



Newsletter - Monday September 12, 2022

Welcome to our **Monday Edition** with curated news of the day and **Memes** at the bottom. Please note the NH primary elections are TOMORROW -- see RebuildNH's candidate lists in the Politics section below.

Today's Zoom: How to Prevent Freezing Pipes

This coming Monday at 1pm, as part of our prepping resource vault, we'll debut a short how-to video featuring Kevin Chapman on preventing your water pipes from freezing if the electricity goes out for an extended period of time. Kevin will be on hand to answer any questions you may have.

[Click for 1PM Zoom](#)

Listen to the audio version of my article, [*Beating a Path to the People's Reset*](#) (16-minute mp3): <https://riseupnh.org/wp-content/uploads/2022/09/Beating-a-Path-to-the-Peoples-Reset.mp3>

Listen to **The Globalists' Economic Endgame**, with Frank Natoli and John-Michael, 64 minutes: <https://youtu.be/v4QSTG158T8>

Activism opportunities:

Date Change for JLCAR

Oppose the unlawful DHHS power grab to mandate an incriminating exemption form.

1) Attend September 16th JLCAR Committee Meeting

The Legislative Office Building, Room 306-308, 9 a.m.

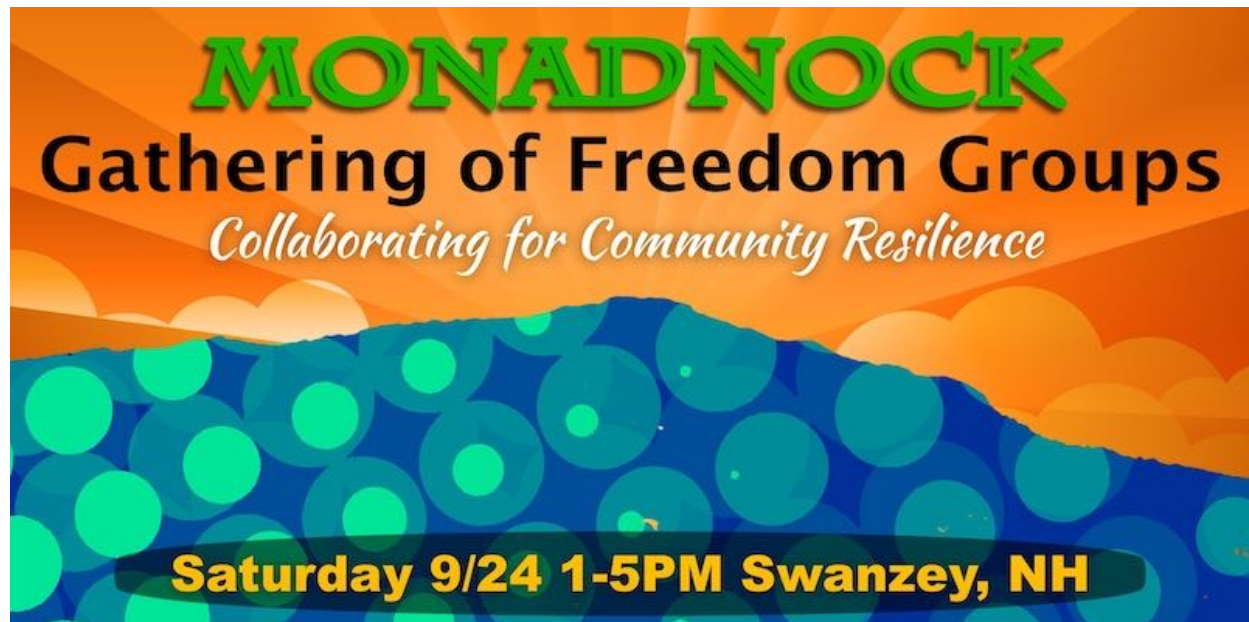
Contact the members of JLCAR: hfnh.org/jlcar

Proposed interim rule: <https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/inline-documents/sonh/he-p301307ir.pdf>

Screw The WHO - UPDATE!

Important update on the WHO's request for video submissions: their new terms of participation need your careful consideration

IN LESS THAN TWO WEEKS!



