



Newsletter 5/23/22

Welcome to our Monday Edition newsletter with curated news of the day, from the **fake Monkeypox scare** to the **WHO's Pandemic Treaty faltering badly** and **Sununu vetoing HB1131, the Face Mask bill**.

Please take note of the **Events** section below, with lots of new offerings, including an **Open Mic at Country Life Restaurant in Keene this Thursday** eve at 7PM (which doubles as a fundraiser for Peggy's eye surgeries). **Monday Memes** can be found at bottom.

Today's Zoom: Kristen Reynolds models NVC (aka Compassionate Communication) with the #1 Scenario

Today at 1pm Kristen will address a variation on a question we've most frequently heard: ***"How do I talk to my family member, who won't let me come over?"*** Is there a way to talk with family that won't destroy the relationship you have? Is it possible to present your side in such a way that they will listen? Kristen will facilitate a discussion on how to use nonviolent communication (NVC) to preserve your own and other's dignity in the context of extreme worldview differences, especially with those in our families. You are welcome to share your questions and scenarios to explore how NVC may be employed. ***(Please note the NVC study group starting on June 4, under Events below).***

[Click for 1PM Zoom](#)

To Victory, Sanity, and Community!

John-Michael and the RiseUpNH team

*Rise Up NH and VCAL and projects of the Collaborative Communities Coalition, a 501(c)(3) nonprofit. We are a diverse non-partisan group focused on education and community building. **PLEASE DONATE TODAY** to support our efforts.*

Always remember: no one is telling you what to think or believe, or even what is true. Do your own research, consider multiple perspectives, suspend final conclusions in

favor of continuing research, and always make up your own mind. Collective sense-making is a path, not a destination.



Update on Fundraiser for Peggy Schauffler

Peggy's eyesight is very bad so she really can't read emails on the computer without assistance. Her first surgery date is June 21 and the second is July 12. Other than that she is doing well and thanks everyone for your support. She misses being at Country Life but she is where she needs to be now and looks forward to coming back and literally *seeing* all of you then. Here is the link to the fundraiser: <https://www.givesendgo.com/G311F>. Thank you for supporting Peggy!

Learn Organic Farming in Barter Exchange

Fertile Fields Farm in Westmoreland continues to offer a barter exchange opportunity for anyone interested in coming to participate in farm activities (planting, hoeing, cultivating, setting up fencing, harvesting, etc) and to learn the ins and outs of a small organic farm. Join us for a home made lunch and go home with a bag of fresh produce. Contact Lori at schreierlori@aol.com.

Meet Audra Wilson

Holistic Nurse and Health Practitioner



RESTORING EDEN
— HOLISTIC HEALTH AND WELLNESS —

Restoring Eden is a Community Wellness Center for Holistic Health located in the heart of Gilsum New Hampshire. Founded by Audra Wilson, Restoring Eden focuses on whole body healing with services for all age groups.

Audra is Double Board Certified in Holistic Health, BC-Holistic Nurse Baccalaureate, and BC-Holistic Health Practitioner. She is a Member of the American Holistic Nursing Association, Sigma Theta Tau International Honor Society of Nursing (STTI), American Academy of Drugless Practitioners (AADP), Salt Therapy Association and Ozone Without Borders.

Certifications:

- Halotherapist
- Holistic and Integrative Health
- Meridian Stress Analysis (Bioenergetic Testing)
- NASM Personal Trainer
- Spirituality, Health and Healing
- Aromatouch Practitioner
- Healing, Wholeness and Prayer
- Limited Obstetric Ultrasound
- Teaching Nurse Self-Care and Sleep Hygiene
- Red Cross Certified Trainer for CPR/AED/FA

626 Route 10 Gilsum NH - 603-338-8797
RestoringEden4NaturalHealth@gmail.com

Larisa M. Trexler, RN, Certified EMF Specialist

contact info: emf@trexlah.com • 603.530.1200



sunset
EMF & HEALING

sunsetEMF.com

EMF evaluation & remediation - one of the greatest impacts on the path to restorative sleep, better energy, healing, and peace of mind.

