have used several methods to free themselves from CROWN contracts – what is missing is a container to integrate newfound sovereignty into an overarching collective governing system. Through extracting titles to our property and body from the CROWN system into a new parallel system that respects our fundamental rights and freedoms; we can harness new value, free from the debt slavery system, in a new self-governing system.

We focus on implementing technology to secure sovereignty related to food, housing, voting, and personal identification. Without going into the fine details, we will give an overview of the QUORUM voting mechanism, Self-Sovereign ID, resource-backed tokens, and a decentralized registry for extracted property. By taking title to our land off the public government ledgers and tax property roles we override nonsensical regulations and free ourselves from excessive taxation by operating outside of the CROWN jurisdiction in a free trade zone.

If you are skeptical of the methods used to stop government enforcement in its tracks – we ask you to explore changing the way you think about government, your role in it and your right to self-determination.

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The biggest downfall is the holding onto old ideas or the belief in any one group or government, initiatives, or individual as having authority over us, in any way. i.e.: giving our power away (as we've been programmed to do). That and a complete failure to understand our legal structure and what we have been unknowingly involved in Canada and how it applies to us.

There is, are and shall be better ways for us all to interact, beyond even the concept of government, but beginning with a genuine grass roots movement that is able to plug into their system and give us a platform to protect ourselves, travel freely and implement true sovereignty of the individual and collective. Using blockchain to ensure transparency in all aspects of governance from money trails to voting.

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Entities Promoting Parallel System:

Marketing Strategy:

- [PROJECT]:OVERRIDE <https://override.solutions>
- Telegram: <https://t.me/overrideproject>

System/Utility Name:

- CO-CREATRIX <http://www.cocreatrix.org/trademarks/>

Corporate for-profit Extra-provincial corporation:

- COCREATRIX ENTERPRISE INC. <http://www.cocreatrix.org>

Not-for-profit Private Society managing legalities:

- SOUL SHERPA SOCIETY <http://www.cocreatrix.org/soul-sherpa-society/>

Action Steps:

- Familiarize yourself with Qortal and Verus by downloading their desktop wallet (<https://verus.io/wallet> and <https://qortal.org/downloads/>)

## Truth Directed Action

There is a new and different way. Truth directed action starts with having a clear conscience. There are many reasons to be distrustful and bitter. Don't let your bitterness result in depression. The world political and economic situation is dominated by the exponential decline in fertility. We can be politically truthful by being pragmatic and thus avoid endless arguments about science and conscience. The best way to measure public opinion is with a scientifically superior visual analogue scale. I will show you how.

A good physician tries just as hard to prevent as to treat. I worry about the effect on people of staying bitter and angry. It is an important time to love and build community.

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BC

## A secular viewpoint

I have a secular viewpoint that is a combination of Ayn Rand's thinking and some personal elaborations that I believe clarify and add to the logical train of thought. Personally, clarity is the only way to form an all-encompassing framework of human rights that serves to empower individual human being in selecting and electing the correct mix of representative for a viable and human liberty minded government.

It is my plea for having Ayn Rand's view be considered if we are striving for a free society.

Ayn Rand was born in Czarist Russia and at 12, had a ringside seat in the formation of the USSR, the first attempt to build a nation on Marxist philosophy. At 21 she was granted permission to visit the USA and seized the opportunity to never return to the land of gulags. She relished the freedom she tasted in America, freedom built on the enlightenment ideals. She listed the American Declaration of Independence as the greatest, political, and historical document, marking the creation of the first moral nation in the world with its recognition of individual rights.

Reading the document gives one a sense that it is all-inclusive, that it makes the claim that all human beings have the same rights though few nations observe that fact.

Her statement, "Individual rights are the means of subordinating society to moral law." if accurately implemented would end all government overreach. In other words, Covid rules would be out of the question, if the collectivist language of "we must do this to protect others" could not be used to incarcerate healthy people.

Two articles, available for free online, *Man's Rights* and *The Nature of Government* <https://ari.aynrand.org/issues/government-and-business/individual-rights/pov-mans-rights-the-nature-of-government/> briefly explain her position on these two philosophical issues. Her words that "*The right to life is the fundamental human right which becomes compromised when we do not also have the liberty to take the actions necessary to support that life*" nullify any legitimacy to lock people down from their work.

