

Newsletter - Monday, October 24, 2022

Welcome to our **Monday Solutions Edition**, with articles, videos and resources to help us **take back our world**, on such topics as: emergency heating and water filtration, medical prepping, urban food forests, plant medicine for trauma healing, a NH election integrity online discussion, outdooring education, emerging battery technologies, and much more, plus a couple of viewing opportunities for the new Fauci exposé movie. Also be sure to catch Rep. Jim Kofalt's new article, "**They Want Us to Hate Each Other**," under the *Rebuilding Relationships, Society & Culture* section. There is also a selection of news related to vaccines, energy, money, geoengineering, Ukraine, the culture wars, and more, all capped off with our usual offering of Monday memes at the bottom.

Please join us every **Monday at 1pm** for our **weekly community Zoom chat.** Today's session will be an open community discussion.

1PM Monday Zoom

In case you missed **last Monday's Zoom chat**, we featured a presentation on the **Emergency Radio Club with Jack Shimek**. Watch the recording and read the chatstream with numerous resource links here: https://riseupnh.org/weekly-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.

<u>PLEASE DONATE TODAY</u> 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 \$10.00 lb
Potatoes (all colors) \$1.50 lb (20 lbs or more)
Sweet Potatoes \$2.50 lb. (20 lbs) minis @.2 lb
Butternut Squash \$1.50 lb
Spaghetti Squash Seconds \$1.50 lb
Long Pie Pumpkins \$1.50 lb
Musquee De Provence Pumpkins and Cheese
pumpkins \$1.00 lb (they are big – between 820 lbs each and keep a very long time.

We also sell smaller quantities of leeks, kale, collards, sweet onions and carrots.

Call Lori@ 603 399-7772 or text 603 355-7004 to arrange to meet or pickup.

Lori will be on hand at Country Life Restaurant Wed, October 26, 12-2 to bring any pre orders and will also have on hand collards, kale, parsley, tomatoes, onions, garlic, leeks, scallions, sage, etc. for purchase. If you know what you want in advance please contact her by Tuesday afternoon (see # above). Thank you.









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

Events

ONE-TIME EVENTS

Tuesday, October 25 7PM Keene
FREE Watch Party for "THE REAL ANTHONY FAUCI" based on RFK Jr's book
Country Life Restaurant, Roxbury St., Keene
Optional Donations for Rise Up NH

Wednesday, October 26th 6PM Kingston

FREE Watch Party for "THE REAL ANTHONY FAUCI" based on RFK Jr's book

Saddle up Saloon in Kingston

Dinner, Movie and Discussion

DONATIONS are being ACCEPTED for HEALTH FREEDOM NH

RSVP: 978-703-8956

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/

ONGOING 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 <u>www.justmoveyogafitness.com</u>

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

The UpBeat

A BOOM is heard Down Under!

Aussie doctor blows whistle on entire Covid scamdemic at Covid Medical Network seminar 41 minutes: https://cairnsnews.org/2022/09/28/aussie-doctor-blows-whistle-on-entire-covid-scamdemic-at-covid-medical-network-seminar/

Free/Cool/Fun/Weird/Noteworthy

Tomorrow, Tuesday October 25 9AM: Nexty Dr. Nass Hearing w/ Maine Medical Board

Drs. Robert Malone, Pierre Kory, Harvey Risch and others to testify

Watch live: https://live.childrenshealthdefense.org/

Lifting the Veil

An Investigative History of the United States Pathocracy https://www.wanttoknow.info/mk/liftingtheveil

Making A Killing Documentary WORLD PREMIERE Friday November 4, 2022 Why did they not use financial incentives for "lives saved" greater than compensation for "COVID-19 deaths"?

https://popularrationalism.substack.com/p/making-a-killing-documentary

The Plot to Seize Russia - Free Introduction

New book by Martin Armstrong, financial forecaster jailed without cause for 7 years, based on declassification of documents have obtained from the Clinton Administration. The free Prologue and Introduction are fascinating to read for the historical disclosures going back to WWI.

https://www.armstrongeconomics.com/wp-content/uploads/2022/10/The-Plot-to-Seize-Russia-Intro.pdf

Politics, Bills, Elections, Voting & Natural Law

Headlines Without History - Dr Naomi Wolf

How the Democrats' War on "Executive Privilege" will Harm Our Country. Those on the Left now cheering the debanking, deplatforming, silencing, arrests, the shackling in handcuffs and leg irons, and the bankrupting of those on the Right, or of independent critics of this administration, should realize that there is nothing to cheer for.