If you missed our Zoom chat with Larisa talking about EMFs and her business, the recording can be found here: <https://riseupnh.org/weekly-zoom/>

Have an item you'd like to share here? Contact admin@riseupnh.org.

The UpBeat

Just One Victory - Todd Rundgren

We may feel about to fall but we go down fighting

You will hear the call if you only listen

Underneath it all we are here together

Shining still to give us the will

Bright as the day, to show us the way

<https://youtu.be/jitktxluMOW>

Coldplay - A Head Full Of Dreams

Saying it's true, it's not what it seems

Leave your broken windows open

And in the light just streams

And you get a head, a head full of dreams

You can see the change you wanted

Be what you want to be

<https://youtu.be/vGZMvV9KBp8>



Events

Monadnock NVC Study Group Starts Saturday June 4, with Kristen Reynolds

June 4th, Saturday, from 10am -11:30am and meeting every other Saturday.

\$5 to \$10 sliding scale. Or barter.

Each class will stand alone, meaning that you will not have to go to the previous class in order to understand the material. You may study at your own pace. If you come to every class, you will learn NVC faster. The more people who know this valuable skill, the more they can help the group and their own family. Please let Kristen know by Thursday, June 2nd, if you plan to attend. Reply to kreynolds3000 at gmail dot com or 540-588-4173. If you cannot come on Saturday mornings, let Kristen and she will try to schedule a second class.

Tuesday May 24 Noon - EMF Webinar

NH for Safe Technology is offering a series webinars for how to use technology safely!

There are two dates and times to choose from. We hope you can join us! Please share with others. If you cannot attend, please register and we can send you the video after the event.

May 24th (noon-1pm) registration link: <https://us02web.zoom.us/j/8446121212>

One of the flyers below is for signing up with a link that you can forward to others and another is a flyer you can print out with an email address others can use to register. **Download flyers here:** <https://riseupnh.org/wp-content/uploads/2022/05/NH-4-Safe-Tech-May-2022-flyers.pdf>

Wednesday May 25 2PM EST - Biggest Questions About Law And Sovereignty Answered – The Sovereign's Way

Free: <https://thesovereignsway.com/law-for-mankind-open-q-a-special-may-2022/>

Wednesday May 25 3PM EST - The Skin: Discovering Beauty from Within

with Zach Bush MD, Elle Macpherson, Dr. Mindy Pelz and Megan Buer

Free: https://seraphicgroup.zoom.us/webinar/register/WN_h7hWnZD_QwyJ2CdxAWZhkA

Thursday May 26 7PM: Open Mic at Country Life Restaurant, Keene

Plus an informal fundraiser for Peggy's Eye Surgeries (at-will donation)

All are welcome to share music, comedy, poetry etc, We ask that you keep all lyrics and poems to "G" rated language. Questions? Contact Bill at wmarog@yahoo.com.

Truth for Health Foundation Webinar Series

Webinars May 26 through JULY 28, 2022 THURSDAYS AT 8 PM ET USA via ZOOM

Thursday May 26: FAITH OVER FEAR: Planning For Chaos - Dr. Elizabeth Lee Vliet

Dr. Vliet presents the "big picture" on how all these different orchestrated medical crises fit into the globalists' plan for the "new world order"

<https://us02web.zoom.us/meeting/register/tZMpdOmrpzssH9btjW3a-HaD0MQZijd7dtl7>

Archived at www.TruthForHealth.org

Saturday May 28 9AM: Work Party in Winchester NH

From Bill Rogers: I am hosting a work day to clean up and cover a large old well on the property. We will work from 9am to 1 pm and then picnic til whenever we will supply sandwich

stuff including a cold ham and fixings. Feel free to BYOB. We will have some soft drinks. Please send an email to wmarog@yahoo.com so we can have a head count.

