



Newsletter - Friday November 11, 2022

Welcome to our Friday News Edition, featuring a number of articles analyzing the election, new developments in the pandemic wars, and much more. **Memes** are at the bottom.

...And **Happy Veterans Day**. Please seek out and be kind to a Vet today. With this in mind, here is an article to consider: **Lessons for Armistice Day 2022** - *With an eye on the urgent need to end the killing and destruction in Ukraine, Helena Cobban spotlights the diplomatic failures surrounding the First World War and an opportunity Woodrow Wilson missed.* Read here: <https://consortiumnews.com/2022/11/11/lessons-for-armistice-day-2022/>.

Vaccine Awareness Week

Sunday, Nov. 13, and continues through Saturday, Nov. 19, 2022

Details, printable poster: <https://www.nvic.org/news-events/upcoming-vaccine-awareness-week>

On this past Monday's Zoom chat, we primarily considered the question of how to respond to Emily Oster's Atlantic article (<https://www.theatlantic.com/ideas/archive/2022/10/covid-response-forgiveness/671879/>), which tried to make the case that folks like her had no way of knowing about the dangers of the vaccine, etc., and that those who got it right made a lucky guess. We also discussed the continuing disconnect in the media about the vaccines and contracting COVID, as well as 5G issues in Keene and a bit about the (then) upcoming elections. Watch now: <https://www.brighteon.com/a3c1eadf-669d-473a-895c-f43bc2f4da94>

For more on the topic of pandemic forgiveness, see these articles:

- ***The Dilemma of the Unvaccinated*** by the Unity Project at <https://rwmalonemd.substack.com/p/the-dilemma-of-the-unvaccinated>
- ***The Mask of Reason - Charles Eisenstein*** - *The disease we called Covid was but the vehicle for a much more serious disease, a social disease of dehumanization, mob morality, and sacrificial violence. Similarly, something primal lurks beneath the rationale for punishing the architects of pandemia.*
<https://charleseisenstein.substack.com/p/love-is-unconditional-trust-is-not>

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. Please 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.





CELEBRATING THE WHOLE CHILD

I have over 20 years of experience as an occupational therapy practitioner, and I am offering support to families with life skills, sensory strategies, regulation, children's yoga and mindfulness as well as strategies for visual motor and visual perception success. I offer extensive experience working with children with a wide variety of learning styles and abilities. Contact Alison a-lovejoy@comcast.net for additional information on how to receive individual consultations and supports.



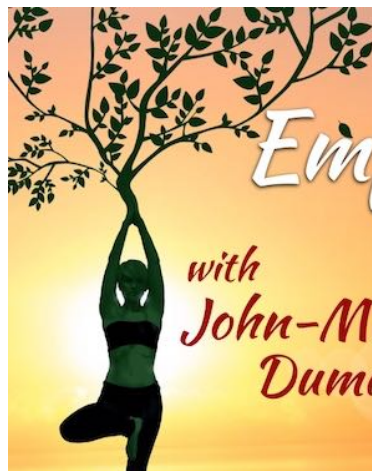
Cope Counseling & Coaching David Cope MSW, LICSW

New online counseling practice

Individual, couples,
family counseling & mediation

34 years experience
helping teens, adults and seniors

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

<p>Meet Audra Wilson Holistic Nurse and Health Practitioner</p>   <p>RESTORING EDEN Holistic Health and Wellness</p>	<p>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.</p> <p>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.</p> <p>Certifications:</p> <ul style="list-style-type: none"> • 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 <p>626 Route 10 Gilsum NH - 603-338-8797 RestoringEden4NaturalHealth@gmail.com</p>
--	--

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

ONGOING EVENTS

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

(Next class: Nov 19) - 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](mailto:kreynolds3000@gmail.com).**

Fridays 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

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

The UpBeat

Marvin Gaye - What's Going On (Live At Montreux 1980)

We're still asking...