Monadnock Gathering of Freedom Groups - *Please share!*

When: Saturday, September 24, 1-5PM

Where: The Village Church, 121 Cobble Hill Road, Swanzey NH

What: Massive networking opportunity with participating groups and meet folks near you to create "freedom cells" for community resilience in the face of supply chain and other economic disruptions. There will be a panel of the health freedom group leaders, and Rep. Jim Kofalt of 603 Alliance will speak on bridging the political divide. Snacks provided.

More information and tickets at: <https://www.eventbrite.com/e/monadnock-gathering-of-freedom-groups-tickets-395962403207>

If you do not wish to purchase a ticket on the Eventbrite System, you can reserve your place by writing to admin@riseupnh.org [please specify # of tickets, the names of ticket recipients and their town(s)].

Download the updated PDF flyer [here](#).

Participating groups: 603 Alliance (Rep Jim Kofalt), RebuildNH (Rep JR Hoell), Health Freedom NH, NH Committee of Safety (Dan Richard), We The People (Terese Grinnell), Rise Up NH, the Free State Project, NH Healthcare Workers for Freedom (Rep Leah Cushman), the Weston A. Price Foundation NH Chapter, NH Liberty Alliance and Children's Health Defense NE Chapter.

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

Sat Sept 17 anytime between 10 and 4 pm. WORK PARTY!

Lori and Jim at Fertile Fields Farm are having a sweet potato harvest work party

916 River Road Westmoreland NH

603 399-7772

Be prepared to get dirty and go home with sweets.

Tuesday September 20, 7:00 - 8:30 pm. Roe v Wade Overturned: NH Speaks

A free interactive discussion. Braver Angels' mission is to depolarize America.

Register: <https://www.eventbrite.com/e/roe-v-wade-overturned-nh-speaks-nh-new-hampshire-alliance-registration-412443719267>

September 23-24 - Connecticut River Conservancy - Source to Sea Cleanup 2022

Get Dirty for Clean Rivers! You can make a difference in your community with ripple effects felt throughout the Connecticut River watershed.

<https://www.ctriver.org/our-work/source-to-sea-cleanup/river-witness/>

Sunday, September 25, Health Fair at Restoring Eden, Gilsum

Contact <https://www.restoringeden4naturalhealth.com> for details

Straw Bale building workshops in Montague MA (revised dates):

Saturday, Sept 17, 9-3: Making and using our own natural lime paint

Saturday, Oct 8, 9-4: Making and using our own natural lime exterior finish

Email bigfootfoodforest@gmail.com or call/text (781) 428-1670; www.bigfootfoodforest.com

Save the date: Saturday October 8th, Health Freedom NH

for a presentation and social evening. This is a private event in Temple NH. Tickets are required and will be live on our website soon...presentation, good food, good company and live music :)

Saturday Oct 20 Field trip to Forefather's Monument in Plymouth MA

Details: <https://riseupnh.org/wp-content/uploads/2022/08/Field-Trip-to-Plymouth-MA.pdf>

The UpBeat

REO Speedwagon - Roll with the Changes (Color Version)

<https://youtu.be/jeHkaSH0Xw8>

Dimash S.O.S. -- Kazakh singer phenom

His voice will take you to another place

<https://youtu.be/JEz1qGS0T1Q>

FREE MEDICINE

@paolaxhuli



GROUNDING



SUNLIGHT



MOVEMENT



DEEP
CONNECTIONS



COLD
PLUNGES



QUALITY SLEEP



BOUNDARIES



REST



SELF-MASSAGE



MUSIC



BREATHWORK



CREATING

Free/Cool/Fun/Weird/Noteworthy

Pam Popper - A Review of the New CDC Guidance Regarding COVID-19

<https://riseupnh.org/wp-content/uploads/2022/09/Popper-CDCs-New-Guidance-9.12.22.pdf>

Epoch Cinema Documentary Review: 2011's "Farmageddon: The Unseen War on American Family Farms"

https://www.theepochtimes.com/epoch-cinema-documentary-review-farmageddon_4722843.html

Movie, 86 minutes: https://www.theepochtimes.com/farmageddondocumentary_4700266.html

The Refusers "Eat the Bugs" - Official music video

https://www.youtube.com/watch?v=_dl5XJr3OT8

Solzhenitsyn - "Live Not by Lies"

Lies = ideology, the illusion that human nature and society can be reshaped to predetermined specifications.