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## Whistle Blower Protection

As we experience corruption and harm, we must speak out to protect all of us.

I have firsthand knowledge of the many unlawful tactics used by government and their corporate partners to destroy families and rob us of living. I would even go as far to say that suffering is a ritual, it is the desired outcome by those currently wielding the most power. Only by ignorance and assumption can this be maintained.

Those of us who are of sound mind can elect our own Medical health officer and Sheriff, then record it properly and establish jurisdiction. We can then redirect our resources for our own use as living men and women rather than a dead entity (corporation). There is nothing stopping us from creating our own TERMS and CONDITIONS (when being corporate cannot be avoided) whereby they must "agree" to contract with us. The way things are set up, it all appears to be voluntary, and we agree simply by not objecting. So, we need to Object every day. We also need a piece of ID that is NOT corporate, Like a live life claim.

We are doing this to ourselves, and we must look within to find our way out. They want fear so we give them compassion. We are they.

DEMAND whistle blowers are protected and encourage large numbers internationally to come out together.

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## The artist is the early warning system of any culture

Art celebrates life; tyranny represses expression. Life without celebration is a journey without end. The singing of coal miners in Wales gave voice to and birthed the first unions. Music, art, dance, poetry, sharing food, and freedom of expression, are the hallmarks of liberty, and a community's well-being.

During the covid dark age people were muzzled, masked, told to stay six feet apart, not to dance, not to go to the gym, not to hug, not to go to cafes, concerts, or sporting events. All manner of social engagement, assembly or association were stopped. We were told to obey the ever-changing mandates of unelected people forcing their rules upon us that ignored our Canadian Charter of Rights and Freedoms. But what kept our culture alive was people taking the initiative to organize gatherings in opposition to dictatorial censorship. People organized potluck dinners, candlelight vigils, rallying, marches, protests, shared information, met in cafes, and found ways to work around the draconian mandates. And that is exactly what kept us sane. And we will keep doing it more and more.

We, the artists, lovers of nature and culture will continue to grow the movement to protect our rights and freedom, And, to eliminate the ignorance of blind obedience to a government that pretends to care about our health but really is just following orders from those WHO pull the strings on the global corporate pharmaceutical agenda. Art is local. People need people. Community is local. Dance in the streets.

Be the culture you want to experience in the world. Just do it!

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## Incident Command System (ICS)

We are in a current state of EMERGENCY that is evolving from covid to monkey pox to whatever the next fear may be.....

We are told what is coming and yet it is hard to believe that the measures will be implemented. The adverse effects of a product are now being transferred to the long-haul effects of a virus.



As Gene Sharp states, in *Revolution to Democracy*, *planning*, strategy and structure are vital for success. One of the primary principles of war is concentration.

Emergency management has developed systems of structure out of the need to reduce risk and mortality. The ICS system was developed in the 1970s in California as a response to the 19070's fires. These fires, over 13 days, resulted in 16 deaths, 700+ destroyed structures, more than 500,000 acres burned, and over \$234 million in damage. The after-action review found lack of structure, communication breakdown and lack of effective utilization of people and supply resources. British Columbia adopted ICS in the 1990's while ICS Canada began in 2002. Today it is utilized internationally.

These principals applied to the operations of any organization will increase the effectiveness of the teams' projects, cohesiveness, trust, and respect.

In creating our congress, we worked with individual strengths and function, and process and structure.

A team is like a table with four legs – one leg is operations- the doers, second leg is the planners - the thinkers, third leg is logistics - the gatherers of people and supplies, and the fourth leg is finance - the analyzers, risk assessors, and payers. All four legs need strength for stability. One individual can do all functions for a short term while a functioning team is essential for the long term.

