



Newsletter — Monday October 17, 2022

Welcome to our **Monday Solutions Edition**, with information on prepping, maximizing winter heat, creating an everyday carry bag, constructing your own solar backup generator, bridging the red/blue divide, the value of community currencies, Vitamin C and pregnancy, how to calm your mind in chaotic times, and much more. You'll also find a smattering of topical news, plus Events, Community Bulletin Board, Memes, and more.

Please join us **today at 1pm** for our **weekly community Zoom chat**, where we speak with 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.

1PM Monday Zoom

Some of What's New at the VCAL website

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

Under the Prepping Group (open to all), see:

- Recent Discussions in Public Prepping Group
- Prevent Your Pipes From Freezing - video and tip sheet
- Intro to Prepping Video
- The Anti-Plague Herbal Formula – Recipe and Video
- New memes posted in "Don't let your Memes become your Dreams" public group
- New services posted in "VCAList" craigslist-type directory (under "Listings" menu item)

If you have not received an invitation to VCAL, please write to admin@riseupnh.org to request one. If you have not been on the site recently, 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.





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 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



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

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

(Next class: Oct 29) - 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 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

Charles Eisenstein on The Power of Independence

A brief story of the power of standing in your individual truth outside the narrative matrix

3 minutes: <https://youtu.be/9Aeh6WuuZNE>

Spiritual warfare in the age of ascension - Martin Geddes

If the ends justify the means, take a close look at the ends being offered

<https://newsletter.martingeddes.com/p/spiritual-warfare-in-the-age-of-ascension>

Free/Cool/Fun/Weird/Noteworthy

American Inquisition - James Howard Kunstler

JHK discusses the inquisition against Dr. Meryl Nass in Maine, and how the official narrative is falling apart

<https://kunstler.com/clusterfuck-nation/american-inquisition/>

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

New Hampshire is...interesting

Comedian Josh Pray has discovered New Hampshire and all of its quiet glory

5 minutes: https://youtu.be/3hU7RTRL_0g

Photoshop Troll Who Takes Photo Requests Too Literally Strikes Again

10 minutes: <https://youtu.be/E-4jYDVZTM4>

Politics, Bills, Elections, Voting & Natural Law

New Hampshire Braver Angels State Alliance Presents: NH Election Integrity: can we vote with confidence?

An interactive zoom discussion that brings Reds, Blues and Independents together to find common ground

Tuesday, Nov 1 7PM

Register here: <https://bit.ly/3ghgZ1P>

Tulsi Gabbard: Today's Democratic Party is controlled by 'fanatical ideologues'

Tulsi goes into further detail about her decision, with Trey Gowdy

6 minutes: <https://youtu.be/pT67yj8qsZU>

Longer share on her show, 28 minutes: <https://youtu.be/H4Z1x8Ou8VU>

FBI whistleblower tells all to Dan Bongino

Agent gives up his career to speak the truth

9 minutes: <https://youtu.be/PuK8LjZZ9B4>

Relocalization, Regenerative Ag & Prepping

How to build an Every Day Carry (E.D.C.) bag

12 minutes: <https://youtu.be/li3d3JvLUXQ>

Recoheat heat recovery unit for wood and solid fuel burning stoves

It pumps air through a sealed unit in your flue and pumps the air out at over 500 degrees Centigrade (over 900 F) at 3 litres per second.

8 minutes: <https://youtu.be/zlEMADUz0Ak>

www.recoheat.co.uk

Top 5 reasons you should get a rocket stove now (Ecozoom Versa review)

Hyper-efficient stove runs on twigs or charcoal produces up to 23,000 BTU. Boils 2 qts of water in about 10 minutes.

5 minutes: <https://youtu.be/XFzueCHVfDU>

Ecozoom Versa (heat/cookstove) - <http://amzn.to/2spkolg>

Easy DIY Generator Transfer Switch Install - Works with ANY Portable Gas or Battery Generator

8 minutes: <https://youtu.be/BACQ3167pkA>

Putting Together Your Own 12V 1500W Solar Generator - Step by Step

50 minutes: https://youtu.be/OwfGLu8lY_M

Start Preparing! Survival Guide

General guidance for how to think about and prepare for various scenarios

Free download (requires email): <https://courses.cityprepping.com/get-started/>

Cool your home with zero electricity costs?