<https://www.solzhenitsyncenter.org/live-not-by-lies>

The Anti-Plague Herbal Formula

Recipe [HERE](#). 9 minute video: <https://youtu.be/7A3X0IPVaBQ>

Politics, Bills, Elections, Voting & Natural Law

Note: RiseUpNH cannot endorse candidates, but we can share information about candidates who stand for health freedom. Please do your own research and make up your own mind.

RebuildNH's Candidate Endorsement List:

<https://rebuildnh.com/endorsement/2022/>

2022 Candidate Scorecard:

<https://rebuildnh.com/scorecard/>

US DOJ Launches Massive Blitzkrieg Against Trump Supporters

<https://granitegrok.com/blog/2022/09/us-doj-launches-massive-blitzkrieg-against-trump-supporters>

“Badly Misses the Point”?: Post Columnist Hits Roberts after his Defense of the Court’s Integrity

Critics of SCOTUS are “missing the point” over the shifts in jurisprudence that comes with changes on the Court.

<https://jonathanturley.org/2022/09/12/badly-misses-the-point-post-columnist-hits-roberts-after-his-defense-of-the-courts-integrity/>

DC Mayor Declares Public Emergency After Busloads Of Migrants Overwhelm Nation's Capital

After the sanctuary city received more than 9,400 illegal aliens from the states of Texas and Arizona.

<https://www.zerohedge.com/political/dc-mayor-declares-public-emergency-after-busloads-illegal-immigrants-overwhelm-nations>

Watch: Kamala Harris Proclaims Border 'Secure' When Asked About 2 Million Illegals Crossing

<https://www.zerohedge.com/political/watch-kamala-harris-proclaims-border-secure-when-asked-about-2-million-illegals-crossing>

Relocalization, Sustainability & Prepping

Join the Freedom Cell Network and Never Go Hungry! (John Bush)

1 minute: <https://youtu.be/NiPobx51GJ0>

<https://freedomcells.org>

6 Must-Grow Crops to Sow this Autumn

6 minutes: https://youtu.be/18Q_1tEmbQA

Living Energy Farm: A Community Free of Fossil Fuels?

DC microgrids, biogas, and more.

<https://www.resilience.org/stories/2022-09-01/living-energy-farm-a-community-free-of-fossil-fuels/>

Website: <https://livingenergyfarm.org>

Cooking with Renewable Energy

<https://livingenergyfarm.org/wp-content/uploads/2020/12/cook4.pdf>

Havana: Its low-tech internet, its urban cultures, its informal networks

<https://www.resilience.org/stories/2022-09-07/havana-its-low-tech-internet-its-urban-cultures-its-informal-networks/>

Rebuilding Society & Culture

Bildung and the folk high school system, needed for the meaning crisis

Lene Rachel Andersen literally wrote the books on Bildung (character formation) and the folk high school system in the Nordic countries (The Nordic Secret).

53 minutes: <https://youtu.be/BRlqE14Z7YE>

Steve McIntosh – The Cultural Dimensions of American Conflict - with Glenn Loury

A wide-ranging discussion on McIntosh's latest book, Developmental Politics: How America Can Grow into a Better Version of Itself, in which he delivers as a primer on “cultural evolution” and moving beyond political polarization.

Audio, 72 minutes: <https://glennloury.substack.com/p/steve-mcintosh-the-cultural-dimensions>

Toolkit: How to Navigate Moral Disagreements

When disagreements arise, appeals to rational standards, facts, or statistics can often polarize people more. When people feel threatened or cornered by the evidence, rather than

