

# CHOICE INSIDER

September 13th, 2023

## Education, Healing and Inspiration

### Message from Ted

#### THE FREEDOM PLEDGE

**Before my Creator, my family and  
my community, I declare:**

I will rise up, speak up and disobey harmful and  
tyrannical orders, whether they come from a  
domestic or foreign entity.

I will stand in my power and authority and reclaim  
my innate rights and what has been unlawfully  
and immorally taken from me, my family  
and my community.

I will resist any attempt, by government or otherwise,  
to divide people or communities from each other, or to  
subjugate any people to discrimination or harassment  
based on ethnicity, faith, bodily autonomy,  
or freedom of choice.

If the enemies of freedom come for anyone's children,  
my neighbours, my community, or my nation,  
I will resist.

I will never surrender my rights, nor those of my  
children and community.



Dear VCC Community,

I think it is fair to say that those who wish to enslave, control, and diminish our humanity are not done with us. There is no reason to believe that our rights and freedoms are secure. If anything, these last many months have revealed the extent of the corruption, deception and depravity of those we've entrusted to safeguard our rights and freedoms.

I fully expect masking, vaccine, and other mandates to be re-instated, if only to test the level of compliance or independence among humanity now. Vincent Gircys has repeatedly declared that this time is an integrity test. Greg Hill from *Free2Fly* penned this declaration of courage:

*“Central pillars of our liberal democracies are eroding. We are losing free speech and bodily autonomy. Group-think and cancel culture are rising while the electronic surveillance state controls much of life.*

*There is only one way to arrest this trend. Men and women must courageously and publicly take unrelenting positions against it. We must refuse to assent to the lies dismantling our societies, tearing away our freedoms, and removing our power as free beings.”*

It's time to declare the kind of society we want to leave our children and grandchildren. Our declaration must be with our actions. Words by themselves are not enough. I actually relish this time. How often does an individual get to actively participate in the creation of a better society?

No doubt there will continue to be consequences for our righteous stand and declarations of freedom over tyranny. Witness the trial of Tamara Lich and Chris Barber. However, I much prefer these consequences to the alternative. I'm encouraged by the wisdom of those who have experienced tyranny before and stood up to oppose it. They recognize the significance of

this time. They know that all that we thought important pales in comparison to what we do now.

I also know the value of overcoming adversity and the gifts it brings. I've often said as a result of my time as a psychotherapist that *"suffering is the gateway to wisdom"*. But I like the words of Victor Hugo best when he stated - *"It is by suffering that human beings become angels."*

To all you freedom fighters, its time to put on your wings.

**Ted**

**You can download the Freedom Pledge POSTER and WALLET-SIZED CARD to carry with you and share with others.**

# **VCC Live Broadcasts**



## VCC - CHA Live Wed

September 13th, 7:00 pm ET



## Ahnnalee Elman

**Discover the Healing Possibilities  
of GNM**

Ahnnalee Elman will be our guest on Wednesday, Sept 13th and we will be discussing the healing potential of German New Medicine®. In 2007, Ahnnalee discovered GNM and was

inspired by the incredible work of Dr. Hamer. Since 2011, she has taught this new paradigm of medicine. We will be talking about this approach to healing and wellbeing, the science behind it and how it works. We will also be looking specifically at vaccines, autism and cancer. GNM has been suppressed so most people are unaware of it, so don't miss this incredible discussion! **Website:**

**[learninggnm.com](http://learninggnm.com)**

**REGISTER**

## **VCC Live Thu**

September 14th, 7:00 pm ET

## **Open Discussion**

Join us to catch up with each other and share stories of action and encouragement. Our Thursday evening Open Discussions take

place the second and fourth weeks of the month.

**REGISTER**

## **VCC Live Tue**

September 19th and 26th,  
7:00 pm PT

## **Open Discussion**

Join us to catch up with each other and share stories of action and encouragement. Our Tuesday Open Discussion continues to take place weekly. Please note that the same Tuesday registration link can be used for the current month.