Solar cooling

13 minutes: <https://youtu.be/NOoNkFLGeY>

Cheshire County Radio Club

Rebuilding Society & Culture

Bridging the divide: Gathering Red and Blue together

Braver Angels and going beyond labels, on CBS Sunday Morning 10/16/22

4 minutes: <https://youtu.be/TypAabhL9eg>

Wise Society Dharma Talk — Jack Kornfield

One of the deepest realizations that comes when we meditate, as we pay attention, as we live a life of care and loving awareness, is the growing sense of interdependence. If we meet together in harmony and respect, care for the vulnerable among us, tend to the environment, and respect our citizens and neighbors, we will thrive and prosper.

56 minutes: <https://youtu.be/pC23kc4bq8U>

Jab, Health & Plandemic News

White House Extends COVID Public Health Emergency Status to Get More People Vaccinated with Deadly New Boosters

<https://healthimpactnews.com/2022/white-house-extends-covid-public-health-emergency-status-to-get-more-people-vaccinated-with-deadly-new-boosters/>

Few Getting Updated COVID-19 Boosters Despite White House Pleas

https://www.theepochtimes.com/few-getting-updated-covid-19-boosters-despite-white-house-pleas_4797236.html

Press conference after Pfizer CEO Albert Bourla refused to answer in front of European Parliament

Ruh-Roh! The Narrative Crumbles, Big Time

27 minutes: <https://youtu.be/2jTgDj7uiX8>

EU Prosecutor Opens Probe Into COVID Vaccine Purchases

<https://www.zerohedge.com/political/eu-prosecutor-opens-probe-covid-vaccine-purchases>

yes, pfizer marketed the vaccines as stopping spread

and, as ever, we've got the receipts.

<https://boriquagato.substack.com/p/yes-pfizer-marketed-the-vaccines>

The Massachusetts Data Speaks of Vaccine Mortality, Part 1

John Beaudoin joins Matthew Crawford in this 2-hour interview.

Article, video: <https://roundingtheearth.substack.com/p/the-massachusetts-data-speaks-of>

Pro-Mandate Covidians Try To REWRITE History And Pretend Their Views Changed With "The Science" - Kim Iverson

9 minutes: <https://youtu.be/2eOT2CcGwkE>

More Doses = More Deaths? Dr. Spiro Pantazatos Exposes The Data w/ Dr. Kelly Victory – Ask Dr. Drew

81 minutes: <https://youtu.be/0-E1DPPI1mA>

The real reason Moderna is suing Pfizer: Moderna helped create COVID-19 & patented "Virus" in 2013; allowing Moderna to develop a COVID Vaccine before world knew COVID-19 even existed

<https://expose-news.com/2022/10/14/moderna-is-suing-pfizer-because-they-created-covid-virus/>

You Have No Right to Endanger Others?..

...while others have the right to terminate you? Yeah, right! How do we settle this issue once and for all, unequivocally, so that when we face attacks on our bodily autonomy again (especially if the next jab is better studied, less harmful, and more efficacious), we are armed with iron-clad arguments with which to defeat them?

<https://live2fightanotherday.substack.com/p/you-have-no-right-to-endanger-others>

General Health and Wellness

'Tea Time' Episode 55: Vitamin C Benefits During Pregnancy (CHD-TV)

<https://live.childrenshealthdefense.org/shows/tea-time/YNP4RXvSJ0>

'Tea Time' Episode 54: Unvaxxed Kids Healthier Than Vaxxed With Russell Blaylock, M.D.

<https://live.childrenshealthdefense.org/shows/tea-time/KQVQXubFzs>

What is Up to Us?

Brandon Tumblin, the host of The Strong Stoic podcast, and J.W. Bertolotti from the Perennial Leader Project discuss the dichotomy of control from Stoic philosophy.

19 minutes: https://youtu.be/J6P9dzJo_wQ

EMFs

Free public education webinars -- attend Zoom forums co-hosted by Cece Doucette and NH for Safe Technology.

Continue learning for yourself, ask questions, and invite loved ones, colleagues, teachers, first responders and other public servants to join this important conversation:

Monday, October 17th at 6 p.m. Eastern; register:

<https://us02web.zoom.us/meeting/register/tZUlcEGrpj8iE9Qg7oKvLzMqh52T2Kyw902P>

Friday, October 28th, 12 noon Eastern; register:

https://us02web.zoom.us/meeting/register/tZ0pc-isrjqIE9zNvS22kWs_cf373wvA8_6M

Monthly Massachusetts for Safe Technology Meeting

Wednesday, October 19, 12 noon Eastern.

