



Newsletter - Monday October 10, 2022

This week we introduce a new format for our twice-weekly newsletters: the Monday edition will be primarily focused on Solutions, while the Friday edition will be more focused on P(I)andemic news. Solutions can include everything from prepping and health and wellness (or communications options such as we'll cover in today's zoom chat), to the larger "System B" ideas of economic relocalization, new possibilities for education, governance, and energy, ideas for rebuilding society and culture, and other ways to reboot our world. On Fridays, we'll feature the usual suite of news from around the world on the ongoing jab and global resource developments, the WEF's attempt to enact its technocratic and transhumanist vision, false flag events, propaganda, the culture war, and the like, that form the background and context for all that is happening. Once the legislature is in the session, we'll have more news to share about the status of bills that protect a range of freedoms, and those that do not. Both editions will feature events, the community bulletin board and memes, and both will include a small dose of news and ideas covering the other edition's primary focus. Our Monday zoom chats will continue to focus on a broad range of issues.

We hope this new format provides a little more positivity and some "wind beneath your wings" for your week's beginning. In the end, the power to create a more positive future lies in our imaginations and in our actions.

Please join us today at 1pm for our **weekly community Zoom chat**, where we will be featuring Jack Shimek, an expert in **emergency radio communication**. Jack will discuss a number of solutions that groups like ours should consider in a grid-down or other emergency scenario.

[Click for 1PM Zoom](#)

What to do first when you get to VCAL

...VCAL is our **100% exclusive, private, invitation-only social media network for "plandemic-aware" individuals and groups in and around NH.**

Here is our recommended "do this first" routine (all videos are brief and can be found on on your dashboard page, upper left):

1. Watch [Intro Video](#)
2. Watch [Profile video](#)
3. Watch [Privacy video](#)
4. Set privacy levels (how much/little you want people to know or learn about you)
5. Complete Profile (such as interests and skills) - this is designed to help folks find like-minded individuals
6. Do a search for others near you (by county or zip code radius), under "Members" menu item
7. Poke around the groups -- join any of the open ones, request access for any private groups
8. Watch [Notifications video](#)
9. Set up notifications - this determines which site activities you will get emails for

If you have not receive an invitation to VCAL, please write to admin@riseupnh.org to request one. If you have been on the site before, please come back, join one or more groups or conversations, and help make others welcome. THANK YOU! :-)

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. In general, we do not repeat the ubiquitous mainstream narratives, though most items reference these in their arguments. 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.



Help Support Local Student's Singing Tour

I am going on a singing tour in Spain with my choir, the Cecelia Ensemble in April. In order to go, we have to do fundraising to pay for the tour. One thing I am doing is selling raffle tickets. The tickets are for a chance to go on an all-expenses-paid 3-day weekend trip to either London or Paris, your choice! The brochure with all the information is here:

<https://bit.ly/3Tb9CHi>. The tickets are \$20. Email artsybobcat2@gmail.com to get a ticket.

The deadline to buy tickets is November 1st (the drawing is November 14). If you are interested, or know anyone who is interested please email back and let me know! I would really appreciate the help.

Thanks,

Cadence, daughter of Brenna (Stoddard)

**Bulk Organic Storage Crops
for sale from
Fertile Fields Farm in Westmoreland NH**

Garlic \$8.50 lb
Potatoes (all colors) \$1.50 lb
Sweet Potatoes \$2.50 lb. (20 lbs or more \$2 lb)
Butternut Squash \$1.50 lb
Acorn Squash \$1.50 lb
Spaghetti Squash \$1.50 lb
Buttercup or Orange Kaboucha Squash \$1.50 lb
Long Pie Pumpkins \$1.50 lb
Musquee De Provence Pumpkins \$1.00 lb (they are big – between 15-20 lbs each and keep a very long time.

Purchasing 50 lbs potatoes or 100 lbs squash mix lowers price to \$1.25 lb

Call Lori@ 603 399-7772 or text 603 355-7004 to arrange pick up or meet up in Keene.