**REGISTER**

## VCC - CHA Live Wed

September 20th, 7:00 pm ET

### **Dr. Pierre Kory, MD, MPA**

We are very pleased to announce that Dr. Pierre Kory, will be with us for one of our September Live Events. Dr. Pierre Kory is a Pulmonary and Critical Care Specialist who is a founding member, President, and Chief Medical Officer of Front Line COVID-19 Critical Care Alliance (FLCCC Alliance), an organization dedicated to helping prevent and treat COVID, as well as to help patients take charge of other areas of their health. As a collective of diverse medical expertise their aim is to save lives and improve health by advancing protocols based on the latest science, data, and clinical observations.



**REGISTER**

# **Peace Begins With Me**



**We are entering a  
most unusual  
time...**

...in the development of human society. We will be tested, tried, harmed, silenced and discriminated against for our stand against tyranny. To guide us during this time of adversity, I'm pleased to share the wisdom I acquired on my journey

with my son Joshua. This first offering is Chapter One.

## **The Tale of Two Wolves**

A Native elder walks slowly down the path. The leaves of the trees and the soft breeze protect him from the heat of the noonday sun. In his worn, calloused hand is the soft flesh of his young grandson. The two walk in silence. After a time, the grandfather interrupts the silence. “*Grandson,*” he begins, “*There are two wolves fighting in my heart. One wolf is angry and vindictive, and wishes to hurt others. The other wolf is peaceful, joyful, and loving.*”

Hearing the words of his grandfather, the grandson is filled with fear. With a tremor in his voice he asks, “*Grandfather, which wolf will win the battle of your heart?*” The wise elder replies, “*The battle of my heart will be won by the wolf that wins the battle of every man’s heart. It will be the wolf I feed.*”

In coming weeks I will share what I learned feeds the positive wolf, and what feeds the negative wolf.

**BOOK AVAILABLE IN OUR  
STORE**

# Essay of the Week

## The State of Captivity

Meredith Miller gave a remarkable presentation to VCC on August 30th. Her presentation explained the abuse and trauma all of us have been subjected to by our governments, media and those complicit in the abuse. Her insights are critical to our healing.

These are the links to the video recording and power point.

[Watch](#) or [Listen](#) to her presentation with us.

**DOWNLOAD HER POWER  
POINT ON OUR WEBSITE**

# **Keep Your Membership Alive**

**We Can't Do This  
Without You.**

We are 100% dependent upon your memberships and donations. We invite you today to become a member or renew your membership of VCC **HERE**. To donate please use the link below.

**TO DONATE**

# **Great Reads**



WE WERE BORN...

DONATE

MERCH

**FREE-2-FLY**

PLATFORM

NEWS

## DECLARE YOUR COURAGE

*Central pillars of our liberal democracies are eroding. We are losing free speech and bodily autonomy. Group-think and cancel culture are rising while the electronic surveillance state controls much of life. As if these weren't enough, those in positions of authority seem committed to undermining ready access to food, travel and human contact. Most believe we're powerless. Why?*

# Declare Your Courage

Men and women must courageously and publicly take unrelenting positions against the lies dismantling our societies, tearing away our freedoms, and removing our power as free beings.

**READ**

# The Emperor Has No Clothes

Julius Ruechel - The doubt that is needed to open frightened minds to data can only be created by breaking the illusion of consensus. Speak out. Let your peaceful dissent be seen. Dare to say that "*the emperor has no clothes.*"

[READ](#)