Read: https://naomiwolf.substack.com/p/headlines-without-history-ff8

Listen, 26 minutes: https://naomiwolf.substack.com/p/headlines-without-history

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 free: https://bit.ly/3ghgZ1P

Relocalization, Regenerative Practices & Prepping

2 Liter Water Filter from Natural Items

18 minutes: https://youtu.be/0DlnAq5UAqY

EMERGENCY HEAT and Light for 72 DAYS | Crisco candles | SHTF

15 minutes: https://youtu.be/xnNHM4OLkvE

How to dispose of human waste (poop and pee) after a disaster

11 minutes: https://youtu.be/uWeYtEFDNZU

How To Get The Vital Medical Information You'll Need

15 minutes: https://youtu.be/Kc_u-2IINiM

View the entire medical playlist here: https://www.youtube.com/playlist?

<u>list=PL5TAN1zJMd0csWb6QpvqjO56MmR_jtYi-</u>

The Survival Medicine Handbook: https://amzn.to/3zkMIVA

5 preventive health items to take care of before SHTF

14 minutes: https://youtu.be/bm60kmi7o0g

Breakthrough Flywheel Energy Storage Tech CRUSHES battery prices by 90%! (Two Bit da Vinci)

14 minutes: https://youtu.be/porCfVeWyto

MIT researchers develop cost-effective battery made of common materials

https://www.optimistdaily.com/2022/09/mit-researchers-develop-cost-effective-battery-made-of-common-materials/

The secret world beneath our feet is mind-blowing – and the key to our planet's future

Microbes and fungi in soils are central to life and health

https://www.theguardian.com/environment/2022/may/07/secret-world-beneath-our-feet-mind-blowing-key-to-planets-future

The consciousness of bees

Even tiny-brained bees are profoundly intelligent creatures that can memorize not only flowers but also human faces, solve problems by thinking rather than by trial and error, and learn to use tools by observing skilled bees.

https://www.washingtonpost.com/outlook/2022/07/29/bee-cognition-insect-intelligence-

Atlanta creates the nation's largest free food forest with hopes of addressing food insecurity

https://edition.cnn.com/2021/02/22/us/atlanta-free-food-forest-trnd/index.html

Rebuilding Relationships, Society & Culture

They Want Us to Hate Each Other - NH Rep. Jim Kofalt

Getting beyond tribalism. Rep. Kofalt reprises and expands upon his excellent speech from our 9/24 Gathering of Freedom Groups event

https://jimkofalt.medium.com/they-want-us-to-hate-each-other-c4783b4a0df4 (Please like, follow and share)

4-Day Workweek Brings No Loss of Productivity, Companies in Experiment Say https://www.nytimes.com/2022/09/22/business/four-day-work-week-uk.html

How should I act in response to aggression?

4 minutes: https://raymaor.com/q1-how-should-i-act-upon-aggression/

Cool to be kind: being nice is good for us - so why don't we all do it?

Results from the largest public study of kindness ever carried out in the world suggest that people who receive, give or even just notice more acts of kindness tend to experience higher levels of wellbeing and life satisfaction.

https://www.theguardian.com/science/2022/mar/13/cool-to-be-kind-being-nice-is-good-for-us-so-why-dont-we-all-do-it

Dr. Gabor Maté on How to Reframe a Challenging Moment and Feel Empowered | The Tim Ferriss Show

https://youtu.be/ JLFw2FtEQ

Jab, Health & Plandemic News

Dr. Michael Yeadon: Help Me Continue. SPEAK OUT EN MASSE, NOW. Please.