Cope Counseling & Coaching
David Cope MSW, LICSW

www.copecounselingandcoaching.com
david@copecounselingandcoaching.com
603-562-8889

*Healing/
Empowerment
Sessions*

*with
John-Michael
Dumais*

603-757-6358
jmdumais@gmail.com
www.Quest4Emergence.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:

- Halotherapy
- 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



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

Events

October 7-10

Get to Know New Hampshire Weekend (various events/locations all over NH)

Details: <https://porcupinerealestate.com/gettoknownh/>

Free State Project video on same: <https://youtu.be/JPIGW1mRw-0>

Biweekly, **Saturday 10am to 11:30am NVC Study Group, Swanzey**

with Kristen Reynolds

This study group for people who have either done an NVC intro with Kristen, read the book *Nonviolent Communication* by Marshall Rosenberg, or have had NVC training elsewhere. (Kristen will do NVC intro workshops occasionally for those who wish to start this practice. If you are interested in an introduction, please contact her to set up a time. Intros take three hours.) **Info/directions: kreynolds3000 at gmail dot com.**

Fridays Starting October 14 from 4pm - 5:15pm

Energetic Vinyasa Flow Yoga class w/ Bronwyn Sims

@ Elements MMA, Keene

Drop in rate - \$22s

To sign up please click this link: <https://www.elements-mma.com/workshops>

If you have questions please email: justmoveyoga@protonmail.com

Even more classes -- see www.justmoveyogafitness.com

Saturday October 15 from 12:30-2:30pm

Inversions & Acrobatics Workshop W/ Bronwyn Sims

At Elements MMA

310 Marlboro St Suite 264 Keene Nh

Cost- \$35 per student

To sign up please click this link: <https://www.elements-mma.com/workshops>

If you have questions please email: justmoveyoga@protonmail.com

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>

Sunday, October 23, 2022 @ 1-5pm (rain date: Saturday, Oct. 29, 2022)

MAFA MA Family Friendly Autumn Fundraiser & Social

A family farm in Ipswich MA (address will be provided with ticket purchase confirmations)

TICKETS & More info:

<https://preview.mailerlite.io/preview/156761/emails/67865447003850568>

MAFA MA's email list to receive updates on this & future events, please register at

www.MAFA-MA.com

***DATE CHANGED!* Saturday Nov 5th, 5:30-9:30PM**

Health Freedom NH Fall Presentation & Social Evening

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 :).

More info here: <https://hfnh.org/event/oct8/>

Have an event you'd like us to post? Contact admin@riseupnh.org.

The UpBeat

Avi Kaplan - All Is Well (Live at Sunset Sound)

Heaven, hell, wherever I go

All is well in my soul, all is well

4 minutes: <https://youtu.be/vGCTVa7QqjQ>

Free/Cool/Fun/Weird/Noteworthy

Tomorrow 1PM: Meryl Nass, M.D. Testifies LIVE Against Maine Medical Board (CHD-TV)

While the MMB, which implied Nass was mentally impaired or a substance abuser and

incompetent to practice medicine, has dropped most of its charges against Dr. Nass, they still aim to prosecute the prescribing of hydroxychloroquine and ivermectin.

Details: <https://live.childrenshealthdefense.org/maine-medical-board-meryl-nass-m-d-official-hearing>

The News-Benders 1968 (i.e., How the World Works - Then as Now)

Robert Larkin, a successful BBC documentary film director, has an appointment with the mysterious 'JG' at the office of CWNS (Classified World News Service). CWNS operates between government and media companies, supplying news footage and stills.

28 minutes: https://youtu.be/xYAKE_z3RVU

Did you know?

Rise Up NH created a search engine that scrapes over 50 COVID-heterodox websites. Click here to do a search: <https://cse.google.com/cse?cx=428bbdef0d1273b45> (note, the first few results are from regular Google search, ie propaganda -- look beneath the line for the real results).

Politics, Bills, Elections, Voting & Natural Law

Media Matters Founder David Brock Tied to “Ploy” of Media Sites Favoring Democrats
Democrat operatives are allegedly facilitating news and social media sites to push campaigns in close states during the midterm elections.