<https://youtu.be/TpGPBoS5nTE>

Free/Cool/Fun/Weird/Noteworthy

Protocol for Defending Against Post-Infection Cardiovascular Disease

Orthomolecular Medicine News Service, Nov 11, 2022

<https://bit.ly/3Tt7D0H>

Free eBook - For new subscribers, get the free ebook, "Challenging the Pandemic Narrative," by JM Dumais, here: <https://bit.ly/3fa8JAr>

Politics, Bills, Elections, Voting & Natural Law

GOP Loses, Liberty Advances in New Hampshire Elections

<https://libertyblock.com/gop-loses-liberty-advances-in-new-hampshire-elections/>

NH House: Republicans 203 Democrats 197 – But Will It Hold Up?

<https://granitegrok.com/blog/2022/11/nh-house-republicans-203-democrats-197-but-will-it-hold-up>

BOOM! Be careful of the ABORTION Trap, Republicans

"Republicans still have an opportunity to build a broad and lasting coalition for 2024, built on a powerful, positive pro-freedom and pro-family."

<https://palexander.substack.com/p/boom-be-careful-of-the-abortion-trap>

Roger Stone: 2022 election was the first 'wholly manufactured' election in US history

Legendary political operative and Trump adviser says the only explanation for Tuesday's election results is an 'election-hacking operation' run by the Dems and CIA

<https://crossroadsreport.substack.com/p/roger-stone-2022-election-was-the>

Showdown Slow Down

James Howard Kunstler takes aim at election irregularities in AZ and NV.

<https://kunstler.com/clusterfuck-nation/showdown-slow-down/>

Whatever Comes After Idiocracy, We're Almost There

As the Red Wave was deliberately engineered to be a Red Trickle, and as Governor DeSantis telegraphs his 2024 presidential run, we are now witnessing the real-time meltdown of Trump's ego.

<https://2ndsmartestguyintheworld.substack.com/p/whatever-comes-after-idiocracy-were>

Trump-Appointed Judge Strikes Down Joe Biden's Student Loan Forgiveness Plan – Scolds Biden Regime in Blistering Opinion

Judge: "In this country, we are not ruled by an all-powerful executive with a pen and a phone."

<https://www.thegatewaypundit.com/2022/11/breaking-trump-appointed-judge-strikes-joe-bidens-student-loan-forgiveness-plan-scolds-biden-regime-blistering-opinion/>

Two More Oregon Counties Just Voted To Become Part Of The State Of Idaho

The "Greater Idaho" movement still has far to go.

<https://www.thegatewaypundit.com/2022/11/two-oregon-counties-just-voted-become-part-state-idaho/>

Relocalization, Regenerative Practices & Prepping

WaPo & Bloomberg Peevishly Admit "The Preppers Were Right"

But stills looks upon them as the wacko fringe

<https://www.activistpost.com/2022/11/wapo-bloomberg-peevisly-admit-the-preppers-were-right.html>

Practical Tips on Making Your Own Mushroom Master Cultures

<https://www.theorganicprepper.com/practical-master-cultures/>

Ultimate Grid Down Communication Tool You'll Wish You Had

Becoming a HAM radio operator (plus small handheld radios)

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

If Sherlock Holmes Stared at a Ham Radio Scanner, What Could He See?

What could he tell about the radio operator just by their frequency choice? What information might YOU be giving away?

