



Newsletter - Monday August 1, 2022

Welcome to our **Monday Edition** with curated news of the day, plus **Memes** at the bottom.

Today's 1PM zoom will be an open conversation. Please come with your comments and questions.

[Click for 1PM Zoom](#)



Organized by Rise Up NH

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. Articles and videos offered here do NOT imply any kind of imprimatur of truth or finality on the part of anyone in Rise Up NH, but are offered for consideration as partial perspectives towards gaining a fuller picture of what's so. Do your own research, suspend final conclusions in favor of continuing research, ignore what doesn't ring true for you, 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

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.

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

Events

Nonviolent Communication Study Group, Keene

Due to moving and summer visitors, the next NVC study group will be Saturday, August 27th.

I look forward to seeing you then!

Please RSVP to Kristen Reynolds, kreynolds3000@gmail.com for more information

August 3: TAKE CHARGE OF YOUR CHILD'S EDUCATION: Americans for Prosperity Foundation Education Fair

The Education Fair will feature all kinds of schools such as, Micro Schools, Public Charter, Homeschools, Learn Everywhere, tutors, private schools and more!

WHEN: August 3, 2022 | 3pm to 7pm

WHERE: Executive Court, 1199 S Mammoth Rd Manchester NH

RSVP: <https://airtable.com/shrYio3f3qNPRg7NR>

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.

To be held in Swanzey NH at the Village Church. Further details coming soon.

The UpBeat

The Vision of Abundant Energy

We're engaged in an Energy War with globalist technocrats

<https://jonrappoport.substack.com/p/the-vision-of-abundant-energy>

Gregg Braden and John L. Petersen - Latest Technology... Classified & Public

<https://youtu.be/hGGPT3Dot3A>

Free/Cool/Fun/Weird/Noteworthy

The Sununu's and the New World Order

The World Government Summit attended by Chris Sununu and Dean Kamen and paid for by the Prince of Dubai, where Agenda 2030, Fourth Industrial Revolution, Smart Cities and Globalization was discussed.

<https://www.grazingthesurface.com/2022/04/15/2952/>

Why People Need PEMF Therapy... and How It Works with Dr. William Pawluk

<https://youtu.be/SWeBsUhCYbU>

The Anti-Smartphone Revolution

<https://youtu.be/02mlRnPJm6g>

Betrayal of Shadows: the \$100B Dark Matter Failure (Scam)

https://youtu.be/X_YgQzhmDKw

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

Requires email signup.

<https://www.resilientprepping.com>

Politics, Bills, Elections, Voting & Natural Law



NH We The People's RESOLVE Initiative

The Resolve initiative is a nonpartisan write-in campaign

<https://wethepeoplenh.org/the-resolve/>



You are Invited to Participate in a U.S. Senate Debate (8/14)!

The Government Integrity Project is proud to announce a SECOND FREE DEBATE between candidates for federal office. This second debate will feature three GOP candidates who are running to replace Maggie Hassan in the U.S. Senate: Don Bolduc, Bruce Fenton and Kevin Smith.

https://granitegrok.com/mg_windham/2022/07/you-are-invited-to-participate-in-a-u-s-senate-debate



Relocalization, Sustainability & Prepping

10 Foods to Buy Every Month

<https://youtu.be/gysplzPtj24>

3 Microgreens You Should Grow

<https://youtu.be/KFQplni3ZIM>

Best Crops for this Winter

<https://youtu.be/0mLOlwZ4V0s>

Why I Stopped Weeding the Garden | The BEST Weed Control Tip

https://youtu.be/_Jm9FjpWO-0

DIY aquarium and greenhouse to grow aquatic vegetables

<https://youtu.be/Z7aVlujrmlg>

How to Build a Cheap DIY Wooden House Step by Step

<https://youtu.be/eZL09XEX2YE>

Living in a Sustainable & Innovative Earthship Home - Full Tour

<https://youtu.be/j7SUjcwXY8w>

Healing in clever microhome atop tiny food forest

<https://youtu.be/pDIpnlyTjRI>

New Hydrogen Breakthrough

https://youtu.be/_Jm9FjpWO-0

Rebuilding Society & Culture

Our Society Must Rebuild Collective Intelligence Post COVID

<https://youtu.be/63TYF77HCws>

The Biggest Third Party | Matt Shinnars + Andrew Yang

https://youtu.be/Yzu-_yxGj4M

EMFs

"Utterly useless": millions of smart meters reporting inaccurate readings (UK)