If you are a doctor or medical professional and you are reading this and aware of what is happening, the time for you to stay silent on account of self-preservation is over.

https://t.me/DrMikeYeadon/697

Alt: https://lionessofjudah.substack.com/p/dr-michael-yeadon-help-me-continue

Homeschooling Options and State Exemptions for Childhood Vaccines

How to escape the COVID-19 childhood vaccination schedule that may be coming to your state soon.

https://rwmalonemd.substack.com/p/homeschooling-options-and-state-exemptions

Pro-Vaccine GOP Governors Make Meaningless Statements on COVID Shots as Children in Their States Die and are Crippled Every Day from Vaccines

https://healthimpactnews.com/2022/pro-vaccine-gop-governors-make-meaningless-statements-on-covid-shots-as-children-in-their-states-die-and-are-crippled-every-day-from-vaccines/

Why the COVID-19 Vaccines Could Never Prevent Transmission

The history behind "Herd Immunity" helps to explain why each of our officials lied to us when marketing the vaccines.

https://amidwesterndoctor.substack.com/p/why-the-covid-19-vaccines-could-never

EU Sets Out Commitment to Lockdowns, Vaccine Passports, Mask Mandates and "Legally Binding" Global Pandemic Treaty

https://dailysceptic.org/2022/10/22/eu-sets-out-commitment-to-lockdowns-vaccine-passports-mask-mandates-and-legally-binding-global-pandemic-treaty/

Performers dying, falling ill and collapsing on stage ~ 53 in 3 months to 19 Oct 2022

7 minutes: https://rumble.com/v1p1i2x-performers-dying-falling-ill-and-collapsing-on-stage-53-in-3-months-to-19-o.html

China locks down nearly a million residents in Zhengzhou after 6 new reported cases of COVID-19 in the city

https://www.naturalnews.com/2022-10-22-china-locks-down-million-after-6-new-cases.html

Parasites--a New Paradigm

Dr. Lee Merritt discusses the "parasite theory." She believes there's microscopic parasites in the COVAIDS jabs and perhaps they are in other sources.

32 minutes: https://rumble.com/v1owcgh-parasites-a-new-paradigm.html

General Health and Wellness

Gabor Maté | Plant Medicines, Trauma, Disease, Parenting | Danica Patrick's "Pretty Intense" Show

90 minutes: https://youtu.be/-Xes-NO_g48

Homeopathy: Standing the Test of Time

https://joettecalabrese.com/blog/homeopathy-standing-the-test-of-time/

Alive Inside documentary shows the healing power of music

https://www.theguardian.com/world/us-news-blog/2012/apr/12/alive-inside-documentary-healing-music

The Power of Placebos

In addition to the ever-increasing body of evidence surrounding their effectiveness, placebos offer multiple benefits. They have no side effects. They are cheap. They are not addictive. They provide hope when there might not be a specific chemically active treatment available. They mobilize a person's own ability to heal through multiple pathways.

https://www.dailygood.org/story/2889/the-power-of-placebos-elissa-h-patterson-hans-schroder/

EMFs

Free public education webinar -- 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:

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

https://us02web.zoom.us/meeting/register/tZ0pc-isrjgiE9zNvS22kWs_cf373wvA8_6M

Money, Food, Energy, Jobs & Resources

Why Cattlemen are Being Told to Shut Up

9 minutes: https://youtu.be/vC83OLg2 9c

Forget Oil, The Real Crisis Is Diesel Inventories: The US Has Less Than 1 Month Left https://www.zerohedge.com/markets/forget-oil-real-crisis-diesel-inventories-us-has-just-25-days-left

Cantillioning the playing field in your favor

Why preferential access to money and regulatory fiat makes finance an arm of the state https://boriquagato.substack.com/p/cantillioning-the-playing-field-in