<https://jonathanturley.org/2022/10/09/media-matters-founder-david-brock-tied-to-ploy-of-suspicious-media-sites-favoring-democrats/>

The Golden Rule and the Hunter Biden Scandal: Three Questions Raised by the FBI Leak

<https://jonathanturley.org/2022/10/10/the-golden-rule-and-the-hunter-biden-scandal-three-questions-raised-by-the-fbi-leak/>

Relocalization, Regenerative Ag & Prepping

E10 (Ethanol additive) Gasoline is Bad for your Emergency Generator

How to remove it

9 minutes: https://youtu.be/WKE61BpyP_U

GROWATT Infinity 1500Wh/2000W Output UPS Solar Generator Battery Backup Power

Station

26 minutes: <https://youtu.be/EbgbOnl6HJU>

Product: https://growattportable.com/products/growatt-infinity-1500-portable-power-station?sscid=a1k6_9ptu3&

Winterize Your Liquid Fertilizers (Ferments) NOW Before It's Too Late

8 minutes: https://youtu.be/8_6hVN5EI1Q

Using Geothermal to Grow Oranges in the Nebraska Winter

18 minutes: https://youtu.be/ZD_3_gsgsnk

Rebuilding Society & Culture

Why an Order of the Sacred Earth? By Matthew Fox

Fox's call for "a community and movement of people from varied backgrounds of belief systems (or non-belief systems) who share a sacred vow... to become the best lovers (mystics) and defenders (warriors) they can be on behalf of Mother Earth.

<https://dailymeditationswithmatthewfox.org/2022/10/07/why-an-order-of-the-sacred-earth/>

Web3 Civics with Spencer from Lobby3

Decentralized, peer-to-peer and blockchain-based developments for rebooting civic society. Lobby3 is a new Web3 community designed to give the people a stronger voice in Washington, DC.

72 minutes: https://youtu.be/_KjPtPHqUYg

Lobby3: <https://www.lobby3.io>

Political Maturity with Charles Eisenstein (76 minutes)

On transpartisan politics, political healing, maturity and the real meaning of independence.

Video: <https://youtu.be/bopV8Pu3w8Q>

Audio: <https://anchor.fm/togetherwerise/episodes/Political-Maturity-with-Charles-Eisenstein-e1otbr0/a-a8l7eol>

Spotify: <https://open.spotify.com/show/26wjhoHd0ybyetnmjwujOf>

Jab, Health & Plandemic News

mRNA Vaccines and Deaths - Florida Recommends Against mRNA Vaccines in 18-39 Males - Dr. Been

Florida's analysis shows a significantly high risk of cardiac-related deaths in the individuals

within 18-39 years age range.

25 minutes: <https://youtu.be/Mllys3nj4s8>

Are The Kids Ok? -- On myocarditis in children (Vaccine Safety Research Foundation)

3 minutes: <https://rumble.com/v1mszqu-are-the-kids-ok.html>

What Puts the "Kill" in Killshot? (on Graphene Oxide)

This article provides quite a bit of information on Graphene Oxide (GO), including links to numerous studies from around the world, detailed analysis via Raman spectroscopy (https://en.wikipedia.org/wiki/Raman_spectroscopy), GO's relation to pathogenesis, EM radiation and more.

<https://dianawest.net/Home/tabid/36/EntryId/4534/What-Puts-the-Kill-in-the-Kill-Shot.aspx>

Yet Another Final, Respectful Response to Virus Denialism

James Lyons-Weiler has a another go on this debate.

<https://popularrationalism.substack.com/p/yet-another-final-respectful-response>

Detox From The Shot And Shedding with Dr. Louisa Williams (Weston A Price Foundation)

Protect yourself from shedding. More on Graphene Oxide and its effects.

Read/listen: <https://www.westonaprice.org/podcast/detox-from-the-shot-and-shedding/#gsc.tab=0>

General Health and Wellness

Water Revitalization, Structured Water, & Natural Action Tech (The Higher Side Chats)

Jonathan Butts, CEO of Natural Action Technologies (<https://naturalaction.com>), on mimicking nature to restore the natural power of living water.

100 minutes: <https://youtu.be/IVGp19S96zA>

Sound Research at Stanford: Scientific innovations harness noise and acoustics for healing

Acoustics can create a form that resembles natural cardiac tissue. With sound they can create new tissue to replace parts of damaged hearts. Acoustics can be used in reconstructing other organ tissue and blood vessels.

<https://stanmed.stanford.edu/listening/innovations-helping-harness-sound-acoustics-healing.html>

7 Stoic Exercises For Inner Peace

Sensible and some uncommon approaches to developing psycho-spiritual resilience.

8 minutes: <https://youtu.be/OOBTNw2nsa8>

EMFs

Oxygen Deprivation (with masks) and Light Bulb Frequency testing

EMFs and "dirty electricity"

8 minutes: <https://youtu.be/JAMYFZWbVi0>

3-minute tribute video at the 2022 Safe Tech International forum.