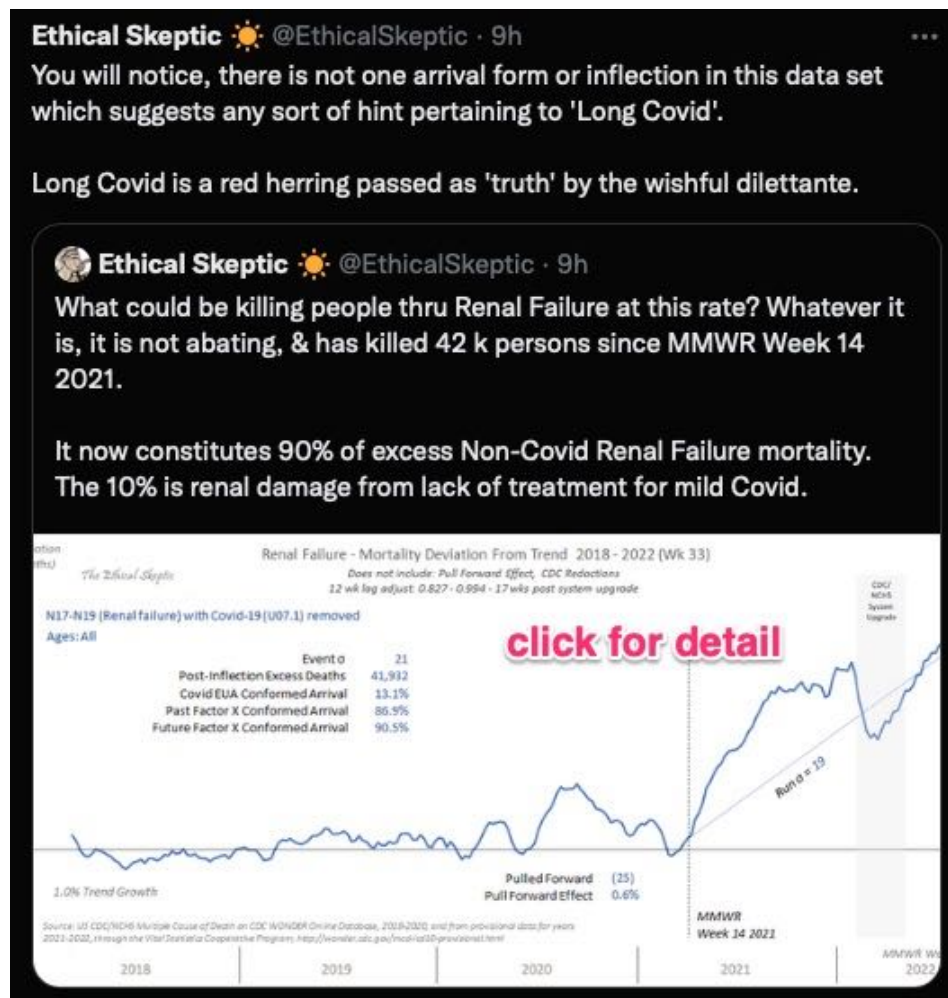
conceding, they often kick debates into the moral sphere, where claims become much more difficult to falsify.

<https://heterodoxacademy.org/library/how-to-navigate-moral-disagreements-2/>

Toolkit: When Cancel Culture Comes for You: A Toolkit for Responding

<https://heterodoxacademy.org/library/when-cancel-culture-comes-for-you-a-toolkit-for-responding/>

Jab, Health & Plandemic News





CDC Director Walensky: "You Need To Get Your Fall Booster Vaccine"

https://twitter.com/backtolife_2024/status/1568683586836119552

Update: Dr. Paul Offit criticizes CDC & says a healthy person will not benefit from boosters CDC is trying to shove down your throat; CDC Director Rochelle Walensky is clueless, inept & LIES!

Walensky openly lying about the science, pure boldfaced LIAR, she knows no study exists showing injection cuts severity or death; she disregards natural immunity & early treatment; Fauci: "No time"

<https://palexander.substack.com/p/update-dr-paul-offit-criticizes-cdc>

Reminder: Pfizer & Moderna & FDA MADNESS, just sheer insanity approving Fall Bivalent booster (Wuhan legacy strain & BA 4/BA5 sub-variants); no human trial data? based on BA.1? antibodies? 8 mice??

It is sheer recklessness and insanity and danger by the FDA to approve these via EUA, there is no science, no evidence, no emergency, no basis!

<https://palexander.substack.com/p/reminder-pfizer-and-moderna-and-fda>

International Medical Crisis Declared Due to Unprecedented Illnesses and Deaths from Covid Vaccines

At a press conference Saturday, over 400 doctors and scientists from more than 34 countries declared an international medical crisis due to diseases and deaths associated with Covid injections.