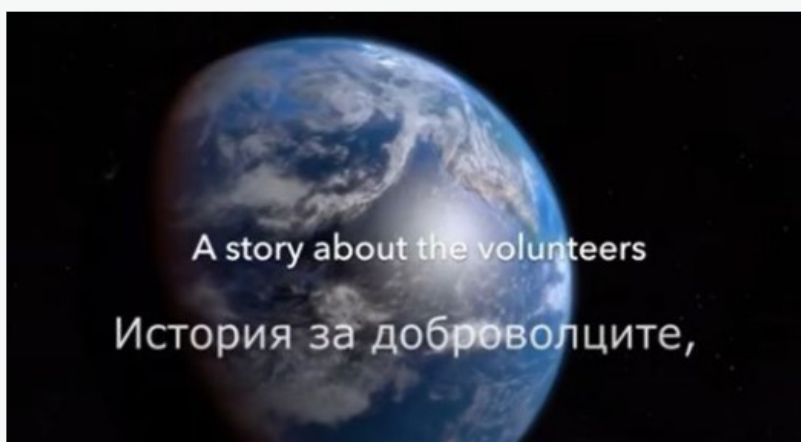
## Public Resistance Might Stop the Next Lockdown

The Epoch Times - It's about inspiring a minority that truly cares, knows the case and the facts, and is willing to stand up for what's right.



**READ**

# Great Videos



## The Volunteers

A story about the volunteers who came from every corner of the Universe to assist with Earth's awakening! (8:28)

**WATCH**

# RFK Jr. on Surrender

I love the part when he says each morning – “*Reporting for duty, Sir.*”  
(3:43)

**WATCH**



# Are We Under Mind Control

Dr. Mark McDonald explores the  
impact of propaganda and fear.  
(45:36)

**WATCH**

# Hold Strong Against Forced Masking, Lockdowns and Boosters

Dr. Peter McCullough inspires thousands on the ReAwaken America Tour in North Las Vegas. (17:13)

**WATCH**

## Podcast of the Week

### The Road to Totalitarianism

CJ Hopkins - Part 3: Take a chance, talk to them, the ones you know, or used to know. You know the ones I mean. The ones who want out. You

can see it in their eyes. (12:49)

**LISTEN**

# Join a Local Chapter

## Interested in Starting a Chapter?

Would you like to become involved with VCC in your local community? Check out our [List of Chapters](#) to see if there is a chapter already in your area. If not, please contact our Chapter Leaders, Peter and Sharon, for more information about starting a new chapter access the email on our website using the link below.

**[CHAPTERS@VACCINECHOICECANADA.COM](mailto:CHAPTERS@VACCINECHOICECANADA.COM)**

# Actions of the

# Week

## IT'S TIME TO FOLLOW THE SCIENCE

A Pocket Guide for Defenders of Truth on Masks

There's an abundance of medical literature indicating masks are ineffective and can be harmful.



• 150 comparative studies and articles compiled by the Brownstone Institute demonstrate that masks are **largely ineffective, have no impact on controlling the transmission of the COVID-19 virus and can actually be harmful.**

• This study from *International Journal of Environmental Research and Public Health* shows prolonged mask use is correlated with **significant drops in oxygen, increases in carbon dioxide levels, fatigue, headaches, moisture build-up, temperature of the skin and air under the mask, and respiratory impairment.**

[Revised] • 1 Iss. of *Emerging Public Health* 2021 Apr 20;19(2):4284

doi: 10.1093/emph/ehaa004

Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards?

de Kromhout A<sup>1</sup>, van Boven L<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>, van der Pijl A<sup>1</sup>

Masks cause physical and developmental harm.

## Masking Flyer

A flyer produced by CHD to share with those who still believe that masks are safe, effective and necessary.

DOWNLOAD

## Unmask Canada

*"Masks are splash guards. They are not filters. The air goes around them and they do not stop pathogens." - Dr. Mike Yeadon*

UNMASKCANADA.COM

# Freedom Rising Newsletter

Read the next Freedom Rising  
Newsletter #56.

**READ**

## Protecting Our Right to Natural Health Care Products

1. Call your MP and request an in-person meeting.
2. Write a letter to your MP.
3. Subscribe to the Natural Health Products Protection Association to receive their updates and action items.