ALL are welcome, register: <https://us02web.zoom.us/meeting/register/tZlqf--srj8sHtwVnBQhOsmPW8enmmewysn9>

Please join CHD's campaign: #No5GNearSchools — Keep Cell Towers Away From Schools and Demand 5G Safety Studies.

Click the link to submit a comment to your legislators today -- and please share widely!

<https://childrenshealthdefense.org/child-health-topics/action/no-5g-near-schools/>

Money, Food, Energy, Jobs & Resources

The power of a local currency | Florence Siegenthaler | TEDxBasel

9 minutes: <https://youtu.be/gIM7KMoDUFc>

Biden Begs OPEC+ to Delay Vote Until After Midterms

<https://www.armstrongeconomics.com/markets-by-sector/energy/biden-begs-opec-to-delay-vote-until-after-midterms/>

The new world reserve currency - BRICS

BRICS stands for Brazil, Russia, India, China, and South Africa, and is an economic alliance of nations designed to be a direct competitor to the G7

11 minutes: <https://youtu.be/EiJxEsGE7Mk>

Schools & Education

Beating a Dead Horse: Why Socialization is an Insignificant Issue for Homeschooling

<https://www.nheri.org/beating-a-dead-horse-why-socialization-is-an-insignificant-issue-for-homeschooling/>

Are the Homeschooled More Politically Tolerant?

<https://bit.ly/3MG6120>

Ukraine, False Flags & Globalist Militarism

Global Tensions Rise Over Russia And Ukraine – What Happens Next?

A more comprehensive geopolitical perspective, and the burgeoning humanitarian crisis

<https://alt-market.us/global-tensions-rise-over-russia-and-ukraine-what-happens-next/>

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

Declaration of War from PayPal (from DarkHorse Livestream #145)

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

The Gaslighting of the Masses - CJ Hopkins

American playwright and satirist Hopkins, now living in "new normal" Germany, discusses

One of the most basic and effective techniques that cults, totalitarian systems, and

individuals with fascistic personalities use to disorient and control people's minds.

<https://consentfactory.org/2022/10/16/the-gaslighting-of-the-masses/>

There is no climate crisis: Tom Harris on 'The Ingraham Angle'

International Climate Science Coalition Executive Director Tom Harris discusses how he was once a climate alarmist but now sees it as a scam

4 minutes: <https://youtu.be/Qdg4uQW8DIg>

Culture Wars

#WalkAway's Black American Culture War LIVE Debate.

Last Saturday's in-person debate between Black Americans from the political left and right, in Washington D.C.

3 hours: <https://youtu.be/idwfa17xHfs>

Paradigm Expanding

Spirit world vs Soul Trap - final evidence.

Are we trapped here or not?

<https://youtu.be/v4Y4Qfp50vk>

The Journey from UFO Researcher to Exopolitics Pioneer - Paola Harris w/ Michael Salla

*Paola Harris, M.Ed., is an investigative journalist who became interested in UFO research in 1978 when she began working with the legendary astronomer Dr. Allen Hynek, who needed assistance in translating Italian UFO cases into English for his Center for UFO Studies (CUFOS). In 1997, she met Lt. Colonel Philip Corso whose best-selling book, *The Day After Roswell* (1997), had stirred much public interest and also controversy within the UFO movement. She then translated his original book manuscript into Italian.*