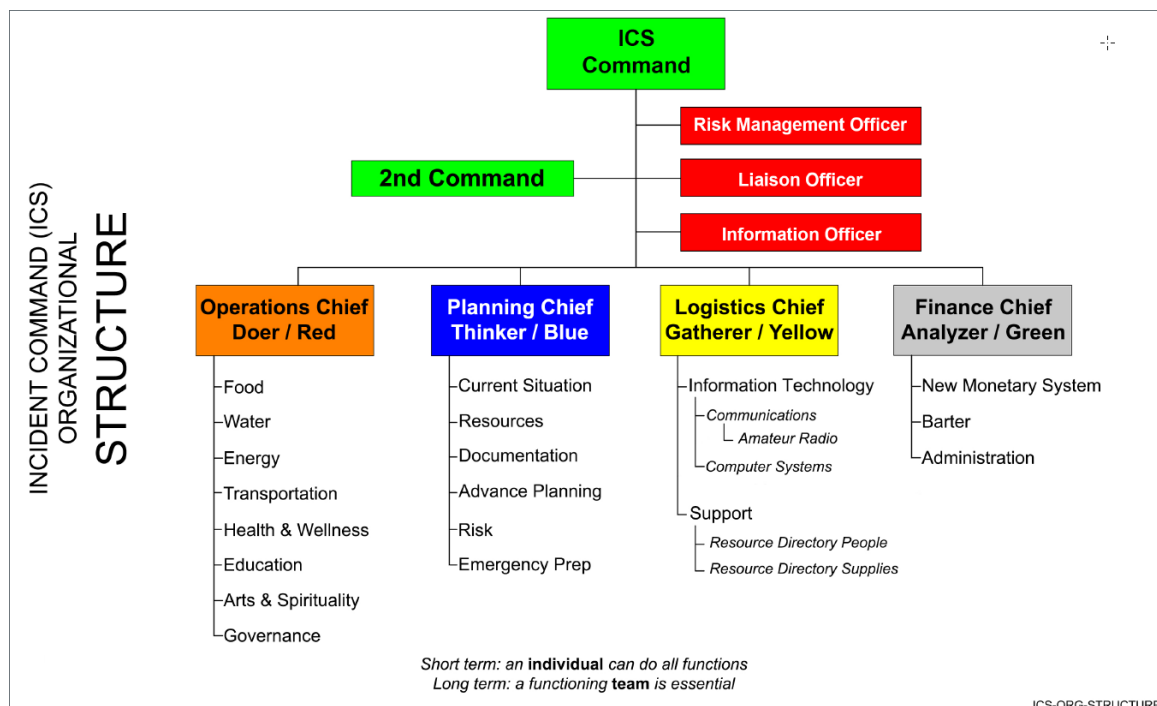


Figure 1: Incident Command Organizational Structure (ICS)