Wednesday June 1 4-6PM: Drum Circle in Newbury NH

We will be outdoors in the fresh air of the forest. Bring your drum or rattle or listen along as we drum to a meditative beat, on a dreamlike journey for inner Guidance and Power. Bring you lawn chair and drink/snack. Rain takes us indoors. I invite folks who like to socialize a bit more to stay after the Circle for an optional potluck dinner. I will have the grill ready. Bring a dish to share. RSVP REQUIRED to reserve your place and to receive directions. Note: We have big fans to blow mosquitoes away when we are outside, and a firepit (town permitting for fires). I will send explicit directions, do not count on GPS, I learned some do not work well. Exchange for this Drum Circle: Do an act of kindness or donate to your fave charity (usual fee \$22). Email Rev. Dr. Theresananda at theresananda@protonmail.com or call/text 877-281-3382. Find out about other learning opportunities at <http://www.MyMetaPhysicalTherapist.com>.

June 4 7PM Gilsum

Rise Up NH continues our community conversations about what's important to you and what the larger community might focus on in the coming months. Saturday June 4 7-9PM. At Restoring Eden, 626 Rt 10 in Gilsum (10 minutes from Keene). Small donation if you can to support the use of the space.

June 18 - Birding on the Farm Workshop Series - Cheshire County Conservation District

Learn about farm habitat dynamics for birds, habitat management, wildlife conservation on the farm, as well as species identification from experienced bird guides. Next 2:

June 18th @ 7:30AM: Upper Meadows, Rockingham, VT

October 1st @ 9:00AM: Picadilly Farm, Winchester, NH

Register free at: <https://www.eventbrite.com/e/birding-on-the-farm-workshop-series-tickets-317805654267>



Bills, Elections, Voting & Natural Law

Itchy Ears and Conspiracy Theories

How Social Media Influencers Obscured America's Color Revolution

<https://intervals.substack.com/p/itchy-ears-and-conspiracy-theories>

Freedom Through Natural Law

Jason Shurka with Greg Paul of The Sovereign's Way

27 Minutes: <https://youtu.be/gNCyKwaHC-k>

Free Resources

Dr. Ealy - New protocols for health & C19 vaxx injury recovery (223 page book)

<https://beyondthecon.com>

I Came to Give - Project Thrive 21

We are restoring five key principles; cooperation, relational equity, stewardship, abundance and sustainability, as the foundation of local communities around the world. This will empower their families to thrive during a period of rapid and profound change. Website and free book/audiobook: <https://thrive21.org>. For questions or to connect around this work, please **contact Merrick Finn in Keene, NH (cell 978.496.7764)**.

177 Years of Medical Experimentation - Free 59-page eBook

<https://177report.info/>

Free Audiobook: Mikki Willis - Pl@ndemic: Fear is the Virus. Truth is the Cure

<https://plandemicaudiobook.com>

EMFs

Video and slides to the May 10th community series NH for Safetech

NH for Safe tech youtube page with the video from the May 10th community information session hosted by New Hampshire for Safe Technology with Lori Schreier as host and guest speaker, Cece Doucette. We are grateful for Cece's continued support and education on this subject. Eric Windheim, Building Biologist was a surprise attendee who also offered some interesting information at the end of the video.

May 10th video:

<https://www.youtube.com/watch?v=-3wqLEZTca4>

Cece's slides:

<https://static1.squarespace.com/static/5ed0007ce169954eea17b10b/t/6282a00e140e011823f4a3d8/1652727825888/Doucette+NH+Tech+Safety+Presentation+051022.pdf>

Building Biology Institute:

<https://buildingbiologyinstitute.org/>

New Hampshire for Safe Technology FB page:

<https://www.facebook.com/NHforSafeTech>

Our next session is scheduled for May 24th at Noon.