Our hearts and determination are with all of you suffering in Pittsfield.

<https://youtu.be/PSHXWX5fk7s>

Money, Food, Energy, Jobs & Resources

What To Do About Heat in the North?

Communal woodlots and boilers and other options for meeting the need

<https://www.resilience.org/stories/2022-10-04/heat-a-common-concern/>

Why Is No One Talking About Alternate Energy? By Patric Myers, Granite Grok

Tesla and others have long had cheap or free energy ideas, now is the time to develop them.

https://granitegrok.com/mg_manchester/2022/10/why-is-no-one-talking-about-alternate-energy

Schools & Education

Fueled by Pandemic, Homeschool 'Hybrids' Gain Traction With Middle-Class Parents

Hybrids are typically programs that meet in-person for fewer than five full days per week, with students typically home-schooled the rest of the week.

<https://news.yahoo.com/fueled-pandemic-homeschool-hybrids-gain-190100282.html>

One of the mentioned homeschool curricula: <https://www.aquinaslearning.com/>

National Hybrid Schools Project

Clearinghouse for research, data, practices, and networking for the burgeoning hybrid home school movement.

<https://coles.kennesaw.edu/education-economics-center/hybrid/index.php>

Ed Choice

Advancing educational freedom and choice for all through research, legal advice, and coalition-building

<https://www.edchoice.org>

The Future of Waldorf Education: Beyond 100

Adapted from a June 2019 speech at the Center for Anthroposophy in New Hampshire, which presaged the quagmire that many Waldorf schools have fallen into since (e.g., the quickening of the battle between life and death), as well as the hope and potential of Waldorf education.

<https://www.waldorftoday.com/2019/09/the-future-of-waldorf-education-beyond-100/>

Research Facts on Homeschooling

<https://www.nheri.org/research-facts-on-homeschooling/>

Ukraine, False Flags & Globalist Militarism

Ukraine War Planned YEARS AGO Documents Reveal (Jimmy Dore Show)

A 2019 Rand Corporation study commissioned by the US Army laid out exactly what the plan to undermine and weaken Russia through military support for Ukraine would be. The study suggested arming Ukraine, imposing sanctions on Russia, ramping up economic warfare and taking a more aggressive and militaristic posture toward the United States' international rival – all while warning that this could lead to a military invasion of Ukraine.

12 minutes: <https://youtu.be/oVjPh-8JMjQ>

Culture Wars

Stop Funding School Drag Shows

Parent Concerned About School Drag Show Dresses in Matching Drag Attire & Confronts School Board

Video, article: <https://www.armstrongeconomics.com/armstrongeconomics101/politically-correct/stop-funding-school-drag-shows/>

Paradigm Expanding

The Mothman Phenomenon

Dr. Bill Kousoulas discusses research into the 1967 Silver Bridge Disaster in Point Pleasant, WV, the mysterious connection to the many reports of UFOs, lights in the sky, and Mothman sightings.

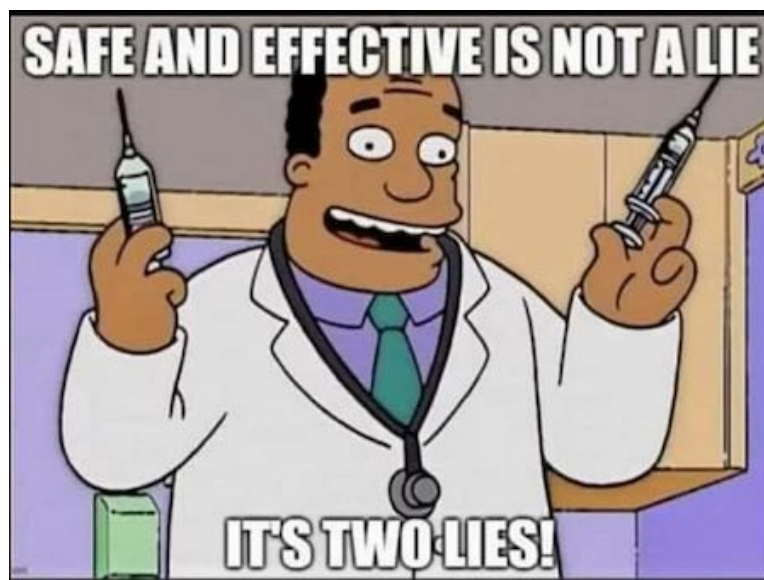
109 minutes (starts at 1-minute mark, after music):

