



Newsletter 3/25/22

Here is our Friday news and events edition, with news sections on the Plandemic/Vaccines, Ukraine, Money, Miscellaneous, and Expanding Paradigms.

Positive takes are up first, including an article on "reworlding in a time between worlds" and why now is the best time to discuss and define where we want our civilization to go.

As always, memes/cartoons are at the bottom.

If you missed our Community Zoom Monday with Kristen Reynolds, discussing our April 2 workshop on ***The Art of Navigating Difficult Conversations*** (more info under Events below), you can watch the recording [here](#).

For victory!

John-Michael and the Rise Up NH Crew

Do you value what Rise Up NH brings? Please [DONATE! \(tax-deductible\)](#)

Unmasking Hearing Next Wed 3/30

From RebuildNH

The bill to prohibit mandatory masking in NH schools (HB 1131) has a hearing scheduled for this Wednesday, March 30 at 10 am! Mark your calendars. We need a LARGE crowd. It is very important the public shows up in person to support this bill. Either testify or simply sign in to support the bill in person. While the House is usually quite responsive to the will of the People, it takes more effort from the People to prevail in the Senate.

Wednesday, March 30th @ 10 am
Legislative Office Building, room 101
33 N. State St, Concord

#unmaskNHkids @reopennh

POSITIVE TAKES

Step away from the news and back to nature

Something positive to recharge mentally

<https://nakedemperor.substack.com/p/step-away-from-the-news-and-back?s=r>

Charles Eisenstein: Peace-building (audio, video)

All levels of peace and conflict, from the international to the relational to the internal, are interconnected

<https://charleseisenstein.substack.com/p/peace-building>

The Age of Freedom

On making the transition to ushering in The Century of Awakening.

https://www.kosmosjournal.org/kj_article/the-age-of-freedom/

Zak Stein on “re-worlding” in our “time between worlds”

“We're in a period of chaos, the old forms of order no longer hold, the new forms of order have not emerged. We're at a moment when we can think about design parameters, about systems that would allow for emergence of new forms of order, a re-worlding, if you will.”

<http://www.whatisemerging.com/profiles/dsad>

Regenerative Futures: Redesigning the human impact on Earth

“Walking a regenerative path is about building the individual and collective capacity of people and communities to humbly face an uncertain future by aligning with life's inherent impulse to regenerate, evolve and transform”

<https://designforsustainability.medium.com/regenerative-futures-redesigning-the-human-impact-on-earth-8a9623e71ca7>

EVENTS

Every Wednesday

RiseUpNH lunch at Country Life Restaurant, 12-2PM-ish, Roxbury St off the Square in Keene. No agenda, just good times and lots of informational info sharing and networking.

Tomorrow in Londonderry:

ARE YOU PREPARED?

HOME AND MEDICAL PREPAREDNESS WORKSHOP

March 26, 2022 12-3:30PM | Londonderry NH Baptist Church, 368 Mammoth Road

 <p>Learn about back up water and electric sources</p> <p>What should be in your health, first aid kit and bug out bag</p>	 <p>Rise Up NH!</p> <p>Register on-line or pay at the door.</p>	<p>What to stock up on and how to store for longevity</p> <p>Meet the speakers and network</p>	
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<https://www.eventbrite.com/e/home-and-medical-preparedness-workshop-tickets-275948859467>

March 27: Hyperbaric Fitness group session

Sunday March 27 1 pm.

Please call to make your own reservation. Space is limited.

603 460-5683

March 30 Webinar: WIRELESS TECHNOLOGY RISKS & SAFER SOLUTIONS

Not Sleeping - easy fix - it could be the radiation from your wireless devices:

Join us on Wednesday, March 30th from 6:00-7:00 PM for a free webinar: Wireless Technology Risks and Safer Solutions.