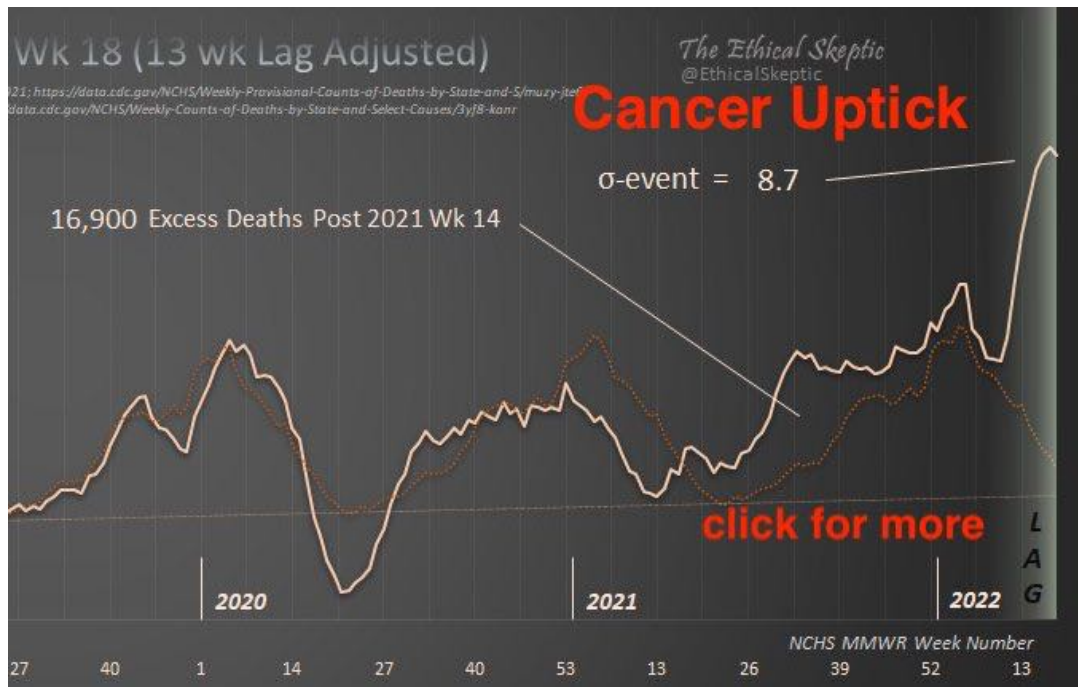
Here is the registration link:5/24 Session:

<https://us02web.zoom.us/join/zoom-join-link>

Arthur Firstenberg on Microwave ovens

<https://www.cellphonetaskforce.org/wp-content/uploads/2022/05/WOULD-YOU-STICK-YOUR.pdf>