<https://www.activistpost.com/2022/07/utterly-useless-millions-of-smart-meters-reporting-inaccurate-readings-uk.html>

Best Air Tube Headset EMF Protection Anti Radiation Headphone

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

Jab, Health & Plandemic News



The HHS FY 2023 Budget Includes A New MANDATORY "Vaccines for Adults" Program

<https://lionessofjudah.substack.com/p/the-hhs-fy-2023-budget-includes-a>

75,322 Dead 5,938,318 Injured Recorded in Europe and USA Following COVID Vaccines – Babies and Toddlers Hallucinating and Having Seizures After Shots

<https://healthimpactnews.com/2022/75322-dead-5938318-injured-recorded-in-europe-and-usa-following-covid-vaccines-babies-and-toddlers-hallucinating-and-having-seizures-after-shots/>

10K Cases of Sudden Adult Death Syndrome (SADS) Every Year: Why Are Young People Dying So Suddenly? (Roman Balmakov)

<https://youtu.be/Kks2-tRLc9Q>

Trudeau's Government confirms the Quadruple/Triple Vaccinated have accounted for 90% of Covid-19 Deaths across Canada since the beginning of June

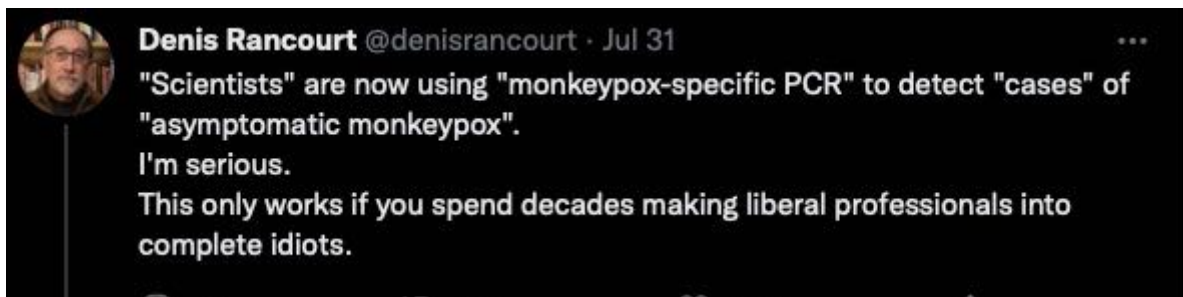
<https://expose-news.com/2022/07/29/trudeau-90percent-covid-deaths-vaccinated-canada/>

UK Government Report & Excess Deaths Data confirm COVID Vaccination takes 5 months to kill recipients

<https://expose-news.com/2022/07/31/uk-gov-report-covid-vaccination-5-months-kill/>

Report: World Needs Equivalent Of Pandemic Lockdown Every Two Years To Meet Paris Carbon Emission Goals

<https://www.forbes.com/sites/carlieporterfield/2021/03/03/report-world-needs-equivalent-of-pandemic-lockdown-every-two-years-to-meet-paris-carbon-emission-goals/>



The American Conservative
PRESENTS

C19
EXPERT PANEL
@PeterMcCullough

CRONY CAPITALISM: BIG PHARMA, COVID, AND VACCINES

SPEAKERS:
RON JOHNSON
US Senator from Wisconsin





- Dr. Pierre Kory
- Dr. Robert Malone
- Dr. Peter McCullough

A PANEL DISCUSSION

DATE: 11:30 am
on August 3rd

LOCATION:
Van Andel Lecture Hall
at Hillsdale College,
Washington, DC

LUNCH PROVIDED

Seat Reservations Available: support@theamericanconservative.com

LIVESTREAM AVAILABLE ON TAC'S YOUTUBE CHANNEL



Devilishly Clever Word of the Day for Sunday, July 31, 2022

Sol Luckman 23 hr ago 1 5

variant: (n.) in virology this describes any new scary fiction replacing an old scary fiction for purposes of population control.

Technocracy, AI, Transhumanism, Eugenics & The Surveillance State

New Bill Aims to Make Digital ID Pervasive in the United States

<https://www.activistpost.com/2022/07/new-bill-aims-to-make-digital-id-pervasive-in-the-united-states.html>

YUMMY: Bug burgers are hitting the shelves in Germany, featuring high protein and low saturated fat levels.

<https://twitter.com/TheRealKean/status/1553766314786922498>

The history of the Global Warming Fraud

Money, Food, Energy & Resources

Weak Manufacturing Surveys Signal 'Peak Inflation'; Plunge in Orders, Production, & Jobs

With the exception of pandemic lockdown periods, July saw US manufacturers report the toughest business conditions since 2009.