<https://media.blubrry.com/midnightfm/p/midnight.fm/wp-content/audio/ms/10-7-2022-bill-kousoulas.mp3>

Monday Memes



**WHEN YOU'RE TRYING TO FIT IN AT A
SOCIAL GATHERING AND PEOPLE START
TALKING TO YOU ABOUT FLU SHOTS**



P

The Pacific

Heart Problems Linked To
Everything Except That
Thing We Made You Get

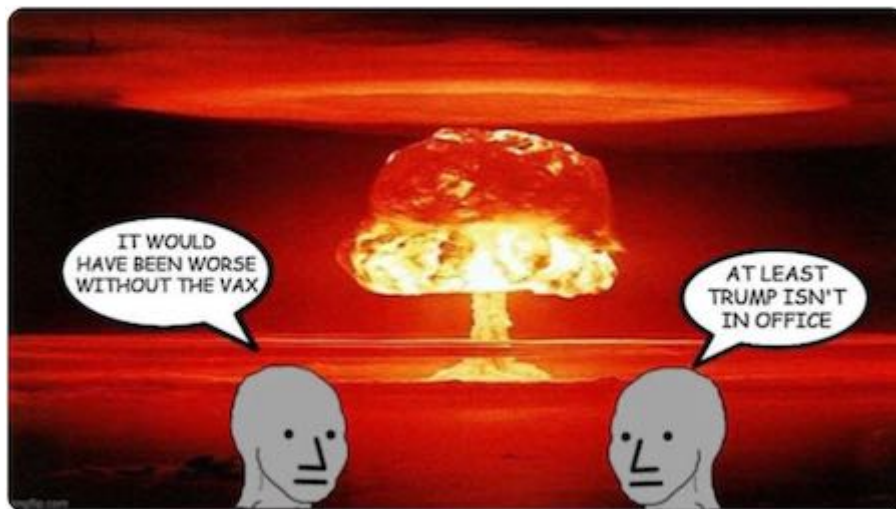




Giant Elephant In The Room Dies Of Sudden Elephant Death Syndrome



REBUNKED.news



Your spending is killing us! Please don't start WWII



The Atlanta Braves should change their name Jack



stabs gums 50 times

Dentist: You're bleeding because you
don't floss



Shit Spreaders:



Also Shit Spreaders:



"In individuals, insanity is rare; but in groups, parties, & nations, it is the rule"

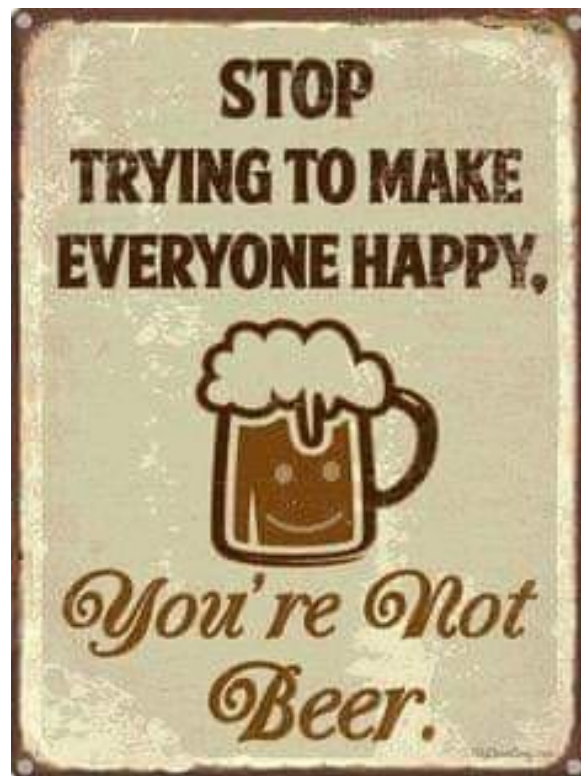
--Friedrich Nietzsche



If you focus too hard on the problem..



..the solution can often evade you.



Men aren't trash. Women
aren't crazy. Everyone is damaged.
Most are distracted.

Everyone needs healing.
Not everyone is aware of what
and how to heal. Nobody has all
of the answers.

Be patient. Be transparent.
Be compassionate. Be open
to love. Be the light.