<https://www.theorganicprepper.com/sherlock-radio-scanner/>

DIY flower pot heater, candle heater, tea light heater safety tips

7 minutes: <https://youtu.be/TSpgtkozgzg>

This UK Based Sodium Battery Threatens to Change the EV Industry Forever

12 minutes: <https://youtu.be/JRNdOo3qQ-0>

Rebuilding Relationships, Society & Culture

Sovereignty as a Service

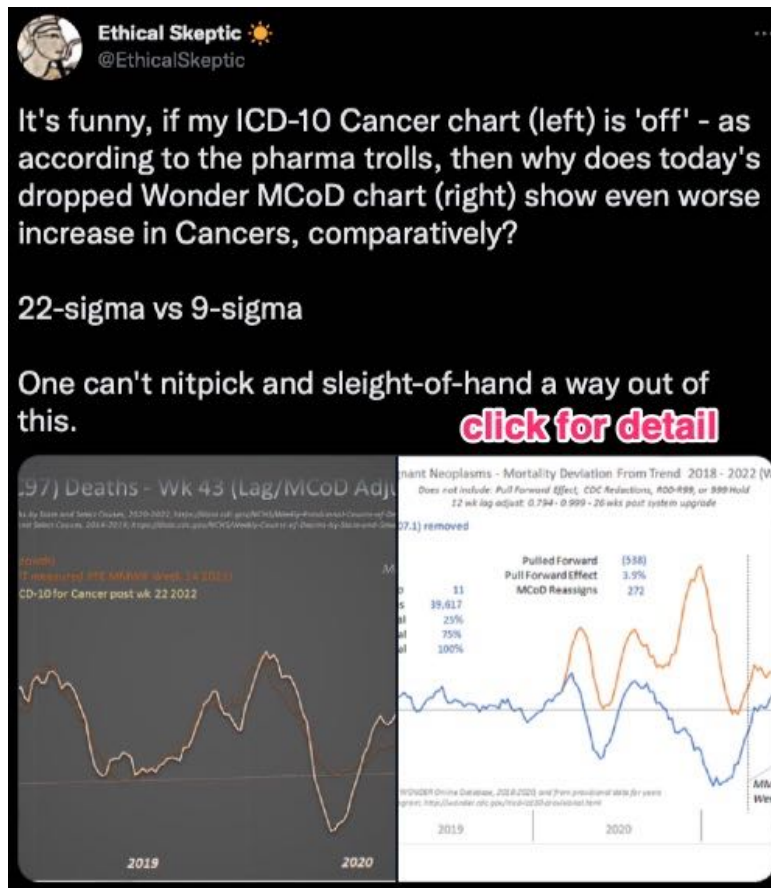
Like obsolete technologies of the past several decades, the "technologies" of Higher Education, Finance, Healthcare and, yes, Governance are going to be quite substantially changed "all the way down to the roots". This article takes an initial stab at how we might create new SAAS systems amidst the ongoing Meta-Crisis.

<https://deepcode.substack.com/p/sovereignty-as-a-service>

The Insight Course: Be the Change You Want To See in the World

Free: <https://www.insightcourse.net>

Jab & Plandemic News



Infanticide on Steroids: Pfizer Is Planning To Jab Infants Before They Are Born

"They are coming for you and your children. It is happening again. There's ample evidence emerging of long-term, patient planning." - Dr. Michael Yeadon

Article, video: <https://lionessofjudah.substack.com/p/infanticide-on-steroids-pfizer-is>

PSA (Philippines) has Provided Preliminary Breakdown of 2021 Deaths by Age-Group. 2021 Had Excess Deaths as High as 59.8% above 2019 Levels.

2019 was the last typical registered deaths year. 2020 had less than usual deaths in most age groups. 2021 had soaring excess deaths in all groups, except those not yet eligible for the C19 jabs.

<https://supersally.substack.com/p/psa-has-provided-preliminary-breakdown>

DEVASTATING NEJM 'real-world effectiveness' study by Chemaitelly et al.:

"Covid-19 Vaccine Protection among Children and Adolescents in Qatar"; Among children, the overall effectiveness of the 10-µg just 25.7%

<https://palexander.substack.com/p/devastating-nejm-real-world-effectiveness>

Further failure of Pfizer mRNA COVID gene injection: Collier et al. "Immunogenicity of the BA.5 Bivalent mRNA Vaccine Boosters"

"Data show that BA.5 NAb titers were comparable following monovalent & bivalent mRNA boosters" -- meaning the Pfizer bi-valent booster failed again.

