



Newsletter | Monday July 18, 2022,

Welcome to our **Monday Edition** with curated news of the day.

Today's Zoom: Melanie Neily will talk about **PRENDA and homeschooling** options for folks in the Keene area.

[Click for 1PM Zoom](#)

To Victory!

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 & community resilience.

PLEASE DONATE TODAY to support our efforts. Thank you!

SOVEREIGNTY NOTICE: 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.



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



Our 5/9 Zoom chat with Larisa talking about EMFs and her business can be found here:

<https://riseupnh.org/weekly-zoom/>

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

Events

Aug 4-7 Homesteading Skills Workshop, Farmington, Maine

Info: <http://countrylivingworkshop.com/>

Registration link:

<http://countrylivingworkshop.com/registration/>

Schedule:

<http://countrylivingworkshop.com/program/>

What to bring:

<http://countrylivingworkshop.com/what-to-bring>

August 13-21, Sheep Camp: 8 Days of Everything Sheep!

Greensboro VT

\$950

Live, in-person workshop working with milk, wool, meat, and hides.

Full info and registration: <https://catehillorchard.com/sheep-camp/>

SAVE THE DATE! Sept 24, 2022, 1-5PM: A Gathering of Monadnock Freedom Groups

Who are we? What are we seeing and wanting? How can we best work together? A grand networking opportunity.

Details TBA.

The UpBeat

Welcome to the Hotel Paranoia

*On the great reset highway, fools' words in my ear
Warm smell of infection, rising up through the fear
Up ahead in the future, I saw a frightening sight
My health grew heavy and my rights grew dim
I got locked down for the night*

Audio/lyrics: <https://imagined.com/blog/welcome-to-the-hotel-paranoia/>

HomeFree - Listen to the Music (acappella)

https://www.youtube.com/watch?v=O_7IYbuRgWQ

Free/Cool Resources

1750+ COVID VaXXine Publications and Case Reports Citing Adverse Effects Post COVID VaXXination!

<https://www.drrobertyoung.com/post/1750-covid-vaxxine-publications-and-case-reports-citing-adverse-effects-post-covid-vaxxination>

A practical approach to keeping healthy after your Covid-19 jab

<https://worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab>

Dr. Paul Alexander: Povidone iodine, hydrogen peroxide or sodium hypochlorite: kills COVID virus in nasal/oral passages near 100%

<https://palexander.substack.com/p/video-dr-paul-alexander-urgent-povidone>

Free Resilient Prepping Guide (PDF and audio) - by Mike Adams

Requires email signup.

<https://www.resilientprepping.com>

Politics, Bills, Elections, Voting & Natural Law

NY Judge Tells NYC That Letting Illegal Immigrants Vote “Legally” Violates the Constitution

<https://granitegrok.com/blog/2022/07/ny-judge-tells-nyc-that-letting-illegal-immigrants-vote-legally-violates-the-constitution>

The Last Days of “Joe Biden”

Whose idea was it to send the wind-up doll president called “Joe Biden” to Saudi Arabia...?

<https://kunstler.com/clusterfuck-nation/the-last-days-of-joe-biden/>

NH NOBLE NINE
9 UNLAWFUL ARRESTS
at the
OCT 13 EXECUTIVE COUNCIL
MEETING - 2021
ORDERED BY GOV. CHRIS SUNUNU
TRIAL MANAGEMENT HEARING

6'0"
5'10"
5'8"
5'6"
5'4"
5'2"
5'0"
4'10"

DISHONORED & DISGRACED
NH'S WEAPONIZED
LAW ENFORCEMENT

LET'S PACK THE COURTROOM WITH PATRIOTS AGAIN!
JULY 20, 2022
12:30 p.m.
Concord District Court
32 Clinton St.
Concord, NH

STATE POLICE
MAJOR CRIME UNIT
Department of Justice

QR CODE

Relocalization, Sustainability & Prepping

Caveat: some of organizations below may espouse such beliefs as global warming or push agendas like CRT and "equity," but the majority of the strategies for relocalization address

what needs to be done and we do well to take advantage of what has been developed so far in the relocalization movement.

Go Off-Grid with a 48v 14Kwh Rhino LiFePO4 Battery

https://youtu.be/_eonKFwvZ9s

Build your own Portable Poultry Coop!