Host - Cece Doucette will walk us through the issue, answer questions, and demonstrate radiation emissions from wireless technology. You'll walk away with simple strategies you and your loved ones can use to access today's technology much more safely. Feel free to invite others and sign up with the link provided. See you there! Register:

<https://us02web.zoom.us/meeting/register/tZYqceCuqDsuHtEOFL3U0hS17FOzfykBmEMO?fbclid=IwAR369b9rg218BYtXwYH0AxghOzSTy1IornsnX4r2fOXqYa8qSTUenbXRa-8>

The Art of Navigating Difficult Conversations

Building Resilient Relationships with Nonviolent Communication

with Kristen Reynolds and John-Michael Dumais

Thriving relationships and communities take good communication. Most of us don't learn much in the way of communication skills growing up, because our society has an idea that communication is natural and instinctive. Our *desire* to communicate is instinctive, but the *ability* to do it well is not.

Nonviolent Communication, founded by Marshall Rosenberg, is one of the best communication skill sets for improving relationships and helping groups stay together, especially during this time of great stress and change.



Cost: \$10-\$20 sliding scale



Pre-register with Kristen at kreynolds3000@gmail.com

Saturday April 2, 1-3PM, Country Life Restaurant, Keene

April 3 Sunday: NH Committee of Safety State Assembly

Old Town Hall, 45 Washburn Rd, Alexandria, 3-6PM

April 9: Celebrating Michael Walsh (RSVP)

A celebration of Michael's life will take place on Saturday, April 9th at 10:00 a.m. at Christian Life Fellowship Church, 211 Whitcomb Rd, Swanzey, NH. A graveside service with military honors will follow at Mountain View Cemetery in Troy, NH. The family will host a luncheon in Michael's honor at The Pub Restaurant, 131 Winchester St, Keene, NH, at approximately 1:00 p.m. Flowers will be gladly accepted. Donations to the MJW Memorial Fund can be made online at <https://tinyurl.com/4vh5af6y> or mailed to PO Box 31, N. Woodstock, NH, 03262. **Please respond to Justin Walsh, jwalsh9521@gmail.com, with your intention to attend the lunch, so he can have a head count.**

FREEDOM MARCH

hfnh.org/april9

WE WILL NOT COMPLY
Health Freedom NH

w/ Dr. Christiane Northrup and Mary Holland, J.D.

APRIL 9TH | 11A - 3P **MARCHING | RALLY | MUSIC**



Musical Community Revival

Admission \$20. Click for tickets

MUSICAL GENRES
Singer-Songwriter
Americana/Bluegrass
Classic Rock & Pop
Dance Music
Sound Bath
Global Drumming & Chanting
Heart & Spirit Music

FEATURING
Gene Clerkin
Becca Myari
Bill Rogers, Evan Dodd & Todd Westfall
Jay Hitt & Lisa Jane Lipkin
John-Michael Dumais,
Ezra Landis & David Cope

COME CELEBRATE SPRING AND OUR GROWING COMMUNITY

Saturday, April 16, 3-9PM Swanzey Community Center

Rise Up NH!

April 29 Friday: NH Committee of Safety State Assembly

Lake Sunapee Baptist Church, 314 Sunapee St, Newport, 7-9:30PM

COS Hatchet Hurl

MAY 1, 2022

12 PM TO 9PM

Proceeds to benefit NHCOS

AXE PLAY

Raffles

**Bring
Everyone**

142 Lowell Road Unit 19

Hudson, NH 03051

603-809-9081

\$25 per hour per person

If you don't know your rights, you don't have any



Join our efforts



WWW.COSNH.COM



Stay in touch Text 74121

CODE: COSNH

NEWS

Plandemic & Vaccine Related News

The Highwire Episode 260: Winners, Sinners, & The Death Of A Generation

<https://www.bitchute.com/video/hpG3Zc4jyWrv/?list=subscriptions>

'Death From Medical Experiment' - Life Insurance Companies Are Starting To Deny Covid Vaccine Claims

<https://www.bitchute.com/video/3HVOWTzKNHog/>

Millions Will Get AIDS From Vax by Fall – Dr Elizabeth Eads with Greg Hunter

<https://www.bitchute.com/video/U7R98fGn9jaQ/>

Moderna to Seek Authorization for COVID Shots for Kids Despite No Proven Efficacy Against Omicron

<https://childrenshealthdefense.org/defender/moderna-authorization-covid-shots-kids-no-proven-efficacy/>

Moderna Wants FDA to ILLEGALLY Approve Ineffective Kids Vaccine

Study also Purposely RIGGED to Hide Failure in 2-4yo

<https://igorhudson.substack.com/p/moderna-wants-fda-to-illegally-approve?s=r>

Experts: 'Omicron Covid-19 likely came from a lab, too'

Scientists have identified “45 point mutations that Omicron acquired since divergence from the B.1.1 lineage.” The mutations represent what some consider to be an implausibly high number of changes for natural evolution...

