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Testy,

Food Resilience

This past Monday's food resilience zoom conversation featured a number of familiar and new faces and voices, as well as some experimentation with new tools in zoom, such as instant polls and breakout rooms.

The conversation began with Marcus discussing his initial inspiration for the VCAL groups and the four-season harvest project at Abenaki Springs Farm in Walpole. Bill Rogers, who's also helping too move that project along, spoke about his work identifying “awake” farms in the area as well as others that we can work with as our economic and supply systems continue to decline. Chris Longest then talked about the variety of things farmers and backyard gardeners can do to improve the quality of their soil, boost yields, lower production costs, etc.

Much of the conversation focused on supporting local farmers and creating closer relationships with them, as well as up-leveling the quality of one's own garden. There were some questions on where good local meats could be acquired, and among those places shared by participants were:

- Miles Smith Farm, Loudon
- Walpole VALLEY Farm
- Five Sigma Farm, Sullivan <https://fivesigmafarm.com/>
- Archway Farm – Keene
- Normanton – Litchfield – Rebecca Vitaly
- Bill Rogers (Winchester) – will be raising pigs and chickens

During the breakout sessions, participants shared with each other some of the strategies they were employing to address food resilience.

In order to respect the privacy of those who were on camera, we have decided to place the zoom recording on a password protected page: please visit [this page](#) and use the password (hidden: subscribers only). The page also includes the text chat file which mentions the names of some other farms and resources.

If you have not already completed our [food resilience questionnaire](#), please do so at the soonest possible opportunity (it will take about 10 minutes). The questionnaire will provide us with good information about what our community is thinking and planning, what resources and classes that our community can offer, and will also help us network people in common cause.

Music and Arts opportunities

Note from Bill Rogers

Hi, I am writing because many people have expressed an interest in participating in and/or supporting the music/arts community in NH.

We are hoping to have a forum ready soon [see article below] so that we can hold discussions and plan events going forward. Meanwhile, where does your interest lie? I.e. do you want to make music or do you just miss attending live music events? Also think about other arts -- are you a comedian, poet, or perhaps a visual artist wanting places to display your work? etc.

I realize as things are pretty relaxed right now and there is more opportunity to do the things we missed during the worst of the government insanity, but I think we all know that the restrictions will be back, probably more tyrannical than they have been. To that end I think we need to continue to have our own things in place and to continue to build a freedom

community.

I will send out more info as things unfold. Feel free to contact me with any questions ideas by replying to this email address. You can also chat with us by joining our Telegram group

Rhythmic Connections: <https://t.me/joinchat/JWwwwrxIBk0yMjl5>

Feel free to contact me (Bill Rogers) at wmarog@yahoo.com.

New VCAL Website - Sneak Peek & Seeking Beta Testers

I've been working nearly nonstop for the past several weeks on researching and launching the Voluntary Civic Action League (VCAL) website on our own virtual private server. The primary purpose of the site is to two-fold: 1) to help members find each other; 2) to facilitate the work of action groups and freedom cells by providing an all-in-one-place resource for planning, conversations, document storage, and the like.

Here are a few images to give you an idea of what's coming. (Click on images to see larger versions.)

VCAL COMMUNITIES IN ACTION

Activity Feed Groups Forums Photos Members

John-Michael

BLOG

Hello world!
July 18, 2021

I'M FOLLOWING 3

WHO'S ONLINE

Online 2 Connections 1

Activity Feed

John-Michael

Write here or use @ to mention someone.

All Updates Likes Connections Groups

Mentions Following

Search Feed...

John-Michael created a new Event: Test Party
1 day, 17 hours ago

Test description

Like Comment

John-Michael and Admin are now connected
3 days, 16 hours ago

COMPLETE YOUR PROFILE!

75% Complete

- Details 3/3
- Location 1/2
- Personal 3/4
- Social 0/1
- Profile-Photo 1/1
- Cover-Photo 1/1

RECENT DISCUSSIONS

Test Discussion Thread by vcalaga
4 days, 22 hours ago

Sunday August 15 Beach Party! by John-Michael
6 days, 11 hours ago

VCAL COMMUNITIES IN ACTION

Activity Feed Groups Forums ...

Admin

Groups

Search Groups...