<https://youtu.be/a6GIX1BuhtM>

10 Things To Know BEFORE You Buy Backyard Chickens

<https://youtu.be/aQMLQo-u7Sc>

Top 5 *BEST* Egg laying Chicken Breeds

<https://www.youtube.com/watch?v=YRjuhK4lsww>

Rebuilding Society & Culture

The Sacred Left and Right

A discussion of the political temper and character of the Left and the Right, and an exploration of the roots of authoritarianism - how it can find its home on the Right as well as Left. A call for sacred politics.

Article: <https://relendra.substack.com/p/the-sacred-left-and-right-69d5ee91c10a>

Audio: <https://relendra.substack.com/p/the-sacred-left-and-right-episode>

The Metacrisis (and the need for hope and faith) with Daniel Schmachtenberger

Schmachtenberger is a founding member of The Consilience Project, aimed at improving public sensemaking and dialogue.

<https://youtu.be/WVEP0zAK-xQ>

EMFs

Dr. Robert Young: The Effects of Electro-Magnetic Frequencies (EMF) on the Blood and Biological Terrain

<https://www.drrobertyoung.com/post/the-effects-electromagnet-frequencies-on-the-blood-and-biological-terrain>

Public 'Not Being Told the Truth' About Cellphone Radiation, Attorney Tells RFK, Jr.

Video with text excerpts: <https://childrenshealthdefense.org/defender/cellphone-radiation->

hunter-lundy-rfk-jr-podcast/

Wednesday, July 20, 12 Noon Eastern: Monthly MA for Safe Technology Zoom meeting

Get updates on inroads to safe technology at the personal, state and local level. Share successes and and get inspired for action in your town.

Register here: <https://us02web.zoom.us/meeting/register/tZlqf--srj8sHtwVnBQhOsmPW8enmmewysn9>

Monday, July 25, 6 p.m. Eastern:

Free July Sessions with NH for Safe Technology: Wireless Technology Risks and Safer Solutions

NH & MA for Safe Technology introductory level forum for citizens, public servants and health care practitioners everywhere! It's a Zoom event and all are welcome, you needn't be from MA or NH to attend.

Register here:

<https://us02web.zoom.us/meeting/register/tZYvfuiqgT4qGtS9RMCmcOuMDWBqEXhQro9e>

Best Air Tube Headset EMF Protection Anti Radiation Headphone

<https://techwellness.com/products/anti-radiation-emf-protection-headphone-headset>

Jab, Health & Plandemic News



1,341,605 Reports Through July 8, 2022

29,460
DEATHS

166,848
HOSPITALIZATIONS

131,740
URGENT CARE

198,324
DOCTOR OFFICE VISITS

9,764
ANAPHYLAXIS

15,587
BELL'S PALSY

4,838
Miscarriages

15,751
Heart Attacks

50,176
Myocarditis/
Pericarditis

55,008
Permanently
Disabled

8,658
Thrombocytopenia/
Low Platelet

32,772
Life Threatening

43,959
Severe Allergic
Reaction

14,241
Shingles



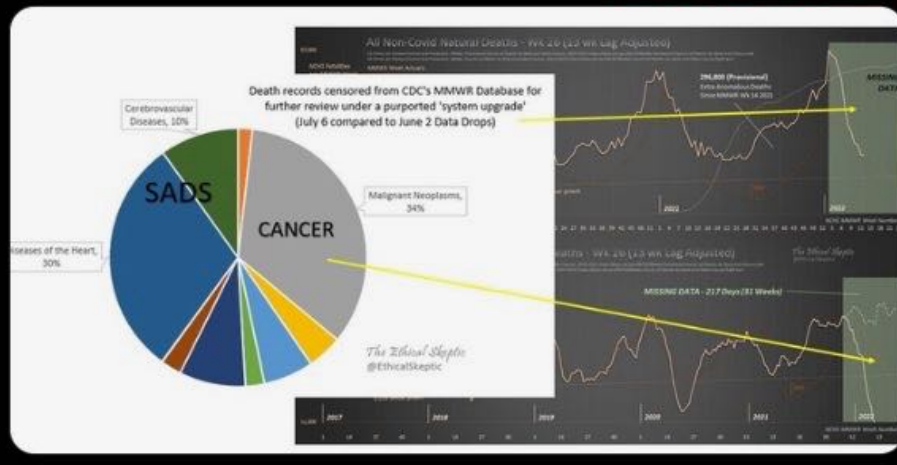
Ethical Skeptic
@EthicalSkeptic

This is human rights criminal corruption. This is why the population no longer trusts the NIH, CDC, health officials & those making the baseless and heady promulgations of The Science™

You saw that you were losing the game, so you stacked the deck to your favor.