<https://sharylattkisson.com/2022/03/exclusive-experts-omicron-covid-19-likely-came-from-a-lab-too/>

'This Week' With Mary + Polly: Feds Already Bought Vaccines for Youngest Kids + More

<https://childrenshealthdefense.org/defender/chd-tv-mary-polly-feds-already-bought-vaccines-kids/>

Defining Away Vaccine Safety Signals 6: DMED Revision, Medium Resolution

We could be witnessing the sabotaging of the U.S. military-Vaccine Wars Part XXVIII

<https://roundingtheearth.substack.com/p/defining-away-vaccine-safety-signals-e22>

US Surgeon General is Seeking Stories About Health “Misinformation” and ICAN Calls on You to Respond

https://www.icandecide.org/ican_press/us-surgeon-general-is-seeking-stories-about-health-misinformation-and-ican-calls-on-you-to-respond/

Facts Matter (March 21): CDC Says It Accidentally Inflated Children’s Virus Death Numbers Due to ‘Coding Logic Error’

https://www.theepochtimes.com/facts-matter-march-21-cdc-says-it-accidentally-inflated-childrens-virus-death-numbers-due-to-coding-logic-error_4352253.html

Is There Graphene in the Covid Vaccines? Part II (article and links to several videos)

New Zealand Scientists and Doctors Weigh In

<https://themariachiyears.substack.com/p/is-there-graphene-in-the-covid-vaccines-a4a?s=r>

Dr. Shelton & Sue Grey - EVIDENCE of Nanotechnology & Graphene Oxide in COVID-19 Injections

<https://www.bitchute.com/video/e7CpOyFXnoB6/>

"It's overwhelmingly a far-right phenomenon": Noam Chomsky explains why so many Americans will not get "vaccinated"

Once again, America's most famous "leftist" has many wondering if he was always such a dope

<https://markcrispinmiller.substack.com/p/its-overwhelmingly-a-far-right-phenomenon?s=r>

Whilst you were distracted by the Battle for Ukraine, Documents were published confirming Moderna created the Covid-19 Virus

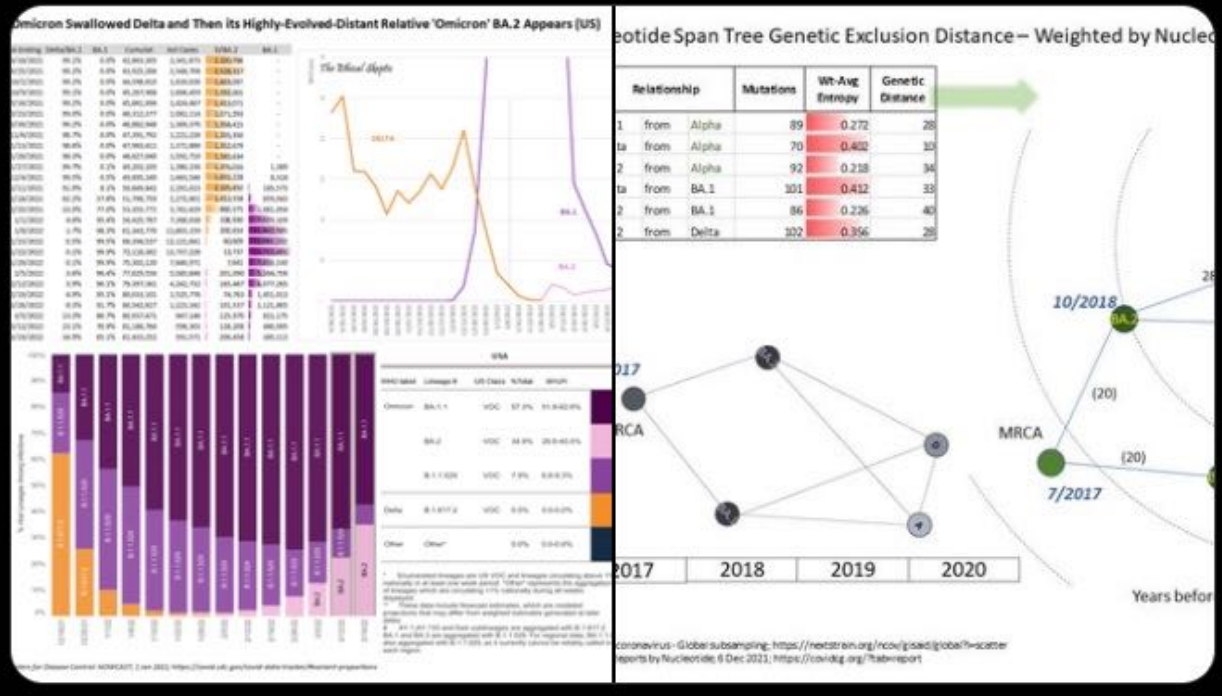
<https://dailyexpose.uk/2022/03/14/documents-published-confirming-moderna-created-covid/>