**NHPPA.ORG WEBSITE**



# Wake up your Neighbourhood

Have Druthers delivered to their door.

**TAKE ACTION**

# Diversify Your Assets

See this special offer for Vaccine Choice Canada members to place a portion of your portfolio in precious metals.

**SPECIAL OFFER**

# Important Events

# NCI Commissioners Will Make a Public Announcement

National Citizens Inquiry

Commissioners will be making a public announcement this week. It will contain the first recommendations as a result of the testimony received at the NCI. The recommendations will target the failure of Health Canada, our drug regulator, to objectively assess the COVID-19 vaccines for safety and efficacy, this in spite of their claims that the vaccine has been proven safe and effective.

**Date: Thursday, Sept 14th @ 12:00 PM EST**

**NCI LIVE**

# Presentation to Aurora Town Council by Joel and Margaret

**Hello Vaccine Choice Canada  
Members, Subscribers  
& Supporters, and Freedom  
Lovers Everywhere,**

On Tuesday September 19th  
at 7:00pm EDT, VCC Board  
members, Margaret & Joel  
Sussmann will make a Presentation,  
also know as a Delegation, to Aurora  
Town  
Council. While the subject of  
15 Minute Cities will be  
mentioned during our presentation,  
the focus will be on the bigger picture  
of the Town of Aurora, and indeed  
the whole of York Region,  
adopting policies and measures,  
(known as  
the "Strategic Plan"), laid down  
by foreign entities and NGO's,  
(Non Governmental Organizations).  
Some

prominent examples of NGO's are The United Nations, The World Health Organization and The World Economic Forum. In fact, the genesis of 15 Minute Cities are the Strategic Development Goals laid down by the United Nations.

This is being done in Aurora and many towns and municipalities in York Region, across Ontario and all of Canada. We will certainly make our Mayor and all Town Councilors in attendance aware that the citizens of Aurora have not been properly informed of these policies and measures and that they have not been given the opportunity to vote on them. It is absolutely critical that we fill every seat in the public gallery at this Council Meeting. Only then will Council understand that we have serious and legitimate concerns that must be properly addressed.

**PLEASE SAVE THIS**

**MEETING INFORMATION:**

Date: Tuesday, September 19th, 7:00 pm EDT

Location: Aurora Town Hall  
(Main Council Chambers)  
- 100 John West Way, Aurora,  
ON, L4G 6J1

Your in person attendance is critical  
to the success of our  
Delegation! Please bring with you as  
many like minded friends who  
value their freedom as you  
possibly can!

Please plan to arrive by 6:45 pm to  
ensure you get seats in the public  
gallery! We are all in this together –  
for

Canada, to preserve our way of life  
and our God Given  
Freedoms! Together - we can make  
a difference!

In Appreciation!!!

Joel & Margaret Sussmann  
Vaccine Choice Canada Board

**Meme of the  
Week**



## Book Recommendation

### Vax-Unvax: Let the Science Speak

Professor Brian Hooker, Ph.D., co-author of the new book, **Vax-Unvax: Let the Science Speak**, presented at the World Council for Health.

**BUY THE BOOK HERE**



# Quote of the Week

"There are three things in the world that deserve no mercy, hypocrisy, fraud, and tyranny."

– **Frederick W. Robertson, English preacher (1816-1853)**

## **A note about privacy**

By registering you agree to participate in a Zoom call open to member, subscribers and their contacts. Information shared during the Zoom call is available to all participants, including images, your name, chat or oral comments and questions. Please use your own discretion since VCC cannot guarantee your privacy. Suggested steps you can take if this is a concern: please consider using your first name only or an alias; keep your video off; and refrain from sharing personal identifying details in the chat.

Vaccine Choice Canada is a federally registered, volunteer run, not-for-profit educational society dedicated to helping families make voluntary, fully informed, and health-conscious choices. This information is for educational purposes and is not intended as legal, health or medical advice.

**Vaccine Choice Canada**  
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