85 minutes: <https://youtu.be/fpIIGVUlosY>

Healing And Restoration In Times Of Upheaval, Part 2 - Vera Lokteff

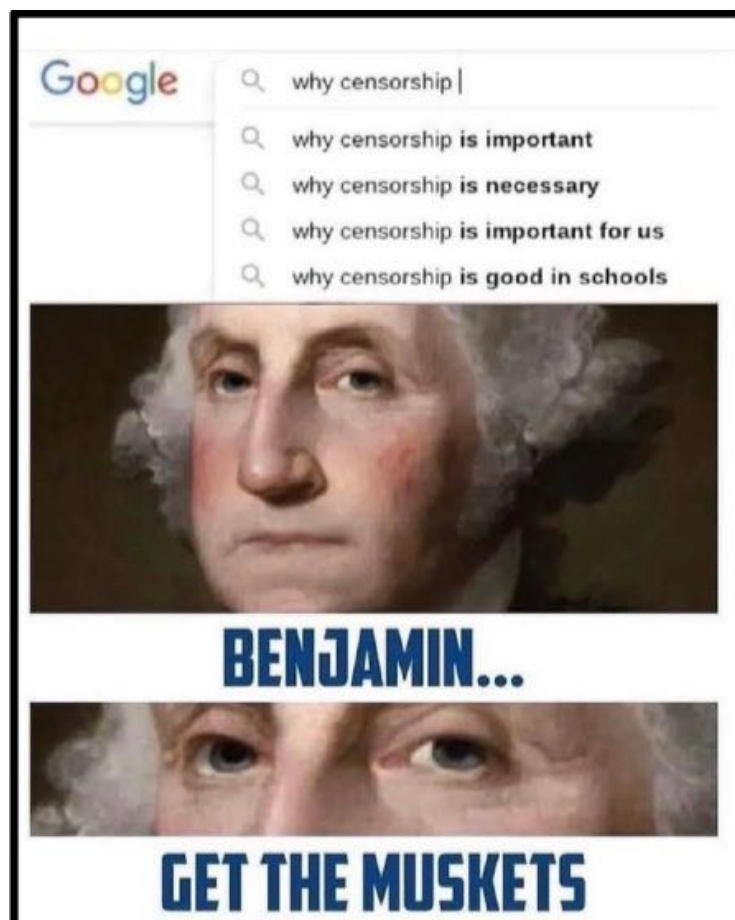
94 minutes: <https://youtu.be/kzcDxq8YKtM>

Global Oneness Summit Oct 15-24 - Free

10 days of free panels from over 100 transformational leaders, spiritual visionaries, scientists & award-winning musicians

<https://www.humanitysteam.org/global-oneness-summit-event-schedule>

Monday Memes



The tv told me that if I eat
bugs and pay more money
to the government the
weather will be gooder



They Lied To Us
About: - Iraq - Afghanistan
- Syria - Libya -
Weapons Of Mass Destruction



Vietnam - Iran -
North Korea - Venezuela-
Guatemala - Honduras



Haiti - Cuba -
Panama - Nicaragua



**BUT THEY'RE
TELLING THE
TRUTH ABOUT UKRAINE.**



imgflip.com

**You either understand history
or you trust the government.**



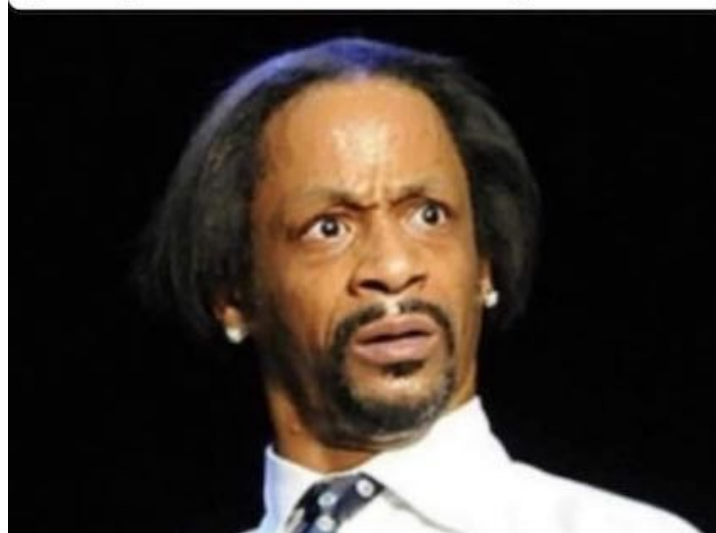
You can't do both.