No respect.

Click for detail





Peter McCullough, MD MPH

@P_McCulloughMD

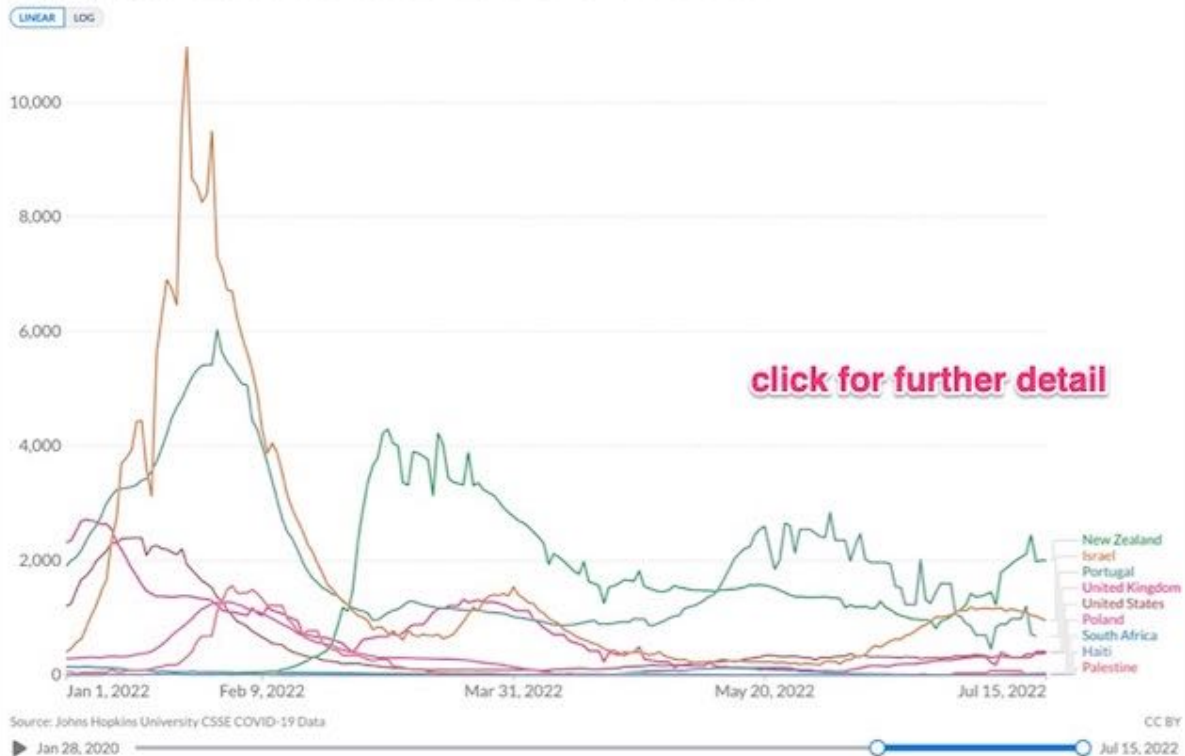
How to diagnose a death in mass formation: 1) death not expected 2) no cause of death given 3) no family/team/organization outrage 4) flowery nonspecific eulogy 5) no mention of when it was taken how many of them and when was last one (brand). 6) no X-rays labs or autopsy.

Who? What product? How many days after taking it? Warning symptoms?

SUDDEN ADULT DEATH SYNDROME

Daily new confirmed COVID-19 cases per million people

7-day rolling average. Due to limited testing, the number of confirmed cases is lower than the true number of infections.



Dr. Robert Malone: Is there a medical emergency?

The US HHS Administrative state has extended the COVID medical emergency. Let's look at the data.

Slides with many graphs: <https://rwmalonemd.substack.com/p/july-16-2022-is-there-a-medical-emergency>.