Jab and Plandemic News





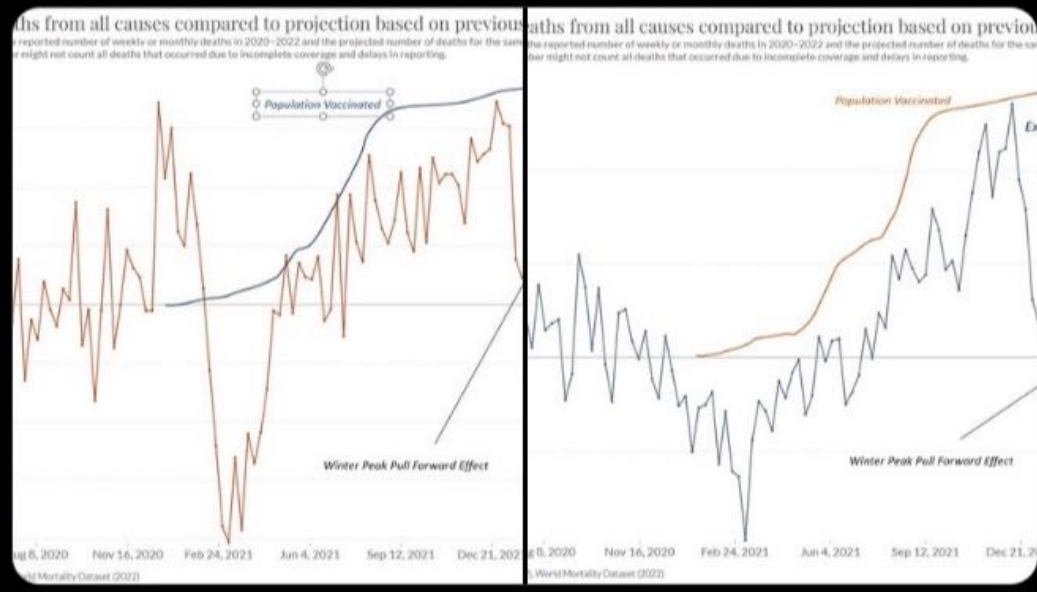
Ethical Skeptic ☀️
@EthicalSkeptic

Regarding those who say "Why isn't this happening in European countries" (a rhetorical statement, not really a question)

1. Have them run the models correctly, not just for All Cause Excess Mortality, and
2. Even running All Cause Excess Mortality - Europe is WORSE...

[11/10]

click for more



Sentinel Editorial and John-Michael's response

Sentinel Opinion: *First, do no harm; NH lawmakers are risking people's health to appease anti-science conspiracists*: https://www.sentinel-source.com/opinion/editorial/sentinel-opinion-first-do-no-harm-nh-lawmakers-are-risking-peoples-health-to-appease-anti/article_3e65c548-d78e-5620-a403-6b3c2e58fb3a.html

My response: https://www.sentinel-source.com/opinion/letters_to_the_editor/doctors-duty-to-try-off-label-treatments-by-john-michael-dumais/article_c466ad1f-fb9a-5e72-aaa6-8d94bab47591.html

WHO VICTORY UPDATE: 12 of the 13 amendments have been removed from Consideration

But fight is not over!

<https://jamesroguski.substack.com/p/turn-up-the-heat?s=r>

Bolsonaro Rejects WHO's Pandemic Treaty: 'Brazil Is Autonomous'

<https://www.newswars.com/bolsonaro-rejects-whos-pandemic-treaty-brazil-is-autonomous/>

Injuries and Deaths are Exploding! - Dr. Robert Young

<https://www.drrobertyoung.com/post/injuries-and-deaths-are-exploding>

NIH Study Identifies Neuropathic Symptoms with SARS-CoV-2 Vaccination

<https://www.trialsitenews.com/a/ni-h-study-identifies-neuropathic-symptoms-with-sars-cov-2-vaccination-6165dc39>

COVID Vaccine Blood Clot Issue 'May Be in the Hundreds,' but 'Heart Issue Is in the Thousands': CA Cardiologist

<https://ntdca.com/covid-vaccine-blood-clot-issue-may-be-in-the-hundreds-but-heart-issue-is-in-the-thousands-cardiologist/>

What Are They Hiding?—Dr. Robert Malone on the Pfizer Documents and Evidence of Cardiotoxicity, Birth Defects, and the Rise in All-Cause Mortality (video & transcript)

https://www.theepochtimes.com/what-are-they-hiding-dr-robert-malone-on-the-pfizer-documents-and-evidence-of-cardiotoxicity-birth-defects-and-the-rise-in-all-cause-mortality_4476836.html

Demystifying the Swedish Data

Swedish Public Health Agency has misled the public about the benefits of vaccination against Covid-19 by recording Covid-19 deaths amongst the vaccinated as unvaccinated

<https://jessicar.substack.com/p/demystifying-the-swedish-data?s=r>

WAKE UP! 1,000+ studies have confirmed that those "vaccines" ARE just as dangerous as the overwhelming "anecdotal" evidence suggests

To those who "trust the science": Hey, trust this!