<https://www.zerohedge.com/economics/weak-manufacturing-surveys-signal-peak-inflation-plunge-orders-production-jobs>

Amazon Cuts 100,000 Employees From Workforce In A Single Quarter

<https://www.zerohedge.com/economics/amazon-cuts-100000-employees-workforce-single-quarter>

Bank of America Memo, Revealed: “We Hope” Conditions for American Workers Will Get Worse

<https://theintercept.com/2022/07/29/bank-of-america-worker-conditions-worse/>

Las Vegas, NM declares emergency, with less than 50 days of clean water supply left

<https://abcnews.go.com/US/las-vegas-declares-emergency-50-days-clean-water/story?id=87623219>

Governor Ron DeSantis Announces Initiatives to Protect Floridians from ESG Financial Fraud

<https://flgov.com/2022/07/27/governor-ron-desantis-announces-initiatives-to-protect-floridians-from-esg-financial-fraud/>

Ukraine, False Flags, & other Globalist-Inspired BS

China To Pelosi: You Will 'Perish' Over Taiwan

<https://www.zerohedge.com/geopolitical/china-pelosi-you-will-perish-over-taiwan>

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

U.S. House passes "assault weapons" ban.

<https://twitter.com/disclosetv/status/1553158527455215616>

How do you know we are at war?

Thank you, Patrick Wood, for pointing out the stark truths we tripped over, but failed to see

<https://merylknass.substack.com/p/how-do-you-know-we-are-at-war>

Humans on planet earth have inalienable human rights

...As long as your country has signed and ratified international conventions. And while they have been trampled on, knowing you have them is the first step to regaining them

<https://merylknass.substack.com/p/humans-on-planet-earth-have-inalienable>

Wikipedia Locks Page Edits after it Changes the Definition of "Recession"

<https://granitegrok.com/blog/2022/08/wikipedia-locks-page-edits-after-it-changes-the-definition-of-recession>

Are We On The Verge of Ending AUTHORITARIAN Cycles?

<https://youtu.be/9kA-fw-NS1g>

Charles Eisenstein: Scapegoats, Social Psycho-dynamics, and Conflict Resolution

<https://youtu.be/kQI3oDwszZk>

Peter McCullough, MD MPH @P_McCulloughMD · Jul 30

Twitter hemorrhaging evidence of CDC collusion, malfeasance, and suppression of free speech is found to be censoring leading news outlet Epoch Times. As more censorship happens audiences are further drawn to those sources of information for the truth. Keep it up Twitter!

Read this article [Twitter Censors All Content From The Epoch Times](#):



The Twitter logo is seen on a sign at the company's headquarters in San Francisco, California on Nov. 4, 2016. (Josh Edelson/AFP via Getty Images)

PREMIUM BIG TECH, CENSORSHIP, AND SOCIALISM

Twitter Censors All Content From The Epoch Times

By [Eva Fu](#) July 29, 2022 Updated: July 29, 2022

AA Print

C19
EXPERT PING
@PeterMcCulloughMD

Culture Wars

U.S. Military Base set to Host a “Drag Show” in the name of “Woke Diversity”

<https://endtimeheadlines.org/2022/07/u-s-military-base-set-to-host-a-drag-show-in-the-name-of-woke-diversity/>