All Groups 3 My Groups 2 Create a Group

Recently Active

NH-Cheshire Social Gatherings Group

Private Group

+4 members

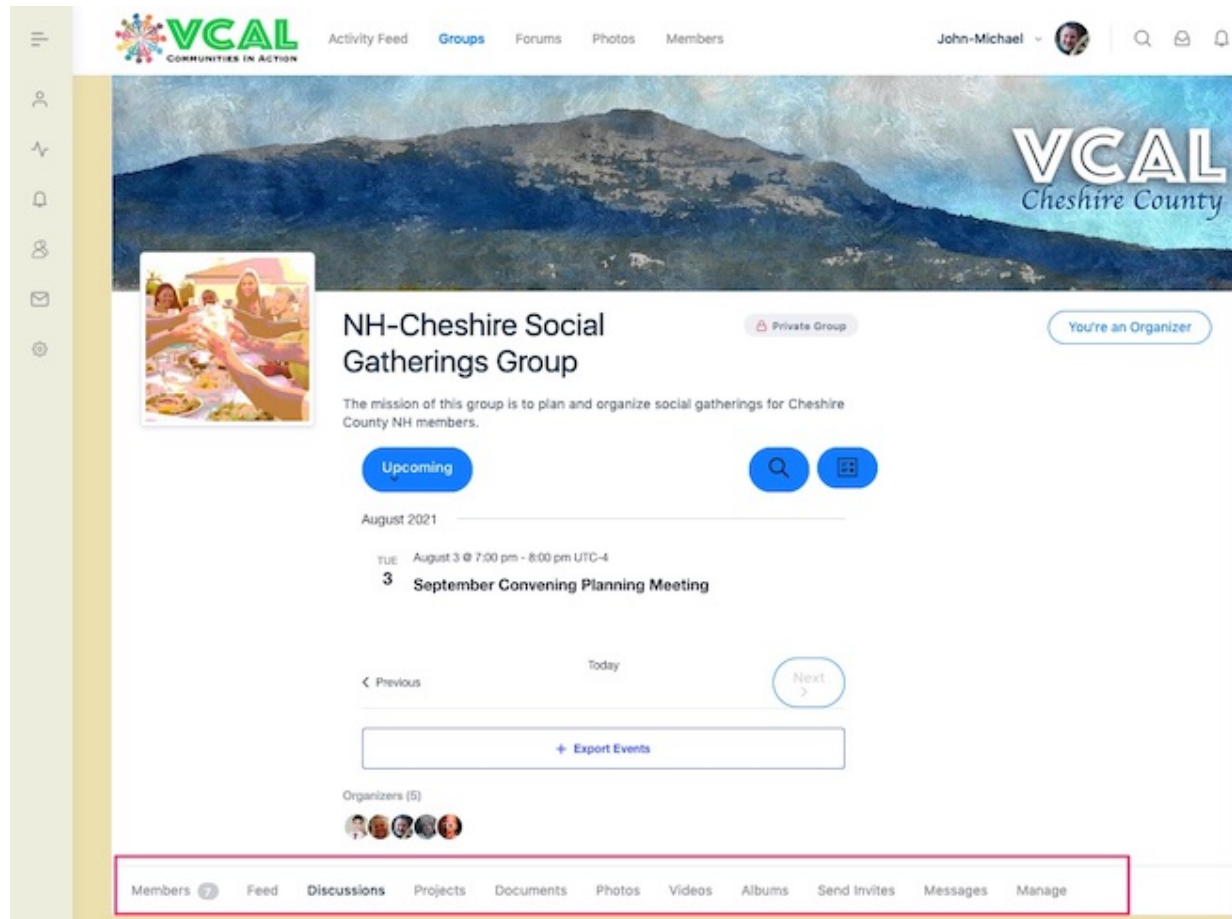
NH-Farm & Food Security Group

Private Group

NH-Music, Arts & Comedy Group

Private Group

+1 member



Essentially, the website is a private community portal (i.e., no publicly viewable content, just a login screen) comprised of members and groups. As a member, you will be able to friend and follow other members, send messages and engage in live one-on-one and group chat. You will also be able to upload photos, videos, documents and post updates on your activity feed. You will be able to control who sees your information and who you interact with.

Groups will feature threaded discussion forums, a calendar, a document repository, and a project management system for creating and monitoring tasks and milestones. Most groups will be private with invitation-only access to members. Groups will have the following roles: organizers, moderators and members. Anyone can start a new group and become its

organizer.

We're considering adding other functionality like buy-sell-trade listings, depending on what people feel will make the site maximally useful. Stay tuned.