Germany Could Witness A Cash Renaissance As Its Economy Continues To Deteriorate

https://www.zerohedge.com/political/germany-could-witness-cash-renaissance-its-economy-continues-deteriorate

Technocracy, Al/Transhumanism, Eugenics, Geoengineering & The Deep/Surveillance State

Geoengineering Watch Global Alert News

Flash droughts, flash floods and flash freezes: control the food supply, control the people. 47 minutes: https://youtu.be/OvKfypOUH3E

'Gearing Up to Fight Biological Weapons?' White House Launches \$88 Billion National Biodefense Strategy

Bioweapons expert Francis Boyle, J.D., Ph.D., said the Biden administration's new \$88 billion national biodefense strategy signals the U.S. is expanding its biological warfare industry "for the purpose of waging biological warfare."

https://childrenshealthdefense.org/defender/biological-weapons-biden-biodefense-strategy/

Schools & Education

Forest schools flourish as youngsters log off and learn from nature

https://www.theguardian.com/education/2021/oct/31/forest-schools-flourish-as-youngsters-log-off-and-learn-from-nature

Other Goose

Flexible, all-in-one pedagogy with 3 daily pillars for kids ages 2-7: reading aloud, free play outdoors, and a 20-minute parent/child lesson prompt. Your child will get everything they need in fundamental learning categories like Math, Logic, Relationships, Creativity, Habits, Literature, and more.

Free trial at https://othergoose.com/welcome/#sign-up

Having a hard time homeschooling?

Here's an excellent blog that addresses people's concerns about unschooling. https://modernalternativemama.com/2016/03/07/8-responses-to-people-who-question-unschooling/

Ukraine, False Flags & Globalist Militarism

U.S. Deploys 101st Airborne Division to Europe as Russia Warns Ukraine Preparing False Flag Dirty Bomb Attack

https://healthimpactnews.com/2022/u-s-deploys-101st-airborne-division-to-europe-as-russia-warns-ukraine-preparing-false-flag-dirty-bomb-attack/

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

CDC caught using same PR firm as Pfizer and Moderna to boost "health communication" during covid scamdemic

To the tune of \$50 million - your tax dollars hard at work

https://www.naturalnews.com/2022-10-24-cdc-pr-pfizer-moderna-health-communication-scamdemic.html

Culture Wars

Gender Mainstreaming – The secret agenda behind it! (GHk International Academy)

What exactly is gender mainstreaming, who came up with this ideology, and why is it being forced on our children?

Article, 10-minute video: https://ghk-academy.info/gender-mainstreaming/

Paradigm Expanding

From 3D to 5D...

Ever Wondered What Is It Like to Live in the Fifth Dimension?

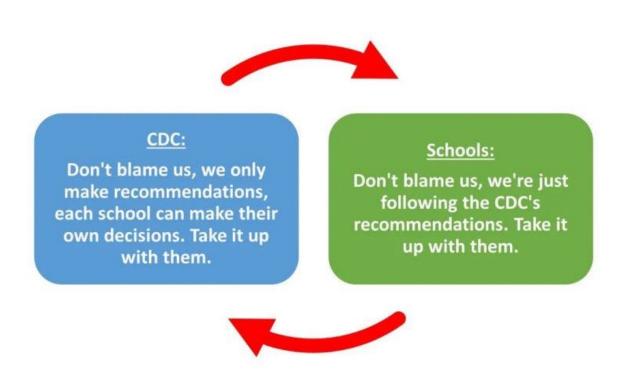
28 minutes: https://youtu.be/SGpDvP5QQLc

NOTHING can stop what's coming...