Clues

1. Omicron wipes out Wuhan strains globally
2. Omicron bears 4 years of virus evolution from Wuhan
3. BA.2 Omicron bears 5 years of evolution from BA.1

What does this then tell us??? How can 8 billion people be this obtuse?





Peter McCullough, MD MPH

@P_McCulloughMD

...

Sen. Dr. Mark Steffen, R-Hutchinson, led this important enforcement of physician orders and duty to dispense by pharmacists to patients their medically necessary, clinically indicated, protocol-driven, appropriately prescribed generic drugs. Glad Kansans listened to the doctor!

POLITICS

Ivermectin, hydroxychloroquine off-label prescription bill passes Kansas Senate in late-night vote



Jason Tidd

Topeka Capital-Journal

Published 6:26 a.m. CT March 24, 2022 | Updated 11:51 a.m. CT March 24, 2022

[View Comments](#)



Ukraine News

Must watch: The battle for Ukraine, with ex-UN weapons inspector Scott Ritter

Ritter tried to stop the rush to the Iraq War back in 2003 (article, video)

<https://youtu.be/OSkplq3T-Zc>

Dr. Mercola: Deadly Biolabs in Ukraine, Did Russia Outsmart the US Govt? - article with multiple 3rd-party videos

The lie of "biodefense" (among many other lies)

(Keep in mind that all of Mercola's articles expire within 48 hours)

<https://articles.mercola.com/sites/articles/archive/2022/03/25/us-biolabs-in-ukraine.aspx>

Article-only archive: <https://riseupnh.org/wp-content/uploads/2022/03/Mercola-us-biolabs-in-ukraine-3.25.22.pdf>

Life in wartime: A letter from Russell "Texas" Bentley in East Ukraine

More evidence of false flags

<https://www.simplelists.com/nfu/msg/19252490/>

Intrepid Reporter Finds that the Russians Were Welcomed as Liberators in the Southern Ukrainian City of Henichesk along the Sea of Azov

<https://covertactionmagazine.com/2022/03/25/u-s-media-decries-brutal-russia-invasion-of-ukraine-yet-an-intrepid-reporter-finds-that-the-russians-were-welcomed-as-liberators-in-the-southern-ukrainian-city-of-henichesk-along-the-sea-of-a/>

Lara Logan goes off in epic rant on Ukraine, citing ‘fake NGOs,’ Vindman, Hunter Biden, Romney’s son

<https://www.bizpacreview.com/2022/03/21/lara-logan-goes-off-in-epic-rant-on-ukraine-citing-fake-ngos-vindman-hunter-biden-romneys-son-1215390/>

Biolabs in Ukraine: Who are Metabiota’s investors? (article, podcast)

Metabiota, the US company funded by US Department of Defence’s Threat Reduction Agency (“DTRA”) to operate biolabs in Ukraine, was founded by Nathan Wolfe who is linked to the Global Virome Project, EcoHealth, World Economic Forum and Jeffrey Epstein.