Article, video: <https://expose-news.com/2022/09/11/medical-crisis-declared-due-to-vaccine->

[harm/](#)

Dowd: 61,000 Millennials Aged 25 to 44 Died in 2021 After COVID Vaccine Mandates – 84% Increase in Mortality Rate

<https://worldfreedomalliance.org/au/news/millennials-experienced-84-percent-rise-of-excess-mortality-into-fall-2021-former-blackrock-portfolio-manager/>

A Study to Share With Your Doctor

This is huge: a 50-page study by a team of top medical professionals and researchers shows that young adults should not get COVID-19 booster shots

<https://jennifermargulis.substack.com/p/a-study-to-share-with-your-doctor>

Data Leak Reveals Disturbing Facts About mRNA Instability (Dr Mercola)

https://www.theepochtimes.com/data-leak-reveals-disturbing-facts-about-mrna-instability_4725208.html

Trialsite news: NIH Study Reveals COVID-19 Vaccines Potentially Linked to Neurological-Based Injury

6 minutes: <https://youtu.be/pzNLHya24oY>

UK figures on COVID Vaccine Deaths: 1 in 482 dead within a month, 1 in 246 dead within 60 days, & 1 in 73 dead by May 2022

<https://expose-news.com/2022/09/11/government-publishes-figures-on-covid-vaccine-deaths/>

Yes, Covid Vaccines UNSET and ERASE Natural Immunity

NEJM piece shows that children who had Covid and were subsequently vaccinated, were much more likely to get reinfected than their peers who also had Covid, and were NOT vaccinated.

<https://igorchudov.substack.com/p/yes-covid-vaccines-unset-and-erase>

Judge orders Fauci and his co-conspirators to release records showing plandemic collusion between government and Big Tech

<https://www.naturalnews.com/2022-09-09-judge-orders-fauci-release-records-plandemic-collusion.html>

Canadian Nurse Details Dangers of Covid Vaccines, Co-Founds Organization to Protect Citizens

Article, video: <https://rairfoundation.com/canadian-nurse-details-dangers-of-covid-vaccines-co-founds-organization-to-protect-citizens-exclusive-interview/>

Ethical Skeptic 🌞 @EthicalSkeptic · 22h

You must understand that 'Long Covid' is a mechanism being employed to deflect malpractice liability.

We were denied treatment in order to preserve the EUA - this was malfeasance, and not an accident.



"Only describe, don't explain."

~ Ludwig Wittgenstein

'Long Covid' explains everything, anything, and nothing - all at the same time.

Brandon Moore @LetsGoBrando45 · Sep 10

Mysterious fiber clots are being found in corpses recently. Embalmers are reporting that they're being found in 50% to 70% of the recently deceased.



EMFs

Technology Safety session with Cece Doucette from MA for Safe Technology.

Learn the wireless radiation science, risks and simple ways to use today's technology more safely - and help others too!! Feel free to share this information with anyone who would like to learn more - we welcome all!

September 19, 2022 at 12:00 PM EST - <https://us02web.zoom.us/meeting/register/tZ0uc->

[ytrTovEt2FLb1Qv7vPcJOpPPUGbeyh](#)

September 27, 2022 6:00 PM EST -

<https://us02web.zoom.us/meeting/register/tZcofu6uqj4iGNZPxHupbdofgNJ7zzVZcyUx>

Technocracy, AI/Transhumanism, Eugenics & The Surveillance State

King Charles III Vows To Usher In 'Great Reset' Following Queen Elizabeth's Death

<https://newspunch.com/king-charles-iii-vows-to-usher-in-great-reset-following-queen-elizabeths-death/>

NWO Globalists Targeting Red States With Relentless Weather Warfare

<https://stateofthenation.co/?p=132361>

Intentional Destruction of Life on Earth (Geoengineering)

Forensic scientific and medical investigations of a near-global, near-daily conspicuous activity whose actual nature and intent is cloaked in secrecy and disinformation.

https://www.researchgate.net/publication/353724140_Intentional_Destruction_of_Life_on_Earth

Schools are now feeding BUGS to children

<https://petersweden.substack.com/p/insects-schools>

Assignment for 5th grade students in a Sarasota, Florida touting the alleged benefits of consuming insects:

<https://www.freedomproject.com/wp-content/uploads/2022/09/alex9622.pdf>

Money, Food, Energy & Resources



Charles Hugh Smith: 10 Reasons Why This Recession Is Different

<https://www.activistpost.com/2022/09/10-reasons-why-this-recession-is-different.html>