<https://palexander.substack.com/p/further-failure-of-pfizer-mrna-covid>

Fired for Refusing the Jabs, Qantas Pilot Alan Dana Blows the Whistle on the Rising Incidence of Pilot Incapacitation

Article, video: <https://sagehana.substack.com/p/fired-for-refusing-the-jabs-qantas>

NEJM Goes Mask Crazy!

Just when you thought the real science was winning: The vaunted New England Journal of Medicine pushes universal mask mandates

<https://covidreason.substack.com/p/nejm-goes-mask-crazy>

Further Analysis of "42% False Discovery Rate for SARS-CoV-2 PCR Tests" Study

Article, videos: <https://www.jeremyrhammond.com/2022/11/09/study-finds-42-false-discovery-rate-for-sars-cov-2-pcr-tests/>

While jabbering in fierce defense of Trudeau's "vaccine" mandate, Trudeau's lawyer keels over

And seven other videos of people "dying suddenly" or just collapsing, in the US, Lebanon, Brazil, India (3) and maybe elsewhere, too.

Article, videos: <https://markcrispinmiller.substack.com/p/while-jabbering-in-fierce-defense>

And the beat goes wrong...

Veterans of the Beatles, Rolling Stones, Doobie Brothers, Kansas, Dead Kennedys, Foo Fighters & Blink-182 are among the drummers who've "died suddenly" or had non-fatal injuries since early 2021

<https://markcrispinmiller.substack.com/p/and-the-beat-goes-wrong>

OFFICE OF INSPECTOR GENERAL: 'The NIH under Dr. Francis Collins Did Not Ensure That All Clinical Trial Results Were Reported in Accordance With Federal Requirements'

Specifically, responsible parties for the 37 clinical trials that did not comply with Federal reporting requirements either did not submit their results (5 Intramural-funded and 20 Extramural-funded)

<https://palexander.substack.com/p/office-of-inspector-general-the-national>

Biden Extends Directive: Incoming Travelers Must Be Vaccinated Against COVID-19

Venis, vides, morieris?

<https://www.trialsitenews.com/a/biden-extends-directive-incoming-travelers-must-be-vaccinated-against-covid-19-d7a45d4c>



Let's give good health a shot. Now's the time to get your **updated COVID-19 vaccine** and your flu shot. For better protection against flu, the CDC recommends **people 65 or older get one of the three higher-dose flu vaccines**, if available.

Vaccines.gov

(yes, really)

General Health & Wellness

This is How EARTHING Reduces INFLAMMATION in the Body

The Remarkable Science of Grounding reveals the scientific phenomenon of how we can heal our bodies by doing the simplest thing that a person can do... standing barefoot on the earth.

<https://youtu.be/v8QWWGuT11k>

The Nootropic (and other health benefits) of Black Seed Oil

15 minutes: <https://youtu.be/fF32LWPwxAl>

Resources: <https://nootropicsexpert.com/black-seed-oil/>

WINTER & NO SUN? DO THIS! How To Make Vitamin D Mushrooms Without Sun or UV Index

4 minutes: <https://youtu.be/0H3dYqlla1g>

Industrial Farming Linked to Respiratory Disease in Rural Communities

Rural communities in the U.S. risk dangerous exposure to agricultural toxins linked to increased rates of respiratory disease, new study shows.

<https://childrenshealthdefense.org/defender/industrial-farming-respiratory-disease-rural-communities/>

EMFs

Enormous 5G Towers Being Installed in NYC Neighborhoods Despite Reports of Illness, People Moving after 2018 5G Activation

Article, videos: <https://www.activistpost.com/2022/11/enormous-5g-towers-being-installed-in-nyc-neighborhoods-despite-reports-of-illness-people-moving-after-2018-5g-activation.html>

How the FCC Protects Cellphone Companies, Ignores Public Safety

The wireless industry is rolling out thousands of new transmitters amid a growing body of research that calls cellphone safety into question. Federal regulators say there's nothing to worry about — even as they rely on standards established in 1996.