The VCAL site is currently in beta testing, and are looking for a few more energetic and inquisitive beta testers to work out the kinks before we offer it live. Please reply to this email if you are available and interested.

NEWS

[Rebecca Montrone with Joe Mabe and John-Michael Dumais, Wondrous Roots 7/24 radio show on WKBK, covering spike proteins and all things faux-vid.](#)

[OpenVAERS Call to Action](#)

[About Half the Cases are Vaccine Failures](#) – Dr. Peter McCullough on the Highwire

[The CDC forces vaccinated people back into masks based on Indian modeling and vaccines not used in the US](#)

[Biden's Coercive 'Vaccinate or Face Testing' Plan for Federal Workers Tramples Rights, Violates Nuremberg Code](#) – Children's Health Defense

[The Five+ Waves Of COVID Explained; Vexxination Tyranny; Why They Stopped Reporting Deaths; More!](#) – William Briggs

[KunstlerCast 347 — James Howard Kunstler Chatting with David E. Martin About Covid-19, Vaccinations, and Other Mass Casualty Events](#) (audio)

[Best & Worst of the Week in Covid: From Freedom Protests to Andrew Cuomo's A Vaccine in Every Arm](#) -- an excellent compendium of news for the week, covering massive international protests, breakthrough cases, the dreaded delta variant, and much more.

AAPS: [Statement in Support of the Right of All, Including Medical Workers, to Decline Medical Intervention](#)

[Insanity Rules in the U.S. as Hospitalizations and Deaths Among Vaccinated “Breakthrough” Cases Surge While Health Authorities blame the “Unvaccinated”](#)
(Health Impact News)

[The Globalist Revolution Renews Attacks, Aims To End Free Speech](#) – Patrick Wood,
Citizens for Free Speech (and expert on Technocracy)

[WHITE COAT SUMMIT: The One Year Anniversary](#) (l-o-n-g but worthwhile video by AFLD)

[Children Are Safe From COVID-19](#) (Mercola)

[Signs of COVID Injection Failure Mount](#) (Mercola)

And we’re even seeing signs of “breakthrough truth” taking place in the MSM:

[NY Magazine: What If Vaccines Don’t Really Stop the Virus From Spreading?](#)

[WaPo 7/28 publishes multiple truth grenades as well as a fake news about breakthrough cases](#) – Dr. Meryl Nass