Scalar and biophotonic healing are real

https://youtu.be/mtU4GJq6zNc

Monday Memes







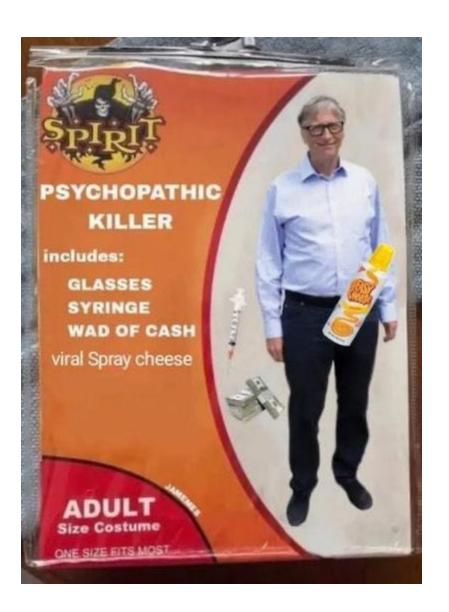
CDC Announces New Initiative To Promote Homeschooling



I like your Halloween costume.

How the heck are you still alive?





My vaccinated Facebook friends scrolling past everything I post



Just when I'm on the verge of growing cynical about our society I see an old woman smile and give up her seat for a pregnant man.

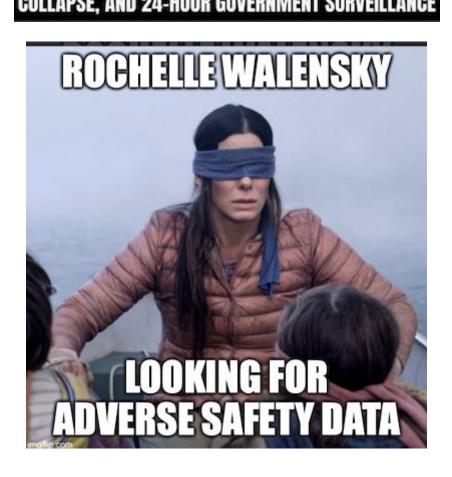


I'm trying to get discharged I'm trying to get a promotion

when my mom asks me to say grace and I say, "Dear Lord, protect us from Bill Gates and his pedo butt buddies medically raping us...."



HOUSE ARREST, FORCED VACCINATIONS, ECONOMIC COLLARS OF AND GALLENGE AND CASE OF AND CASE O

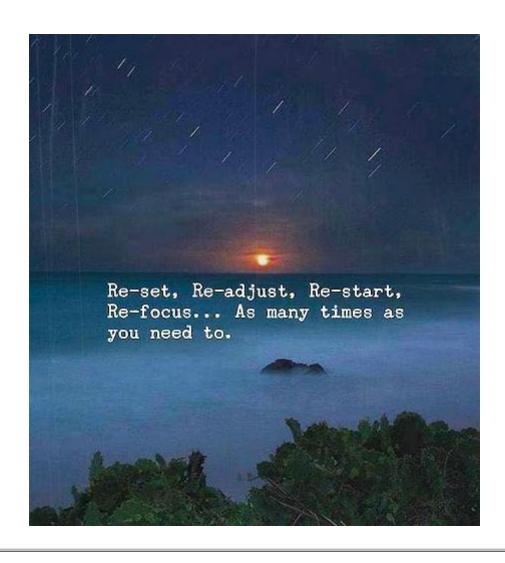






Alex jones lying and Pfizer lying both trending. One with penalty other without. If you have no critical thinking faculty, this is about as crazy as we should get before a nuclear war wipe out the human race.





Let's avoid a hellish dystopian nightmare by remembering the **RULES OF CIVIL CONVERSATION** I will try to reach a shared understanding I will clarify with others to make sure I rather than 'win the argument'. genuinely understand their perspective. I shall endeavor to avoid committing logical I will attempt to account for my own biases fallacies in support of my claims. and try to be intellectually humble. I will also try to be reasonable, rational, I may challenge ideas, but will refrain from personal attacks and mean-spiritedness. and create coherent arguments. I will use the 'Principle of Charity' to interpret I promise to remain genuinely receptive to 8 others' points of view in the best light. changing my mind. Download this poster for free and invite good-faith engagement online at TheRulesOfCivilConversation.org