"Production Has Fallen Off A Cliff" - Goldman Reportedly Prepping For Layoffs

<https://www.zerohedge.com/personal-finance/production-has-fallen-cliff-goldman-reportedly-prepping-layoffs>

De-Energization Plans in California – Lights Out

California plans to temporarily turn off the power grid in the name of public safety.

https://www.armstrongeconomics.com/international-news/north_america/americas-current-economy/de-energization-plans-in-california-lights-out/

Germany's Energy Suicide: An Autopsy (Pepe Escobar)

The EU has weaponized the supply of European energy on behalf of a financial racket, against the interests of European industry and consumers.

https://thealtworld.com/pepe_escobar/germanys-energy-suicide-an-autopsy
https://thealtworld.com/pepe_escobar/germanys-energy-suicide-an-autopsy

Protests Start in Europe as Belgium Prime Minister Warns that the European Economy will Come to "Full Stop" in a "Few Weeks"

<https://healthimpactnews.com/2022/protests-start-in-europe-as-belgium-prime-minister-warns-that-the-european-economy-will-come-to-full-stop-in-a-few-weeks/>

Putin's 12,000 Tonne Gold Hoard Sets The Stage For Asian Bretton Woods And The New Moscow Gold Standard

<https://kingworldnews.com/putins-12000-tonne-gold-hoard-sets-the-stage-for-asian-bretton-woods-and-the-new-moscow-gold-standard/>

The Stage Is Being Set For A Massive Global Rice Shortage

India bans exports of broken rice and imposes a 20% duty on exports of various grades of rice

<https://www.activistpost.com/2022/09/the-stage-is-being-set-for-a-massive-global-rice-shortage.html>

UPS drivers threatening to strike; could hurt virtually every American

<https://haltturnerradioshow.com/index.php/en/news-page/news-nation/ups-drivers-threatening-to-strike-could-hurt-virtually-every-american>

Railroad Strike Could Cripple National Supply Chain Sept. 15

<https://haltturnerradioshow.com/index.php/en/news-page/news-nation/railroad-strike-could-cripple-national-supply-chain-sept-15>

Ukraine, False Flags & Globalist Militarism

Were the Mar-A-Lago and related raids a false flag trigger?

<https://ac.news/false-flag-exposed-biden-regime-planning-civil-war-to-justify-un-troops-to-occupy-and-disarm-america/>

How the Arms Industry Scams the Taxpayer — Contractors Cash in as Congress Adds Billions to the Pentagon Budget

https://original.antiwar.com/julia_gledhill/2022/09/11/how-the-arms-industry-scams-the-taxpayer/

Swiss Social Media Abuzz Over “Rat Out Your Neighbor” Energy Use Posters

<https://www.activistpost.com/2022/09/swiss-social-media-abuzz-over-rat-out-your-neighbor-energy-use-posters.html>

1st & 2nd Amendments, Psy-Ops, Propaganda, Censorship & Critical Thinking

Back to normal is now "FAR-RIGHT"?!?

https://youtu.be/2gS13_-1m1E

(The Lie About) Electric Vehicle Savings

4 minutes: <https://youtu.be/bYriJJ8FWR8>

Culture Wars

Nicole Levitt: Woke Ideology Is Corrupting the Mission of My Employer, One of the Largest Domestic Violence Nonprofits in America

Editor's Note; This is happening in many if not most NPOs

30-minute video: https://www.theepochtimes.com/nicole-levitt-woke-ideology-is-corrupting-the-mission-of-my-employer-one-of-the-largest-domestic-violence-nonprofits-in-america_4710640.html

Understanding the Roots of Cultural Marxism and Wokeness | Prof. Andrei Znamenski

11 minutes: <https://youtu.be/IF6Jnlvzq1k>

Steal Their Motte & Bomb Their Bailey | James Lindsay & Michael O'Fallon

Understanding and combating the rhetorical strategy of SJWs on Diversity-Equity-Inclusion