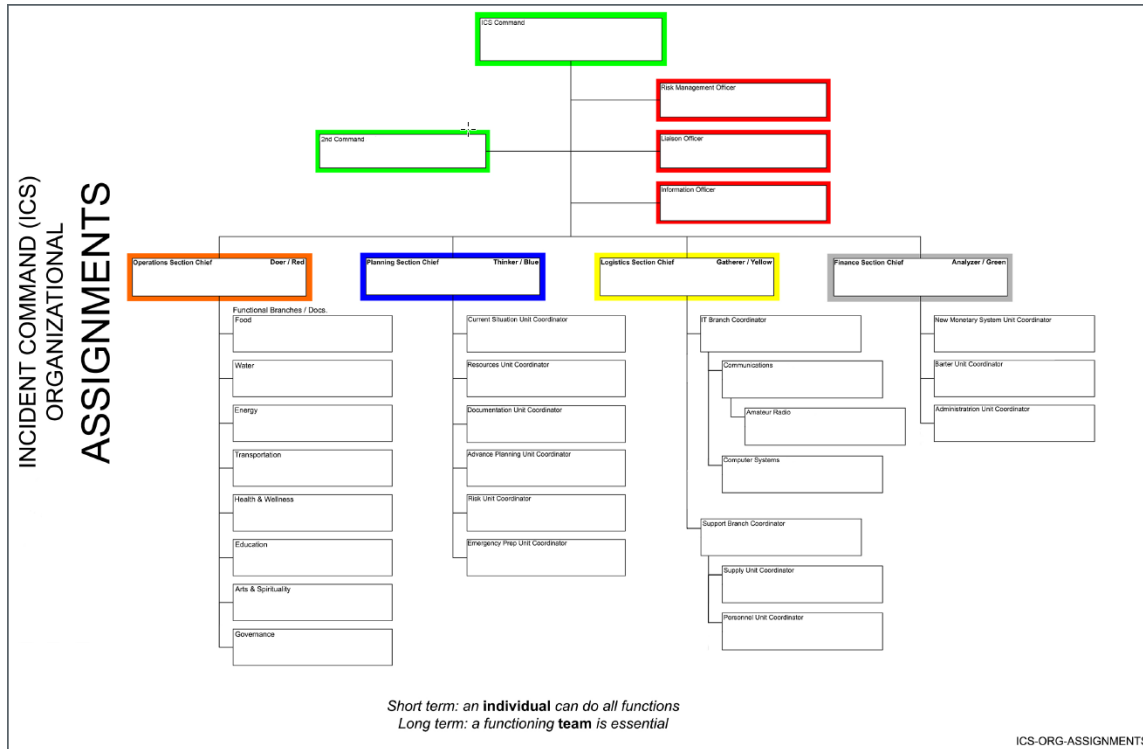


Figure 2: Incident Command Organizational Assignments (ICS)

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## The Victoria Declaration: Claiming Our Rights and Freedoms

The Victoria Declaration presents a foundation for the restoration of humanity. Its authors declare that humanity is at a critical juncture because collectively we have failed to grasp the significance of the events unfolding around us and to respond appropriately.

It is only through being conscious of every word we whisper and every action we take, that we will be able to co-create a future where human rights and freedoms are revered and honored for all of humanity.

The Victoria Declaration is for you, your family, your community, your city, your nation – for humanity itself in all its sovereign expressions.

Please take this document and share it, evolve it, express it, and make it your own. May our voices joined in harmony be insurmountable.

To read and sign the entire declaration: <https://librti.com/victoria-declaration>

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## Part 3: Defining the Way Forward

At the end of the second day, attendees formed into breakout sessions to determine the path forward - discussing short term, medium term, and long-term plans. The following Gantt chart represents related tasks for each, which can be used for consideration in your community.

Details on how to create your own Gantt chart may be found here:

<https://www.gantt.com/creating-gantt-charts>.

A sample congress planning checklist and contact sheet have also been provided for your consideration.

### Short Term Plans

TASK	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Apr-23
<b>Short Term: Think Local, Act Local</b>										
<b>Prepare</b>										
Establish Food Security										
Store seeds										
Grow a garden										
Secure water supply										
Network with others to determine their resources for sharing										
Secure alternate communications										
Radios										
Zoleo										
Raspberry Pie										
Call Tree										
Meeting Points										
Develop community supplies inventory										
Ensure backup energy options										
Explore protection options										
Discuss alternative monetary/contract systems (ex: blockchain)										
Develop an emergency response infrastructure										
Work with and support our indigenous communities										
<b>Grow</b>										
Practice Gratitude										
Manifest - be conscious of your thoughts										
Read 'From Dictatorship to Democracy'										
Explore self care										
Run as a Local Candidate										
Councils										
School Boards										
Municipal Elections										
Hospitals										
Set achievable goals: Make your bed daily										
Create a buddy system for support (minimum 3)										
<b>Build</b>										
Network with congress participants										
Seek and build community with self reliant abilities										
<b>Engage new people with Love</b>										

Figure 3: Short Term Plans

### Local Council Considerations:

- ☐ Explore creating an Electoral Organization
- ☐ Secure a Financial Agent
- ☐ Find a Campaign Manager
- ☐ Ask for Volunteers
- ☐ Order Signs
- ☐ Print Pamphlets
- ☐ Establish Social Media accounts
- ☐ Print Business Cards
- ☐ Create Videos
- ☐ Attend local events and connect to community