<https://childrenshealthdefense.org/defender/fcc-cellphone-companies-emf-transmitters-public-safety/>

ART's EMF Advocate's Tool Kit

<https://www.americansforresponsibletech.org/tool-kit>

5G - An Undeniable Risk Webinar

96 minutes: https://youtu.be/_ltJdtmsA58

Money, Food, Energy, Jobs & Resources

Justin Hart 🗨️ @justin_hart · 7m

New Pennsylvania Gov. Shapiro immediately vows to curb fracking and demolish PA oil jobs. The upside of a red wave fizzle - you can count on Dems to double down on dumb for 2 yrs

Diesel: Reality vs. Fact-Checkers (updating)

Crowdsourcing the truth amidst competing claims. (Remember: Breaking the Fuel Chain breaks the Food Chain.)

<https://chrisbray.substack.com/p/diesel-reality-vs-fact-checkers>

Preventing the Death of Your Money - 'Good Morning CHD'

Guest Kedarji Vincent Esposito on threats to the economic system and our personal finances -- like central bank digital currencies (CBDCs).

1 hour: <https://live.childrenshealthdefense.org/shows/good-morning-chd/cl3neeXW2b>

Is Bitcoin Going Down for the Count? (Part Two)

The Bitcoin/crypto space is crashing and burning following the collapse of the FTX exchange, prompting some to speculate on whether this will cause wider margin calls and perhaps cascading defaults.

<https://sukwan.substack.com/p/is-bitcoin-going-down-for-the-count>

I Used To Be Disgusted, Now I'm Disabused - Charles Hugh Smith

It's certainly possible to be disgusted, but being disabused of the fantasy that the system is self-correcting is the healthier perspective.

<https://www.oftwominds.com/blognov22/disabused11-22.html>

Michael Hudson: A New Bipolar World. US finance capitalism vs. China's mixed public/private economy - with Helle Panke.

69 minutes: https://youtu.be/E_zY44YCICY

Pushing the same old climate policies at COP27 is simply insane - Jordan Peterson

After decades of failure to curb emissions, let's accept that capitalist investment is not the problem: it's the solution

21 minutes: <https://youtu.be/NIMLW2RundY>

Article: <https://www.telegraph.co.uk/news/2022/11/04/cop27s-solutions-tackle-climate-change-insane/>

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

The Biosecurity State With James Corbett + Meryl Nass - Good Morning CHD

Corbett and Nass break down the COVID-19 Crisis, from Homeland Security to Biosecurity, citing similarities to the US government's 9/11 response, H1N1 crisis + other disastrous parallels. Will the government lead us down an endless emergency crisis, pulling the 'emergency' stop switch, whenever they please? Was the COVID security infrastructure set up to be permanent? Are the same players involved in the coming Climate Crisis following the Eugenics playbook?

63 minutes: <https://rumble.com/v1ra3u8-good-morning-chd-episode-170-the-biosecurity-state.html>

The Digital Euro Has Proposed Spending Limits

Fabio Panetta, an Executive Board Member of the European Central Bank (ECB), has proposed that users of the digital euro should only be allowed to spend €50 per transaction

and have a maximum monthly spending limit of just €1,000 if they want to avoid having their transaction data recorded by the ECB.

<https://reclaimthenet.org/digital-euro-spending-saving-limits/>

The Hidden Agenda Of The Corporate Elite - Vandana Shiva with Aubrey Marcus

The Indian activist discusses seeing beyond the facades of net zero, lab-made food, poisonous medicines, etc. - and what we can do.

73 minutes: <https://youtu.be/69j1bsklwlc>

New World Next Week - James Corbett and James Evan Pilato

Story #1: UN Demands \$2 Trillion A Year From Rich Countries For 'Climate Justice'

Story #2: UK "Nudge Unit" Recommends Banks Track Carbon Footprint of Transactions, Reward "Sustainable Behaviors"

Story #3: Destructive Ruling Against LBRY "Sets Dangerous Precedent" for Crypto In The US

21 minute video, links: <https://www.corbettreport.com/nwnw501/>

Doug Casey on the World Economic Forum's Plan for Mankind and What Comes Next

Financial speculator and libertarian philosopher Casey dissects the WEF's form of amoral fascism.