<https://dailyexpose.uk/2022/03/20/biolabs-who-are-metabiotas-investors/>

More Evidence That The US Is Trying To Prolong This War

Blinken has not attempted any conversations with his counterpart, Russian Foreign Minister Sergei Lavrov, since the start of the conflict," The Washington Post reports.

<https://caitlinjohnstone.substack.com/p/more-evidence-that-the-us-is-trying?s=w>

The Privatization of Nuclear War. What Is More Dangerous? A Mini-Nuke or COVID-19?

<https://www.globalresearch.ca/the-privatization-of-nuclear-war-what-is-more-dangerous-a-mini-nuke-or-covid-19/5774938>



Glenn Greenwald

@ggreenwald

click to watch

Western media spent years warning the Azov Battalion and related militias were not just neo-Nazis but were the most powerful neo-Nazi force in Europe given their integration into the military and state.

That's now not only taboo to say but these same outlets have renounced this.



Aaron Bastani @AaronBastani · 15h

This is from a BBC documentary in 2012.

Now the BBC is publishing pieces saying the far right Azov battalion has no more than a 1000 members. It's possible to label Putin a war criminal, overseeing an illegal invasion, & not downplay this.





March 24, 2022 · Exclusive

EXCLUSIVE: Hunter Biden Bio Firm Partnered With Ukrainian Researchers ‘Isolating Deadly Pathogens’ Using Funds From Obama’s Defense Department.

An investment firm directed by President Joe Biden’s son Hunter Biden was a leading financial backer of a pandemic tracking and response firm that collaborated on identifying and isolating deadly pathogens in Ukrainian laboratories, receiving funds from the Obama administration’s



Caitlin Johnstone ⚡

@caitoz

"So you think Ukraine should just GIVE Putin the Donbas and Crimea and neutrality, to end a war Putin started??"

No I think Ukraine should sacrifice rivers of blood serving as US proxy cannon fodder for years to drain Moscow while you sit at home eating Pop Tarts and tweeting.

Money News

Democrats Propose \$300 A Month Payouts For Gas To Deal With Bidenflation

<https://www.bitchute.com/video/yKCxxQJxK9Ht/>

Unobtainium by Clif High

CH's Predictive Linguistics and the future of money

<https://clifhigh.substack.com/p/unobtainium?s=r>

Ruble Surges After Putin Ditches Dollars and Euros for Russian Oil and Gas

<https://21stcenturywire.com/2022/03/23/rouble-surges-after-putin-ditches-dollars-and-euros-for-russian-oil-and-gas/>

Stimulus checks to 'fight inflation,' coming soon to America?

It's already happening in Canada.

<https://dossier.substack.com/p/stimulus-checks-to-fight-inflation>

PREPARE Yourself for the Digital Dollar DISASTER - Glenn TV

<https://www.bitchute.com/video/TKA8niO0RsiP/>

Control What You Can

Our control is what's irreplaceable. Wealth, status and the illusory security of dependency chains cannot replace control.

<https://www.oftwominds.com/blogmar22/control3-22.html>

"Berkshares" Western MA Community Currency Goes Digital (podcast)

100 BerkShares can be exchanged 1:1 for 100 federal dollars. (So is this still a "community currency"?)

<https://www.berkshares.org/berkshares-going-digital-berkshire-trade-and-commerce-november-2021-2/>

Miscellaneous News

Globalist COVID policies have caused a Worldwide Education Crisis

A Joint UNESCO, UNICEF, And World Bank Report

This generation of students now risks losing \$17 trillion in lifetime earnings in present value as a result of school closures, or the equivalent of 14 percent of today's global GDP

<https://rwmalonemd.substack.com/p/globalist-covid-policies-have-caused>

The Hidden History of the Incredibly Evil Khazarian Mafia w/ VT Editor Mike Harris (Part 1 of 3) - video and audio

<https://sarahwestall.com/the-hidden-history-of-the-incredibly-evil-khazarian-mafia-w-vt-editor-mike-harris-1of3/>