20% of Deaths Reported After COVID Vaccines Related to Cardiac Disorders, CDC Data Show

<https://childrenshealthdefense.org/defender/deaths-covid-vaccines-cardiac-disorders-cdc-vaers-data/>

Fully Jabbed NYGH Chief of Emergency Medicine Dies ‘Suddenly and Expectedly’ While Jogging

<https://newspunch.com/fully-jabbed-chief-of-emergency-medicine-dies-suddenly-and-expectedly-while-jogging/>

React19 Persistent Symptoms Survey #2 (9/30/2021 - 3/4/2022)

<https://react19.org/react19-patient-led-research-persistent-symptoms-survey-2/>

Spike Protein Dangers & How To Detoxify From It (Facts Matter)

14-minute video with details in show notes: <https://rumble.com/v15bpct-must-watch-spike-protein-dangers-and-how-to-detoxify-from-it-facts-matter.html>

Transhuman Nightmare: Graphene Nanowires Torturing the VaXXed and the UNVaXXed Around the World! (Dr. Robert Young with Dr. Ariyana Love)

94-minute video: <https://rumble.com/v1awjj1-transhuman-nightmare-graphene-nanowires-torturing-the-vaxxed-and-the-uinvax.html>

New York City is Now the Epicenter of the Monkeypox Outbreak Which Accounts For 30% of All US Cases.

<https://www.thegatewaypundit.com/2022/07/new-york-city-now-epicenter-monkeypox-outbreak-accounts-30-us-cases/>

Monkeypox: What You Actually Need to Know

<https://ussanews.com/2022/07/18/monkeypox-what-you-actually-need-to-know/>

Dr. Birx Admits to Revising and HIDING Info From Trump’s COVID Team, While Altering CDC Guidelines Without Approval


<https://www.shadowtruth.org/dr-birx-admits-to-revising-and-hiding-info-from-trumps-covid-team-while-altering-cdc-guidelines-without-approval/>

Naomi Wolf: The CCP Has Infiltrated The American Health System, Covid Injections Produced By CCP

8-minute video: <https://rumble.com/v1c0i77-naomi-wolf-the-ccp-has-infiltrated-the-american-health-system-covid-injecti.html>


Defibrillators To Be Installed In Every State School In England

<https://newspunch.com/defibrillators-to-be-installed-in-every-state-school-in-england/>

 **Andrew Bostom, MD, MS**
@andrewbostom

Menstrual bleeding changes after covid vax, ~39K women: "Among respondents who typically do not menstruate, 71% on long-acting reversible contraceptives, 39% on gender-affirming hormones, & 66% [who were] postmenopausal reported breakthrough bleeding."

science.org/doi/10.1126/sc... **click to read paper**

 **Jordan Schachtel @ dossier.substack.com**
@JordanSchachtel

Monkey Up: US government quietly acquires 7 million monkeypox vaccines, as Fauci starts selling product on TV



NEWSLIVE PRIME

FAUCI ON COVID SURGE, MASKS, AND MONKEYPOX

Monkey Up: US government quietly acquires 7 million monkeypox vaccines, as Fauci starts selling product on TV

There have been zero monkeypox deaths outside of Africa this year.

dossier.substack.com

Technocracy, AI, Transhumanism, Eugenics & The Surveillance State

Two AIs Talk About the Nature of Mind, Matter, and the Meaning of Life. (GPT-3)

<https://www.youtube.com/watch?v=11nz9VdTryk> 

Mark Jeftovic: Rebranding Elitism – Calling the Liberal World Order for what it is

Today's elites are caught in a dilemma: Nobody wants what they're selling.