Table football, Pfizer edition:



**When mainstreamers call
you "dangerous" for telling
people that the body heals.**





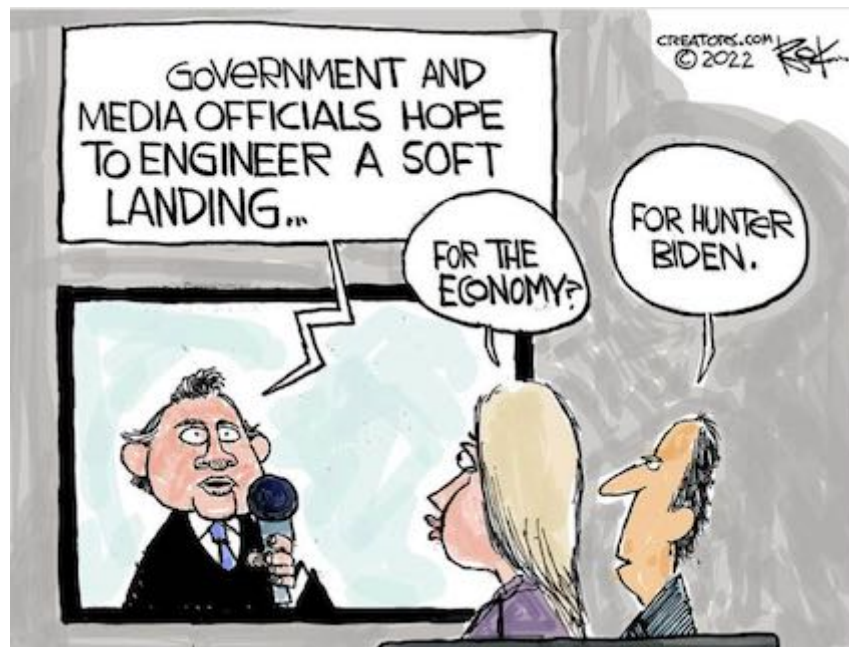
thebabylonbee

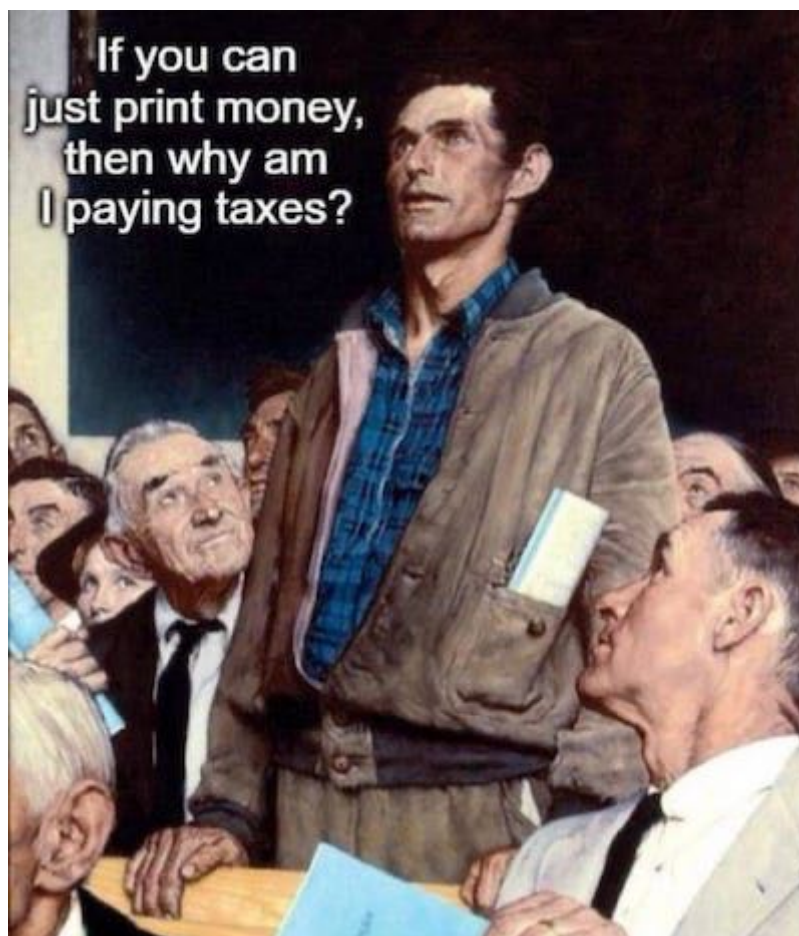
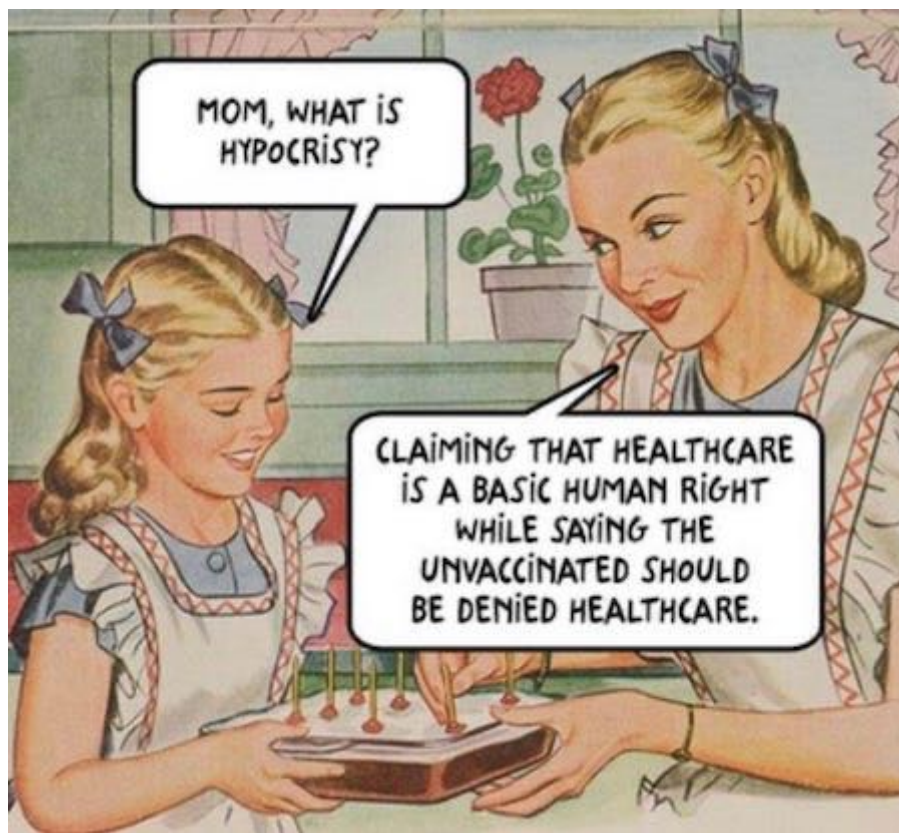