47 minutes: <https://youtu.be/cq-Rngb6zfo>

Paradigm Expanding

Deathbed Confession on Moon Landing Fraud

14 minutes: <https://www.youtube.com/watch?v=xt4slbAg7WQ> 

Remote Viewing & Humanity's Future - Paradigms Lost & Found Ep 5

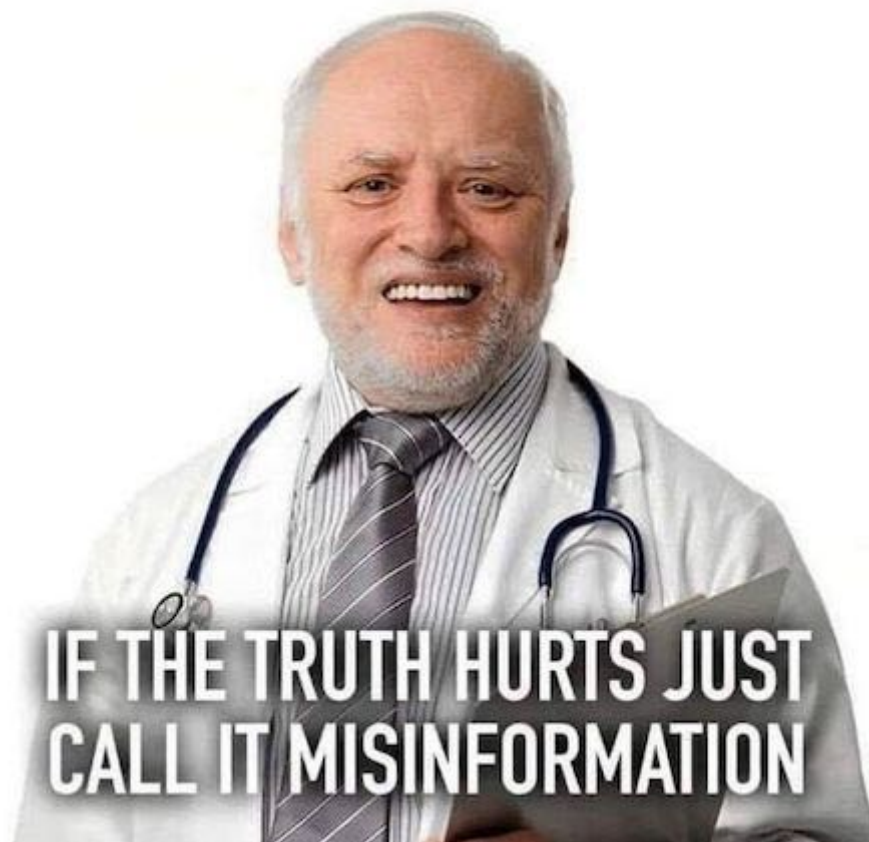
In this episode, Jim Rodger and John-Michael do a deeper dive on Remote Viewing — what it is, how it got started, and its potential for personal and social development. Remote Viewing is a natural human capacity and can be learned by most anyone. We discuss offering a local training (NH Monadnock region) sometime this fall. If you are interested in participating, please contact [John-Michael here](#).

51 minutes: <https://youtu.be/2dzfLkvdd7Q>

Monday Memes



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Top tip: Cut your household and energy bills in half by getting your booster this autumn, and spending the winter in hospital with myocarditis.

Follow me for more money saving tips.



WHEN YOU'RE WATCHING THE
NEWS AND YET ANOTHER OF
YOUR "THEORIES" COMES
TRUE...



Please bro.
They're safe. They
tested them on 8
mice. 8 whole mice. They
all died bro, but
you won't. Please
bro, Pfizer needs
a strong quarterly profit.



"IF YOU WANT TO LIVE IN
ABSOLUTE HELL, BELIEVE THAT
YOU ARE RESPONSIBLE FOR
WHAT OTHER PEOPLE FEEL."

▷▷ MARSHALL ROSENBERG ◁◁



Normally when **TOTALITARIAN**
regimes arise, it's because
they want *power & control*.

I'm so glad that **THIS** time they
are protecting our *health*. 🤪

BRENDAN J MURPHY

To the Point

Truthiverse.com
@BrendanDMurphyOfficial

★ Due to
COVID-19

We are unable
to have

★ live music, singing
or dancing. ★

SWEET CAROLINE
is BANNED!!

& there will be no:

- TOUCHING HANDS
- REACHING OUT
- TOUCHING ME
- TOUCHING YOU