<https://www.dollarcollapse.com/mark-jeftovic-rebranding-elitism/>

The Great Reset is Communism's Final Solution

<https://lionessofjudah.substack.com/p/the-great-reset-is-communisms-final>

Money, Food, Energy & Resources

Peter C. Earle on Sri Lanka's Collapse (w/ Tucker Carlson)

4-minute video: <https://www.aier.org/article/peter-c-earle-on-sri-lankas-collapse-video/>

Deutsche Bank Now Modeling German Households Chopping Wood To Keep Warm This Winter

<https://www.zerohedge.com/markets/deutsche-bank-now-modeling-german-households-chopping-wood-keep-warm-winter>

Ukraine, False Flags, & other Globalist-Inspired BS

Former Russian president warns of 'Judgement Day'

Dmitry Medvedev has threatened the Ukrainian leadership with a massive strike should Kiev attack Crimea

<https://www.rt.com/russia/559142-medvedev-crimea-strike-ukraine-judgement-day/>

A view from Donbass: Ukraine has treated the people of this region as sub-humans, this made peace impossible

How Kiev has tried to dehumanize people in its former East – first domestically, then everywhere

<https://www.rt.com/russia/559061-children-donbass-world-not-care/>

The B61-12 Mini-nukes "Made in America" to be Used in "A Nuclear First Strike".

Coming Soon to Italy, Belgium, Germany, Netherlands.

<https://www.globalresearch.ca/the-b61-12-mini-nukes-made-in-america-to-be-used-in-a-nuclear-first-strike-coming-soon-to-italy-belgium-germany-netherlands/5786765>

Free Speech, Censorship, Propaganda, PsyOps, Critical Thinking, & 2nd Amendment

NPR Faces Harsh Backlash After It Announces The Outlet's Disinformation Team

<https://www.thegatewaypundit.com/2022/07/npr-faces-harsh-backlash-announces-outlets-disinformation-team/>

Culture Wars

Is Wokeness the New Sumptuary Laws?

Sumptuary laws -- legal restrictions placed on the consumption of certain goods or behaviors that were deemed harmful to the moral fabric of society -- have been in practice around the world.

<https://www.aier.org/article/is-woke-ness-the-new-sumptuary-laws/>

'Dumbing Down of America': Oregon High School Grads No Longer Have To Read or Write

<https://newspunch.com/dumbing-down-of-america-oregon-high-school-grads-no-longer-have-to-read-or-write/>

Paradigm Expanding

Abortion - What No One Is Talking About | Kristin & Jean Nolan

Family Constellation therapy reveals hidden effects

<https://inspired.locals.com/post/2421780/abortion-what-no-one-is-talking-about-divine-feminine-perspective>

More on Family Constellation:

<https://www.verywellmind.com/what-is-family-constellation-therapy-5217964>

<https://www.youtube.com/user/FaustConstellation/videos>

In case you missed it:

Voyages to Inner and Outer Space - Podcast

I John-Michael interviews Jim Rodger, a former video producer with much experience in the ET/UFO/UAP realm, and also a teacher of Remote Viewing (scientific clairvoyance, originally developed by the CIA and Stanford Research Institute) and a CE-5 (close encounters of the 5th kind) experiencer.

<https://youtu.be/BriMG8RT77Q>

Tin Foil Hat podcast: Free Energy with Foster Gamble

79-minute video (interview starts at 6:00): <https://samtripoli.com/tfh-437-free-energy-with-foster-gamble/>