Trudeau Cuts Backroom Deal to Stay in Power Until at Least 2025

<https://www.armstrongeconomics.com/international-news/canada/trudeau-cuts-backroom-deal-to-stay-in-power-until-at-least-2025/>

DeSantis Proclaims Female Swimmer Winner of Race Over Biological Male

https://www.theepochtimes.com/desantis-proclaims-female-swimmer-winner-of-race-over-biological-male_4354875.html

2022 has become the preventing World War 3 election

Ukraine Mania has revealed that countless elected American politicians remain beyond reckless in the foreign policy realm, having failed to learn ANY lessons from our many foreign policy debacles of the post 9/11 era.

<https://dossier.substack.com/p/2022-has-become-the-preventing-world>

Autocracy's Fatal Weakness

This desire for compliance and consensus dooms the autocracy to failure and collapse because dissent is the essence of evolutionary churn and adaptation.

<https://www.oftwominds.com/blogmar22/autocracy-weakness3-22.html>

A Damning Opinion Piece in the British Medical Journal on the Illusion of Evidence Based Medicine

How medicine has been corrupted by corporate interests

<https://nakedemperor.substack.com/p/a-damning-opinion-piece-in-the-british>

The Foreign Policy Ramifications of Hunter Biden's Emails | Truth Over News (article and video)

https://www.theepochtimes.com/the-foreign-policy-ramifications-of-hunter-bidens-emails-truth-over-news_4354735.html

Moloch lives in Maryland! "Pregnant persons" bill would legalize infanticide

<https://townhall.com/tipsheet/spencerbrown/2022/03/11/maryland-pregnant-persons-bill-seeks-to-decriminalize-infanticide-n2604429>



Joe Biden ✓
@JoeBiden
United States government official

We don't have a food shortage problem
— we have a leadership problem.

8:45 PM · 5/20/20 · [Twitter Media Studio](#)

C-SPAN ✓
@cspan

@DefiantLs

President Biden on food shortages
"With regard to food shortages...it's
going to be real."

1:48 PM · 3/24/22 · [Twitter Ads](#)

Expanding Paradigms

Clif High on Tartaria, Antarctica, consciousness, Covid, the latest numbers and humanity wins!

Part 1: <https://www.bitchute.com/video/U70IV0NIB75c/>

Part 2: <https://www.bitchute.com/video/qVOGyiWD5jk9/>

**Rebel without a clue**
@RebelSinCause

click to watch

Hauntingly accurate. Worth 2 minutes of your time for a bit of reflection of what we're becoming


(Better with sound on)



▶ 61.7K views 0:02 / 2:18

From **hardyhat**

Your Friday Memes

**Daniel Horowitz** ✓ @RMConservative · 15h

Just remember the same people who don't know what a woman is most certainly don't know what a vaccine is...or isn't.



clif @clif_high · 2h

If you think the progressive left-nutties went batshit with Woke & CRT, just wait til their 'leaders' get desperate & Release The Aliens! (August?)

Sense Receptor @SenseReceptor · 3m

Snopes requests your money so it can continue to propagandize you high-five!



Join the Fight Against Misinformation

Join the exceptional group of enduring members supporting Snopes in 2022.