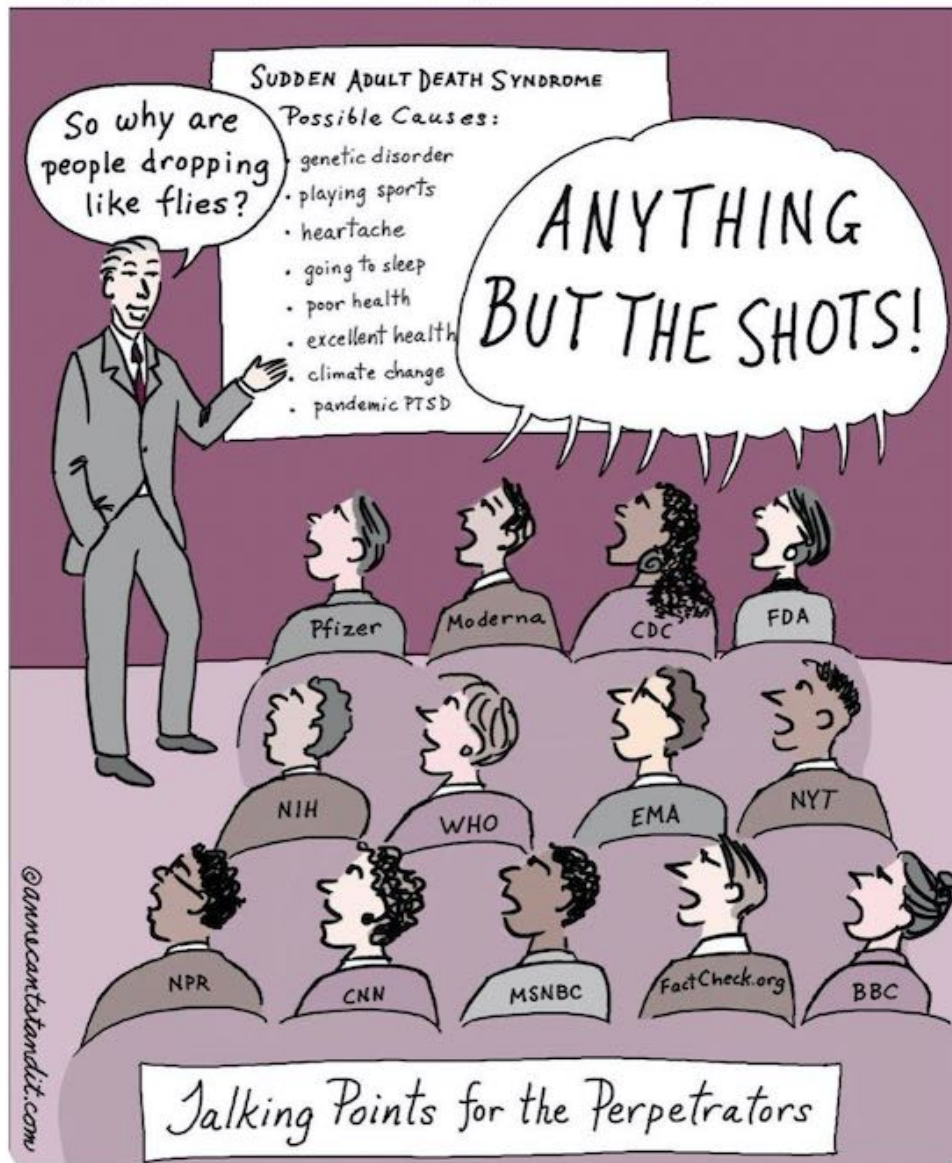
Paradigm Expanding

Man is Shown Our True Connection To Nature During NDE (Near Death Experience)

