

13:48:38 From Raymond Leury to Everyone:

C: There were 431,645 new permanent residents in 2022, not 1 million:
<https://www.canada.ca/en/immigration-refugees-citizenship/news/2022/12/canada-welcomes-historic-number-of-newcomers-in-2022.html>

[431,645 was the planned immigration level. Many people entered as non-permanent residents. Ed.]
[Canada's population grew by record 1 million in 2022, spurred by international migration | CBC News](#)

14:00:04 From Richard van der Jagt to Everyone:

C: The decrease in sperm counts is also the result of environmental toxins.

14:08:20 From Monica Giesbrecht to Everyone:

C: 'Rest and digest' is the relevant phrase.

14:10:27 From Richard van der Jagt to Everyone:

C: The parasympathetic nervous system is known as the autonomous nervous system.

14:29:01 From Peter Bulkowski to Everyone:

Q: What are your views on "loners," specifically "Party of One, The Loners' Manifesto" by Anneli Rufus?

14:31:48 From Claude Buettner to Everyone:

Q for Carmen: I recently discovered that Hennepin County (where I live in Minnesota) has a Climate-Action program which has as one of their issues Mental Health:
<https://www.hennepin.us/climate-action/what-we-can-do/climate-change-mental-health>

Do you work in an area that has such a program/issue? From what you can see in quick look, is this based on existing templates for governmental entities? Could it be useful for a template to be used elsewhere?

14:32:28 From Mary Hegan to Everyone:

Q for Gordon and Carmen: HOW can CACOR apply your observations and suggested solutions to up-dating its 2023 Guide to Survive? Topics to address?

14:42:15 From Claude Buettner to Everyone:

C: Gabor Mate, *The Myth of Normal*, is the book suggested by Gordon.

https://www.amazon.ca/Myth-Normal-Illness-Healing-Culture/dp/0735278369/ref=sr_1_1?crd=QYUJZ5GE8Q3U&keywords=Gabor+Mate%2C+The+Myth+of+Normal&qid=1689792601&s=books&sprefix=gabor+mate%2C+the+myth+of+normal%2Cstripbooks%2C91&sr=1-1

14:56:51 From Claude Buettner to Everyone:

Q: Has stress been privatized?

15:00:53 From Samrat Bharadwaj to Everyone:

C: I meant that we are left to our own measures.

15:03:22 From Samrat Bharadwaj to Everyone:

C: Sorry, my microphone is not working for some reason.

15:22:29 From Claude Buettner to Everyone:

C: *The Denial of Death* is the book referenced by Gordon in deep Q&A.