PERKS

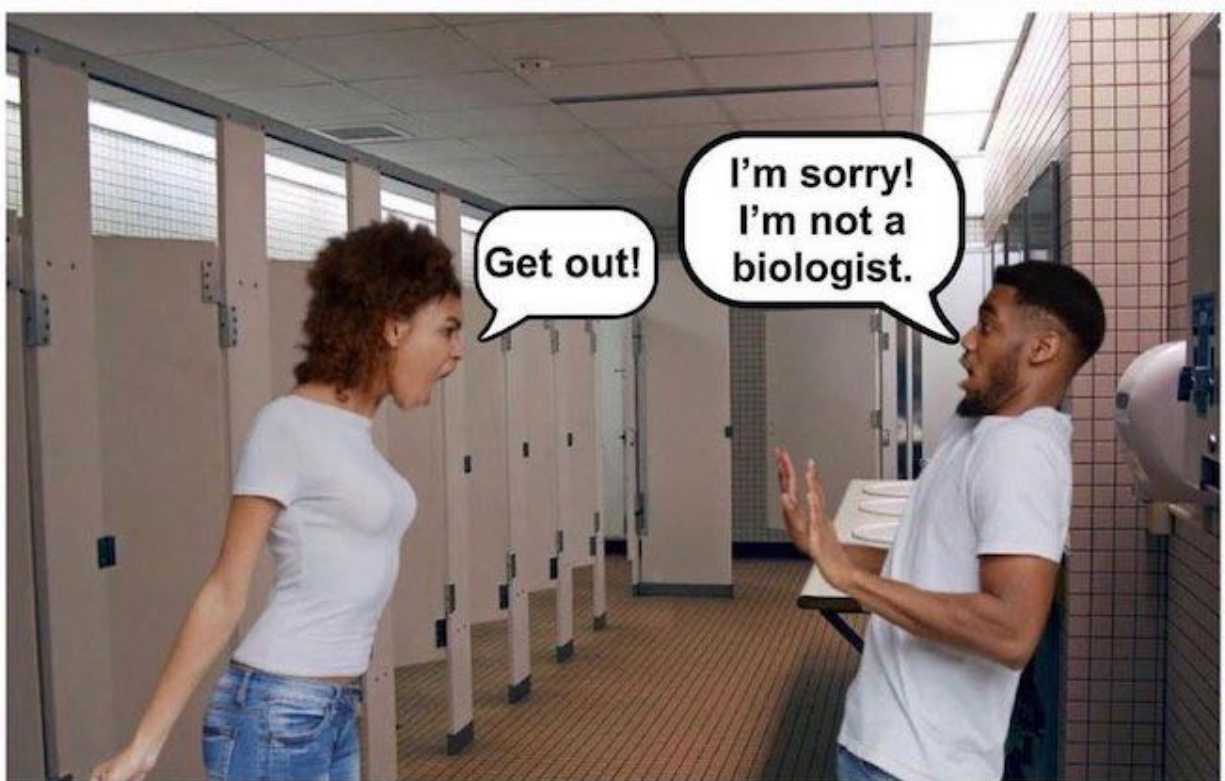
- Ad-free browsing on Snopes.com
- Members-only Newsletter