## Medium Term Plans

TASK	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23
<b>Medium Term: Regional</b>																		
Raise Awareness																		
Continue Vaccine Injury Vigils																		
Post injury stories on social media																		
Launch billboards across the country, roaming trucks																		
Create bridge banners																		
Join more internet freedom stations																		
Create pamphlets on VISP, how to get help																		
Develop educational materials (Informed Consent)																		
Create more Citizens Congress events																		
Raise awareness on independent vaccine injury reporting systems																		
CAERS																		
People of the Salmon																		
<b>Support Health &amp; Education</b>																		
Explore natural remedies																		
Support through mental health options																		
Connect with friends and nourish yourself																		
Plan an unvaccinated blood registry																		
Explore a trusted health alliance directory																		
<b>Begin New Infrastructure</b>																		
Explore new alternative systems																		
Education																		
Finance																		
Self-Sovereign Personal Identification																		
Voting																		
Legal																		
Protection agencies																		
Resource registry																		
Confirm secure internet solutions																		
Create alliances with other communities																		
Enhance community preparedness																		

Figure 3: Medium Term Plans

## Long Term Plans

TASK	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23
<b>Long Term: National</b>																		
Create a moral foundation																		
Determine what is taught to our children																		
Post Charter of Rights and Freedoms in each school room, home and business																		
Develop a program for teachers and seimmar leaders																		
Remove vaccine clinics from schools																		
Establish ownership in school boards																		
Confirm decisions being made at the local level																		
<b>Expand Infrastructure Geographically</b>																		
Complete a database of resources, services, tools, skills																		
Create an alternative health registry																		
Begin implementing alternative systems																		
<b>Raise Awareness</b>																		
Continue to advocate for Sovereignty																		
Engage everyone with Love																		
Self-educate																		