<https://markcrispinmiller.substack.com/p/wake-up-1000-studies-have-confirmed>

More Evidence for Early Treatment

Malfeasance and collusion by the WHO, Governments, TNI and old media

<https://rwmalonemd.substack.com/p/more-evidence-for-early-treatment>

Monkeypox: Scenarios, Germ Games and Vaccines

<https://expose-news.com/2022/05/21/monkeypox-scenarios-germ-games-and-vaccines/>

Dr. Peter McCullough Exposes Bill Gates' Plan For Next Lockdown & The Truth About

Monkeypox

<https://www.infowars.com/posts/dr-peter-mccullough-exposes-bill-gates-plan-for-next-lockdown-the-truth-about-monkeypox/>

The Infamous Wuhan Lab Recently Assembled Monkeypox Strains Using Methods Flagged For Creating 'Contagious Pathogens'.

<https://thenationalpulse.com/2022/05/22/wuhan-assembled-monkeypox-strains/>

First-ever Global Monkeypox Outbreak happens in exact week "Predicted" in Biosecurity Simulation a year before

<https://expose-news.com/2022/05/22/monkeypox-happens-in-exact-week-as-simulation/>

Belgium Begins Monkeypox Quarantines, Biden Warns "Everybody Should Be Concerned"

<https://www.zerohedge.com/medical/belgium-begins-monkeypox-quarantines-biden-warns-everybody-should-be-concerned>

Government data confirms it can take just 5 months for the Covid-19 Vaccinated to develop Acquired Immunodeficiency Syndrome

Whilst they had you worried about World War, the Cost of Living & Monkeypox

<https://expose-news.com/2022/05/22/your-gov-confirmed-covid-vaccinated-develop-a-id-s-5-months/>

Pfizer: Vax Was Prototype For DoD, Exempting Them From False Claims Act & Whistleblower Lawsuit

<https://www.bitchute.com/video/vEEgQ3kFkAo9/>

Tom Woods - The WHO's Pandemic Treaty

A balanced assessment of the threats -- they still come from our own gov't

<https://tomwoods.com/ep-2129-the-whos-pandemic-treaty/>

Rudkowski: "Holy crap, you've got to hear what the CEO of Pfizer is saying at Davos Announcement of microchipped medicine as part of a total control grid "health" surveillance system

<https://www.youtube.com/watch?v=DSF1a8lahOI>



Critically Thinking with Dr. T and Dr. P, with guest host Dr. Lee Merritt

Farmers, food, gas, school boards, no moral passes, medical licenses, Where did the homeopathic hospitals go?, Fauci - Fauxi - Falsi, In the BS Family! and the Threat Reduction Agency...

<https://rumble.com/v15mp22-critically-thinking-with-dr.-t-and-dr.-p-episode-95-may-19-2022.html>

Sars-Cov-2 was Lab Made Under Project DEFUSE

Sars-Cov-2 is a Result of Years of Documented Scientific Work

<https://igorhudson.substack.com/p/sars-cov-2-was-lab-made-under-project>

Steve Kirsch talks with Two Nurse whistleblowers

<https://rumble.com/v15i9rp-vaccine-safety-research-foundation-fighting-covid-corruption.html>

Attorney Thomas Renz: Biden, Obama, Clinton, & The WHO, Treason & Sedition?