Upcoming Events

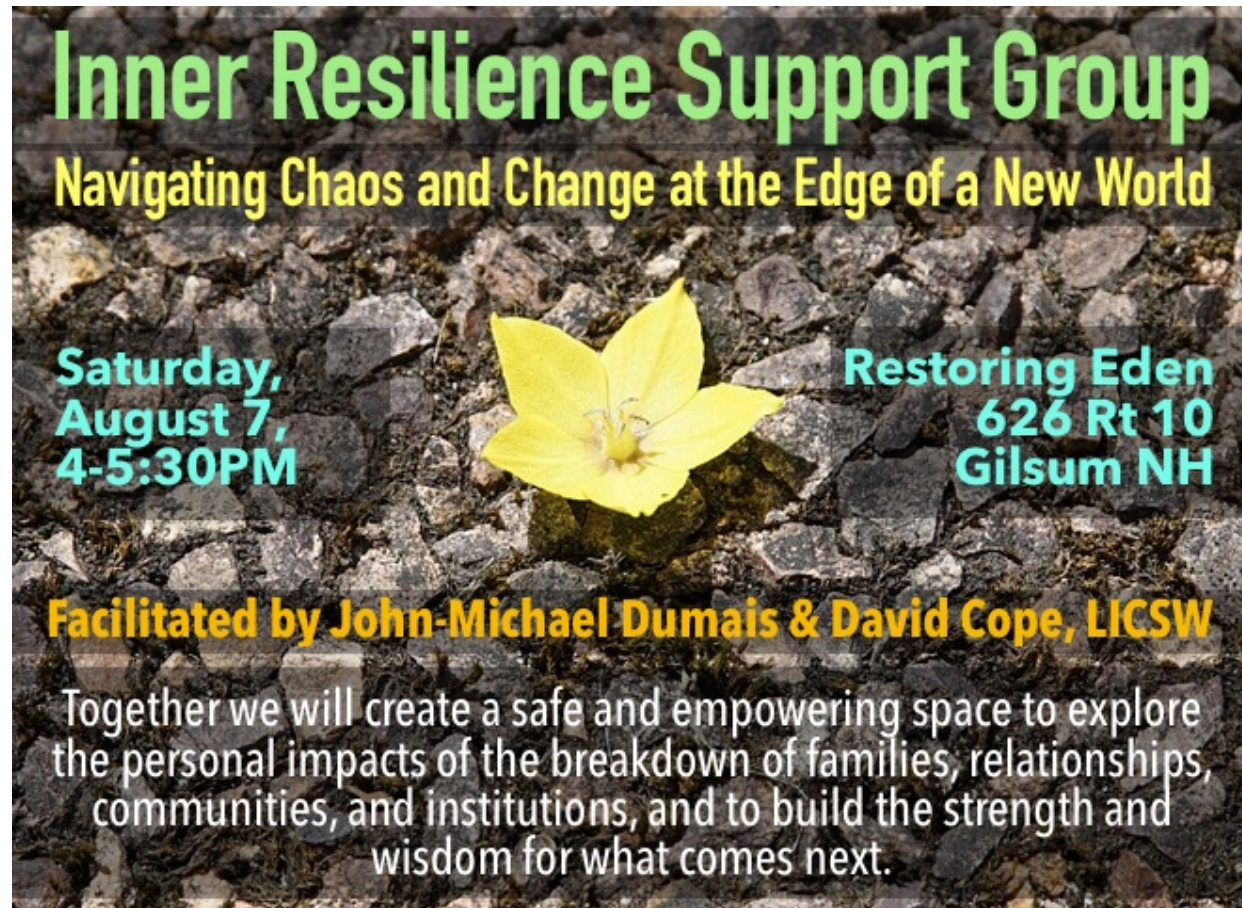
• FUN • CONNECTIONS • FOOD • MUSIC •

SUNDAY AUGUST 1ST 12-3PM
FREEDOM PICNIC
GREELEY PARK – NASHUA NH

More at hfnh.org/aug1

#REBUILDNH
#HEALTHFREEDOMNH
#RISEUPNH

DON'T MISS: 11AM SIGN-HOLDING DEMONSTRATION
@ THE SOLDIERS & SAILORS MONUMENT, NASHUA



Inner Resilience Support Group
Navigating Chaos and Change at the Edge of a New World

**Saturday,
August 7,
4-5:30PM**

**Restoring Eden
626 Rt 10
Gilsum NH**

Facilitated by John-Michael Dumais & David Cope, LICSW

Together we will create a safe and empowering space to explore the personal impacts of the breakdown of families, relationships, communities, and institutions, and to build the strength and wisdom for what comes next.

(Click image above for brief introductory video. Offering is by donation. For more information, please reply to this email)



FOR GOD & COUNTRY

BARDSFEST

SATURDAY AUGUST 28th, 2021 - 10 AM TO 6 PM

Crossing Life Church
122 N Lowell Rd, Windham, NH 03087

👉 Speakers 👉 Live Music 👉 Education 👉 Action

Hosted by
New Hampshire Committee of Safety
New Hampshire Constitutional Republicans



Ongoing Events

Wednesdays-Thursdays

Keene Casual Meetups

NOTE: Country Life will be closed next week. Feel free to join with other likeminded folks on Wednesdays 12-2ish at **Country Life Restaurant** (vegan) at 15 Roxbury St in Keene (right off the square) and Thursday eves 6pm-ish at **Pho Keene Great** on the square.

Fridays

Stonewall Farm through Labor Day Weekend, 4-7pm

Eat, drink, shop and chill with friends. Enjoy food from local food vendors. Vendors selling agricultural, artisan, and service products. Music, lawn games, and beautiful grounds. Beer and wine. FREE ADMISSION. ALSO: Seeking like-minded VENDORS (free) to, you know, vend! Contact 603-357-7278.

Open Mic at *Restoring Eden* in Gilsum

Now 2nd and 4th Fridays. 7PM until ?. Bluegrass jamming and other music as offered by those present. Bring your own instrument, snacks & beverages. [626 Rt 10, Gilsum NH 03448](#)

**"If you have to be persuaded,
reminded, pressured, lied to,
incentivized, coerced, bullied,
socially shamed, guilt-tripped,
threatened, punished and
criminalized...**

**If all of this is considered
necessary to gain your
compliance - you can be
absolutely certain that what is
being promoted is not in your
best interest."**

- Ian Watson





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