Monday Memes



HOW YOU LOOK TRUSTING THE GOVERNMENT





DAD, IS SANTA CLAUS A HOAX



OF COURSE NOT, SON



**THINK HOW MANY PEOPLE
WOULD HAVE TO BE IN ON IT**

SOUNDS LIKE A CONSPIRACY THEORY



LET ME FACT CHECK THAT

SUDDEN ADULT DEATH SYNDROME



SOUNDS MUCH
NICER THAN
GENOCIDE

LIVE

breakyourownnews.com

BREAKING NEWS

BREATHING CAUSES HEART ATTACKS

17:16

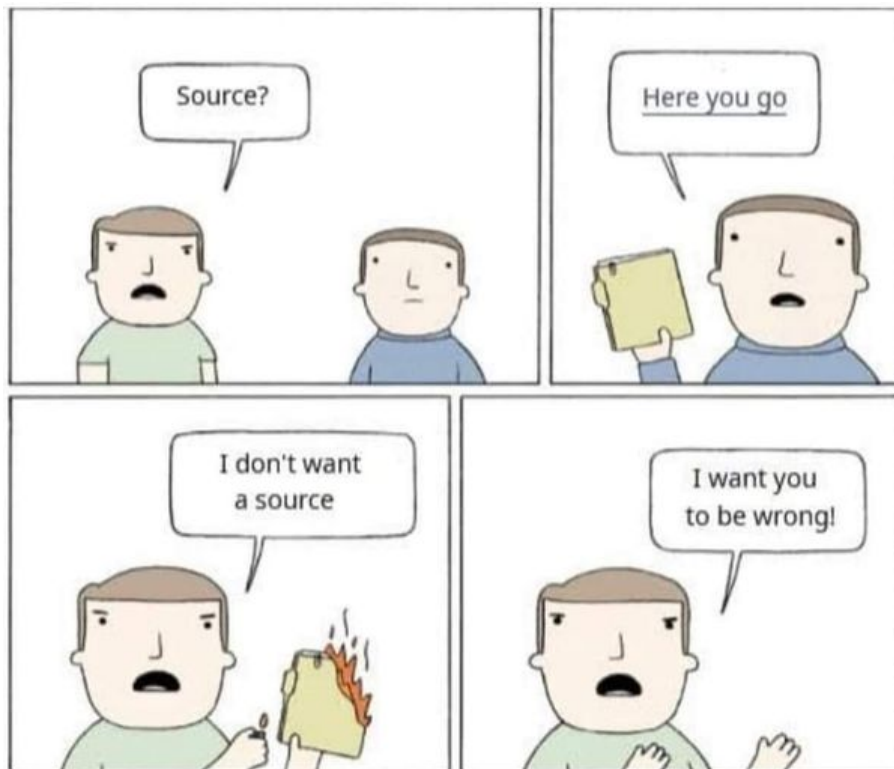
DOCTORS ARE BAFFLED, NOTHING TO DO WITH BOOSTERS..... HONEST



Continue



**THE ONION WRITERS TRYING
TO COME UP WITH HEADLINES
THAT STILL SEEM LIKE SATIRE**



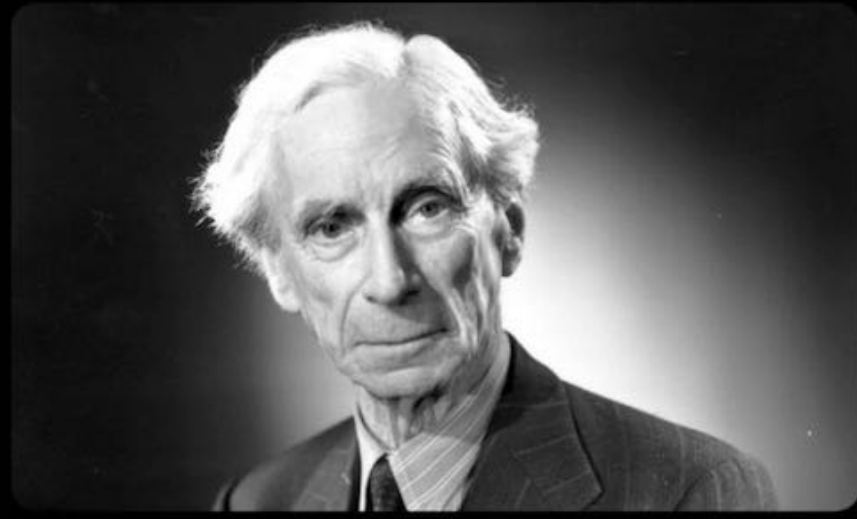


Me trying to convince my friends we should buy a very large plot of land and start a community



Neither a man nor a crowd nor a nation can be trusted to act humanely or to think sanely under the influence of a great fear.

Bertrand Russell



Let's avoid a hellish dystopian nightmare by remembering the
RULES OF CIVIL CONVERSATION

- | | |
|--|--|
| 1 I will try to reach a shared understanding rather than 'win the argument'. | 2 I will clarify with others to make sure I genuinely understand their perspective. |
| 3 I shall endeavor to avoid committing logical fallacies in support of my claims. | 4 I will attempt to account for my own biases and try to be intellectually humble. |
| 5 I will also try to be reasonable, rational, and create coherent arguments. | 6 I may challenge ideas, but will refrain from personal attacks and mean-spiritedness. |
| 7 I will use the 'Principle of Charity' to interpret others' points of view in the best light. | 8 I promise to remain genuinely receptive to changing my mind. |

Download this poster for free and invite good-faith engagement online at

TheRulesOfCivilConversation.org