**PayPal Automatically Pulls
\$2,500 In Reparations From
All White People's Accounts**

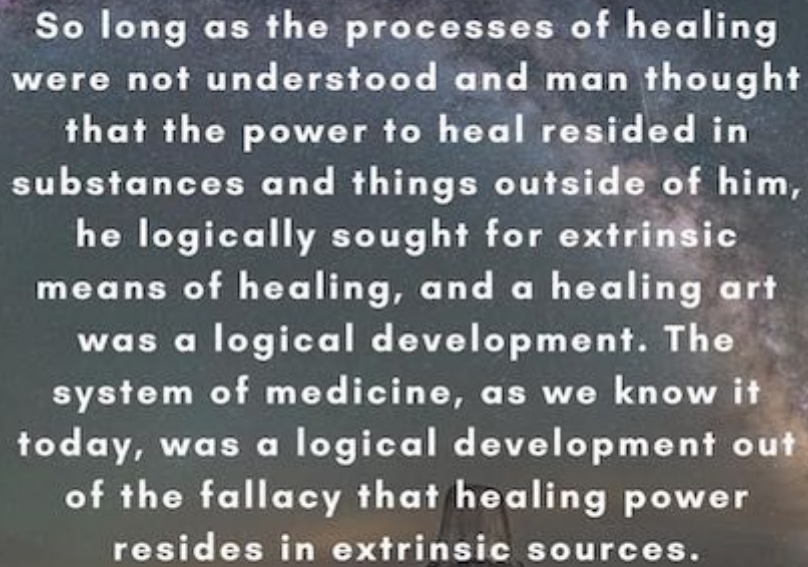
**Imagine the phone
company cancelling your
service because they
didn't like what you and
your friends were talking
about. That's Facebook.**











So long as the processes of healing were not understood and man thought that the power to heal resided in substances and things outside of him, he logically sought for extrinsic means of healing, and a healing art was a logical development. The system of medicine, as we know it today, was a logical development out of the fallacy that healing power resides in extrinsic sources.

-Herbert Shelton-

DRMELISSASELL.COM



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