<https://tomrenz.substack.com/p/biden-obama-clinton-and-treason-or?s=r>

Covid Lies: Masks and Lockdowns

Brief article with references

<https://expose-news.com/2022/05/21/covid-lies-masks-and-lockdowns/>

Money & Resources

Bullwhip Effect Ends With A Bang: Why Prices Are About To Fall Off A Cliff

<https://www.zerohedge.com/markets/bullwhip-effect-ends-bang-why-prices-are-about-fall-cliff>

Lagarde Calls For Crypto Crackdown, Says They're "Based On Nothing"

<https://www.zerohedge.com/markets/lagarde-calls-crypto-crackdown-says-theyre-based-nothing>

No Bees, No Food? 75% of World's Food Crops Depend on Pollinators

Bee populations are declining dramatically, in part because of pesticides. Here are some actions you can take to help protect bees and other pollinators

<https://childrenshealthdefense.org/defender/bees-worlds-food-crops-pollinators/>

Catherine Austin Fitts et al: The Financial Coup D'Etat on a Tightrope

On the need for We the People to come together to stop the global control grid

33 minutes: <https://tube.solari.com/videos/financial-rebellion-22/>

Ukraine & Other Globalist Shenanigans

Dean O'Brien on Ukraine's "kill list" of journalists and what's happening in the

Donbass

<https://youtu.be/pgqbaR0Hv78>

Scott Ritter's latest take on Azov Surrender in Mariupol and the status of the war

https://youtu.be/HOzs_cCHVeU?t=685

Free Speech, Censorship, Propaganda & Critical Thinking

NH Governor Chris Sununu Threatens Freedom of Speech Then Claims to Be Against Overreaching Government

NH Governor Chris Sununu vetoed HB1131, a bill that would have prohibited New Hampshire schools from implementing face mask mandates

https://granitegrok.com/mg_nashua/2022/05/nh-governor-chris-sununu-threatens-freedom-of-speech-then-claims-to-be-against-overreaching-government

Jon Rappoport: Home schooling: here's what our masters say

Director of Harvard Law's Child Advocacy Program describes the 'homeschooling phenomenon' as a 'threat' to society

<https://blog.nomorefakenews.com/2022/05/23/home-schooling-heres-what-our-masters-say/>

Mattias Desmet and Mark Crispin Miller on the key role of propaganda in this global nightmare

We each spoke to the lawyers on the Coronavirus Investigative Committee

<https://gettr.com/streaming/p1ag8ky4933>

The Function of the Fake Binary

A fake binary allows you to not just manipulate the conformist Normies who automatically obey, but also those who consider themselves to be 'anti-establishment', contrarians or 'rebels'.

<https://off-guardian.org/2022/05/16/the-function-of-the-fake-binary/>

The Dimming, Full Length Climate Engineering Documentary

2 hours: <https://youtu.be/rf78rEAvhY>

Culture Wars

"Banging Beyond Binaries"

The School District of Philadelphia encouraged teachers to attend a conference on "kink,"

“BDSM,” “trans sex,” and “masturbation sleeves.”

<https://christopherrufo.com/banging-beyond-binaries/>

What Is Racial Literacy?

The racial repackaging of Marxist education - The New Discourses Podcast with James Lindsay, Ep. 77

<https://newdiscourses.com/2022/05/what-is-racial-literacy/>

Forget Science – Climate Now Has a Central Role in The Culture Wars

<https://dailysceptic.org/2022/05/17/forget-science-climate-now-has-a-central-role-in-the-culture-wars/>



Paradigm Expanding

Dr. Steven Greer: Analysis of last Tuesday's Congressional Hearing on UFOs

Why you cannot take anything at face value & how this may be used against humanity

https://youtu.be/nmh28SA_rxM

Russia tells the world Antarctica is not what it seems

Short article and 3-minute video

<https://online-updates.net/russia-tells-the-world-that-antarctica-is-not-what-is-seems-23669/>

Viktor Schauberger: The Anti-Gravity Water Wizard

The original biomimicry scientist and his still-hidden inventions

<https://humansbefree.com/2020/08/viktor-schauberger-the-anti-gravity-water-wizard.html>