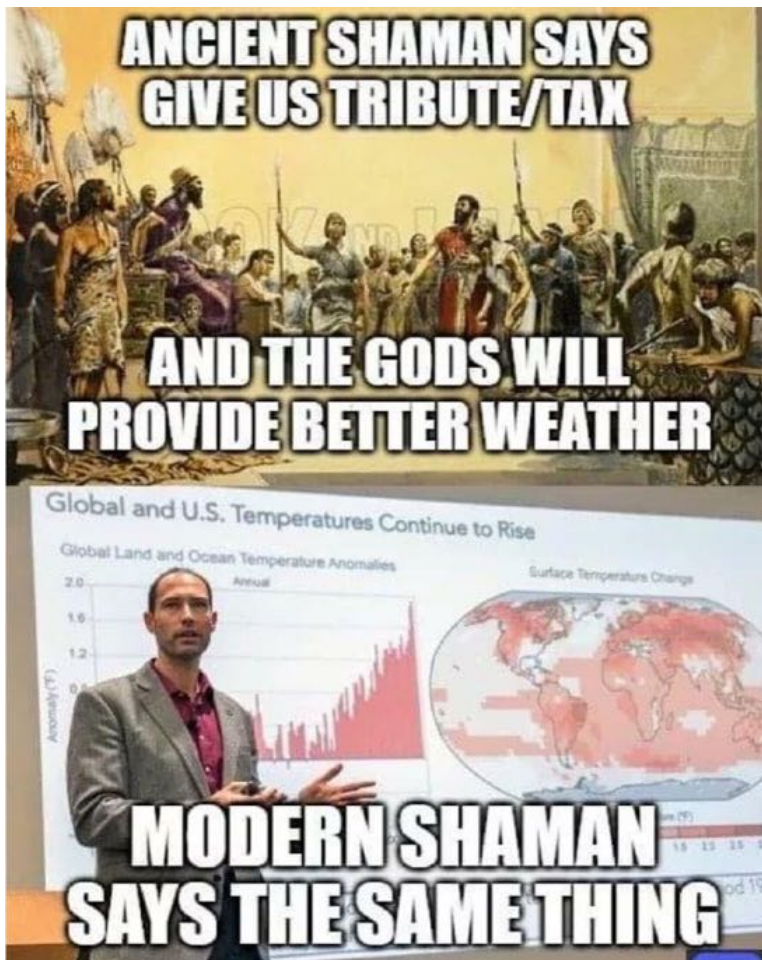
<https://youtu.be/e07Gcat79sM>

Monday Memes

SUDDEN INVENTED SYNDROME SYNDROME



Napping regularly linked to high blood pressure and stroke, study finds



DATING IN 2022:



Media Responses



TRUMP GETS COVID



BIDEN GETS COVID



Napping regularly linked to high blood pressure and stroke, study finds

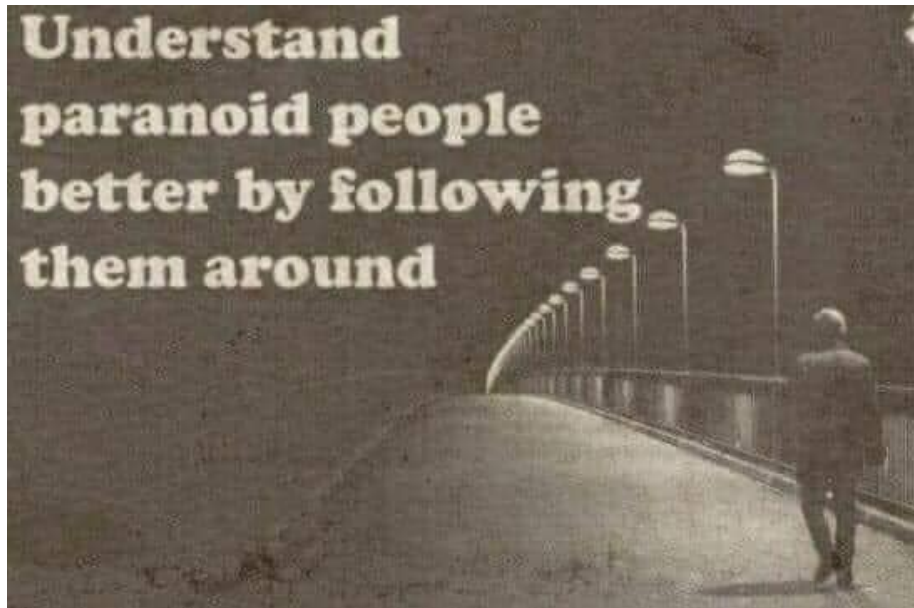


I TOOK **ASPIRIN** FOR THE HEADACHE CAUSED BY THE **ZYRTEC™** FOR THE HAY FEVER I GOT FROM THE **RELENZA™** FOR THE UPSET STOMACH AND FLU LIKE SYMPTOMS CAUSED BY THE **VIAGRA™** FOR THE ERECTILE DYSFUNCTION FROM THE **PROPECIA™** FOR THE HAIR LOSS CAUSED BY THE **RITALIN™** FOR MY SHORT ATTENTION SPAN CAUSED BY THE **SCOPODERM TTS™** FOR THE MOTION SICKNESS THAT I GOT FROM THE **LOMOTIL™** FOR THE DIARRHEA CAUSED BY THE **XENICAL™** FOR THE WEIGHT GAIN CAUSED BY THE **PAXIL™** FOR THE ANXIETY THAT I GOT FROM THE **ZOCOR™** THAT I'M TAKING FOR MY HIGH CHOLESTEROL BECAUSE A GOOD DIET AND EXERCISE IS JUST TOO MUCH TROUBLE.

**The guy
at the furniture
store told me the sofa
would seat 5 people
without any problems.**

**Then it occurred to me,
I don't think I know 5
people without
any problems.**

**Understand
paranoid people
better by following
them around**



Sticking with uncertainty,
getting the knack of relaxing in the
midst of chaos, learning not to panic—
this is the spiritual path.

Pema Chodron



Your mind is the
museum of your
thoughts.
*You are the
curator.*
Only hang
beautiful
thoughts in your
gallery.

Bruce van Horn

www.seizeyourvision.co.za