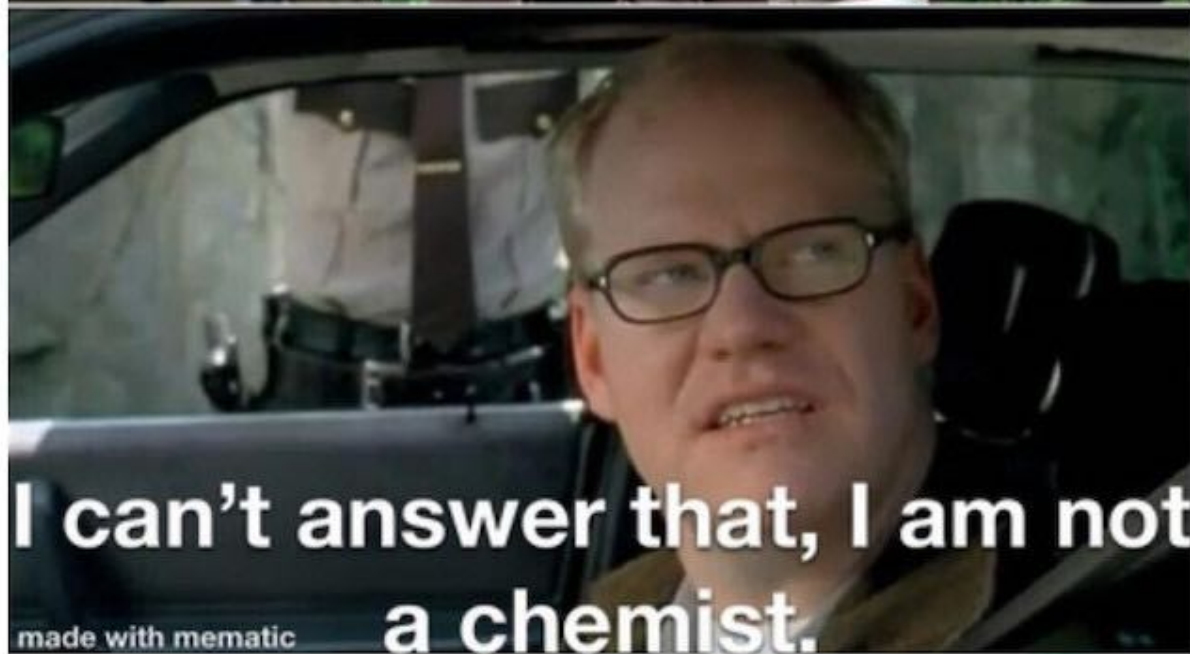
FREQUENCY

\$150.00 Once And Forever

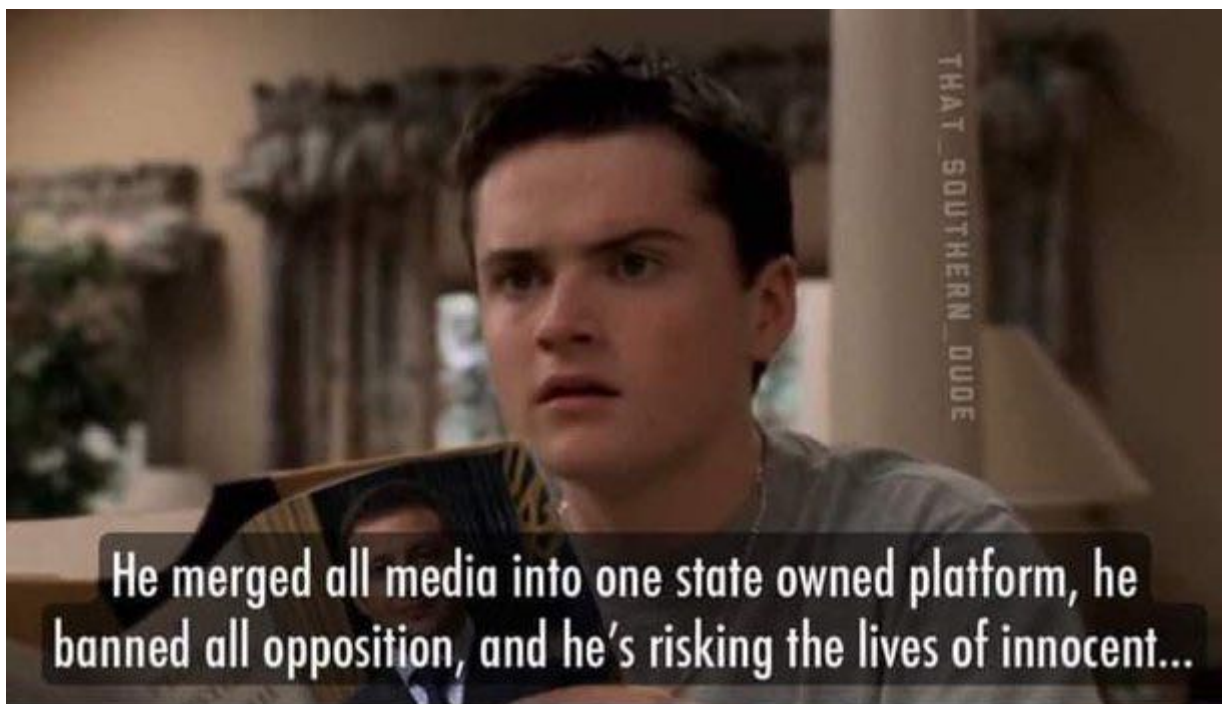
\$50.00 Per Year

\$5.00 Per Month









A photograph of a swimmer in a blue and black patterned swimsuit and a blue swim cap, smiling and raising both arms in a celebratory gesture. The swimmer is in a pool, with a green lane divider visible in the foreground. The background is slightly blurred, showing other people and pool equipment.

GEORGE ORWELL, 1984

**"The Party told you to reject
the evidence of your eyes and
ears.** It was their final, most
essential command."