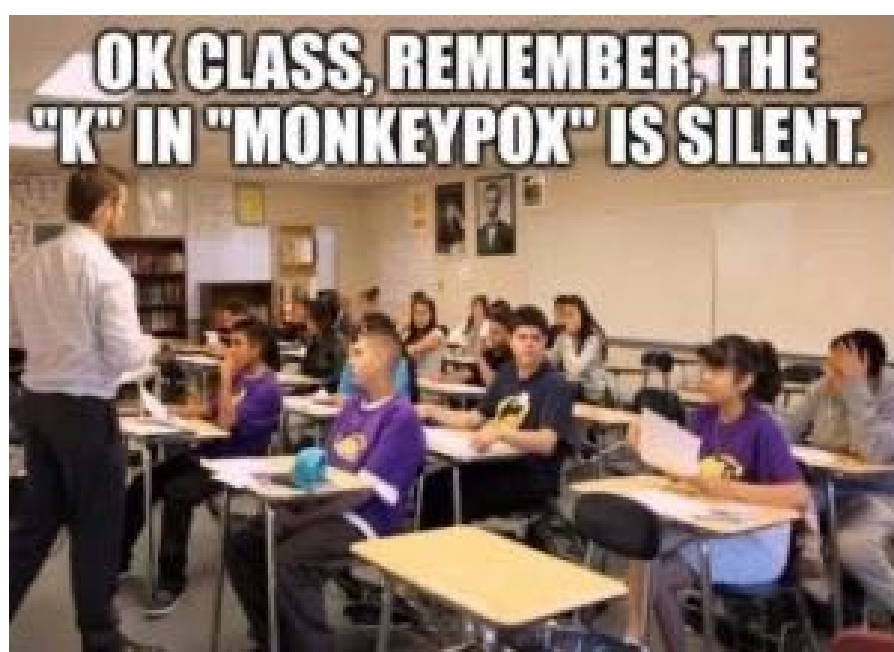
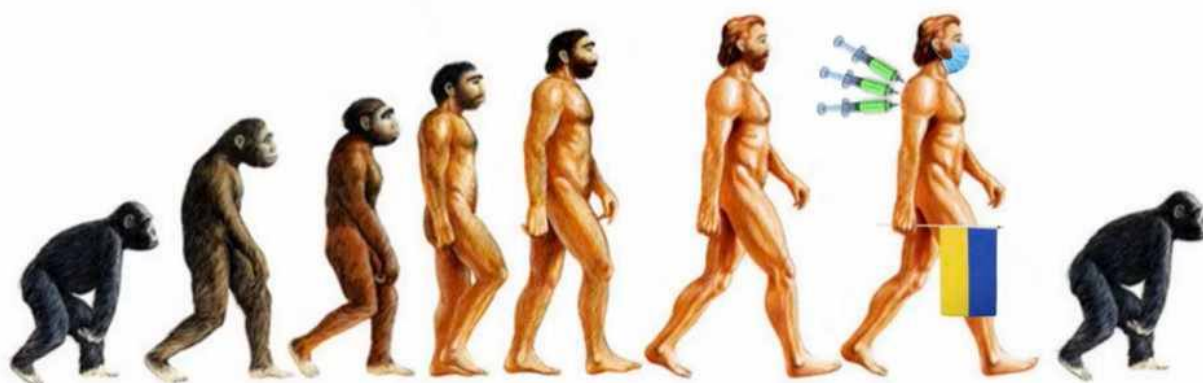
Plant Spirit Medicine Summit May 23-29

Indigenous healers, psychologists, doctors, and others.

Free: <https://plantspiritsummit.com/>

Monday Memes





BILL

GATES

WORLD
ECONOMIC
FORUM

Journal
L'express

Disney's
SUMMER
— of the —
MONKEYS

*One Boy's Discovery Leads To
The Adventure Of A Lifetime!*

The only way to beat monkey pox



HAVE you noticed there's
been no **media coverage** on
people who have **LOST** their
businesses and livelihoods?



Screw it, I'll start my own country



When you're a spiritual person and people think that means you're supposed to be nice all the time and spread that pop version of love and light 🌸🌈🌟