Figure 4: Long Term Plans

# Complete Gantt Chart

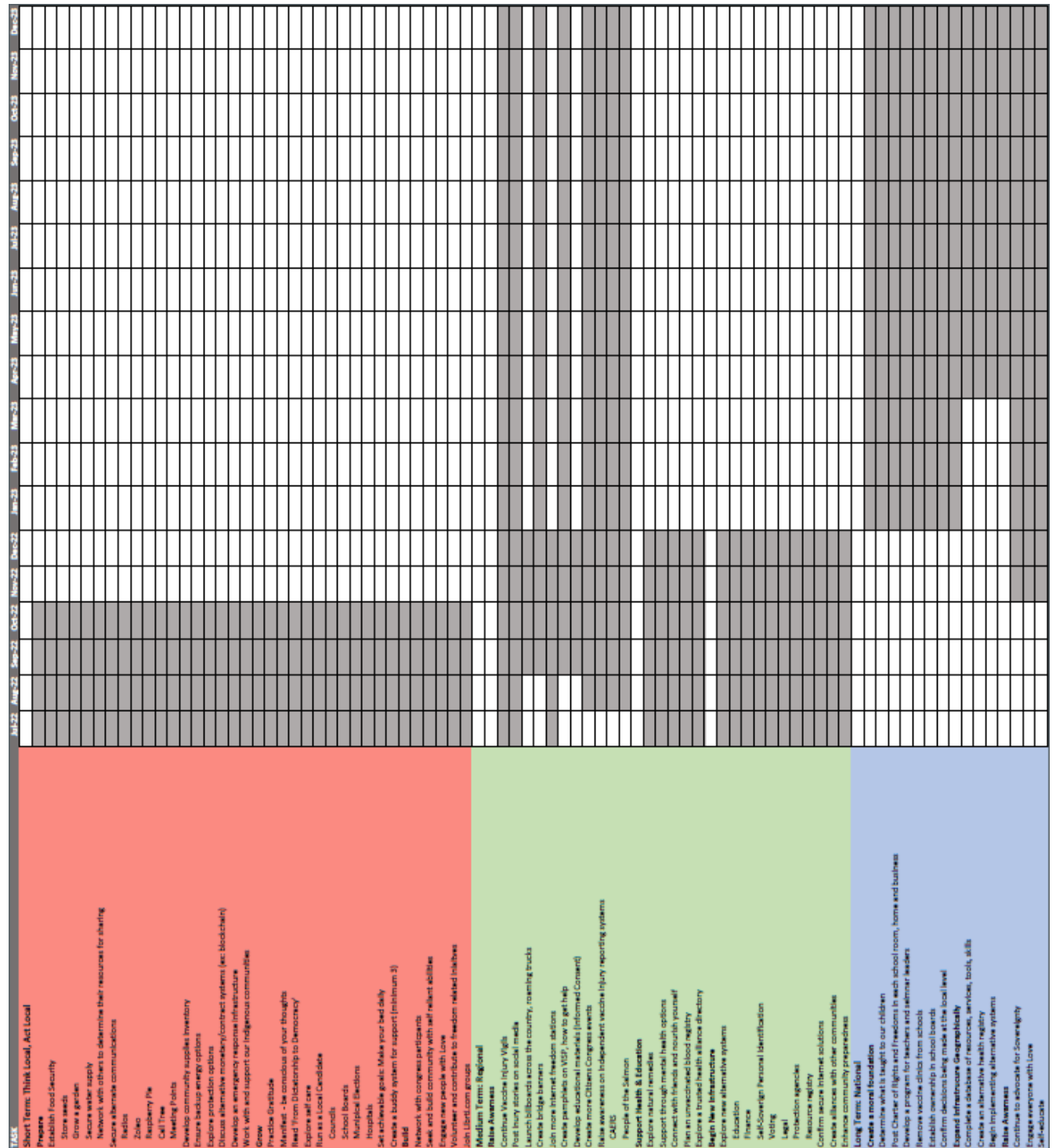


Figure 5: Complete Gantt Chart

## Congress Planning Checklist

The following provides a checklist of items to consider when planning a congress in your local community.

- ☐ Planning spreadsheet/checklist
- ☐ Budget/ cost projections spreadsheet
- ☐ Preparation volunteer team / event volunteer team
- ☐ Agenda/program/session design
- ☐ Registration/vetting details
- ☐ Billeting
- ☐ Process for the congress/the required supports
- ☐ Flip charts, white boards, handouts
- ☐ Speakers and/or facilitators – contact details
- ☐ Food/coffee/tea/snacks/venue details
- ☐ A/V equipment needs with media services
- ☐ Tables and chairs
- ☐ Attendance list
- ☐ Details and administrative responsibilities
- ☐ Registered participants – data sheet
- ☐ Name tags
- ☐ Confirm speakers, their slides, notes, and facilitators
- ☐ Confirm billeting
- ☐ Confirm venue
- ☐ Confirm event process and structure
- ☐ Training for event volunteers
- ☐ Event registration
- ☐ Event debrief with attendees
- ☐ Call to action with attendees – takeaways
- ☐ Send thank you notes to all who helped
- ☐ Final after-event report
- ☐ Plan next event

## Congress Contact Checklist

[illegible]

Figure 6: Congress Planning Checklist



## Conclusion

Our ask of you, as Citizens' Congress participants, and all peoples reading this, is to Act on what you CARE about in your community with your people. Ask yourself how you wish to be governed.

We are in a war for the human rights of all peoples, including security of the person, the most crucial of human rights, that is, the right to decide what happens to our bodies and those of our children. The measures brought in by various governments constitute the beginning of a Great Reset War in which the choices facing us all could not be more stark

We can choose to be free human beings, answerable to each other and to God, or we can choose to be slaves of the Great Reset. There is no third choice.

In Canada, as elsewhere, we have a government that rules by decree while proclaiming their artificial mandate in Parliament to further a foreign agenda. In contrast to this, in June 2022 we began a dialog amongst free citizens, a dialogue which we hope will happen across the country.

*As Gene Sharp states in *From Dictatorship to Democracy*, "...that a calculated use of one's intellect is required in careful strategic planning for liberation. Strategic planning increases the likelihood that all available resources will be mobilized and employed most effectively.*

Our small group of Congress organizers used the framework and principles of ICS - Incident Command System- of placing the right people in the right function. We would be happy to teach any other group how to do so.

With solidarity and love,



Christopher A. Shaw

## Notes