<https://internationalman.com/articles/doug-casey-on-the-world-economic-forums-plan-for-mankind-and-what-comes-next/>

Matt Taibbi: The FBI's Transformation, from National Police to Domestic Spy Agency. Part One: "Disruption."

A Florida FBI agent blows the whistle on a Bureau that's stopped worrying about making cases, shifting resources to a vast new mission: domestic spying without predicate.

<https://taibbi.substack.com/p/the-fbis-transformation-from-national>

The Themis Report: A Documented War/Espionage Tale? - Matthew Crawford

Anatomy of Infiltration in the Grassroots Health Freedom Movement - with some Caveats

<https://roundingtheearth.substack.com/p/the-themis-report-a-documented-warespionage>

The Nazis Next Door: How America Became a Safe Haven for Hitler's Men

Pulitzer Prize-winning author Eric Lichtblau

57 minutes: https://youtu.be/uPL18TI0G_s

Schools & Education

Can We Trust Social-Emotional Learning (SEL)? - James Lindsay

Schools all across the United States and wider Western world are rapidly incorporating Social-Emotional Learning (SEL) into all aspects of the educational experience and environment. With folks like the WEF and UNESCO pushing it, can we really trust it?

<https://youtu.be/hclQqDdnuL4>

Ukraine, False Flags & Globalist Militarism

Scott Ritter with Ray McGovern on America, Russia and Ukraine

McGovern is a former Central Intelligence Agency officer and co-founder of Veteran Intelligence Professionals for Sanity (VIPS). He holds an M.A. in Russian Studies from Fordham University, a certificate in Theological Studies from Georgetown University, and is a graduate of Harvard Business School's Advanced Management Program.

47 minutes: <https://youtu.be/ubG99-cbuKk>



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



James Lyons-Weiler

Nov 11 · Popular Rationalism

"Directing all trust to a single source of medical information that is not contemporary, has no regular schedule of review or public briefings, is not transparent with data (e.g., the withheld V-Safe dataset), and has woefully lagged on major scientific developments (contagion control, testing, vaccine safety). It's a mind-blowing reality that our government agencies, in a planned and coordinated manner, have operationalized a plan to control information and spread propaganda in order to influence behavior. They pitted agencies against citizens and individuals against one another and let social media be the main battleground. The CDC and DHS CISA should be prime targets of US Senate and Congressional Investigations into our disastrous pandemic response."

The “Ministry of Truth” Is Back

The US Department of Homeland Security is secretly ramping up its efforts to censor and suppress information it considers dangerous.

Article, video: <https://www.shtfplan.com/headline-news/the-ministry-of-truth-is-back>

Twitter In Total Chaos! – Bigger Mess Than Elon Ever Imagined

Biden yesterday said that the Elon Musk acquisition of twitter should be look into a potential threat to national security.

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

Separating Climate Facts from Fiction - James Corbett with Derrick Broze

Watch or listen, 64 minutes: <https://theconsciousresistance.com/the-activation-22/>

Gareth Icke Shares Truth About His Father's EU Ban

39 minutes: <https://youtu.be/Q79xJ8NclKM>

Culture Wars



Corporations to start running GENDER COMPLIANCE AUDITS and “blackness checks”

...in order to qualify for lower loan rates from “woke” finance giants

<https://www.naturalnews.com/2022-11-10-coming-corporate-gender-compliance-audits-and-blackness-checks.html>

Circling The Wagons

A prominent academic society defends a professor who advocated destigmatizing pedophilia.

<https://christopherrufo.com/circling-the-wagons/>

Paradigm Expanding

Our Organizing Principle Should Be Caring for the Soul - Shunyamurti Teaching

10 minutes: https://youtu.be/_96JB4i32BI

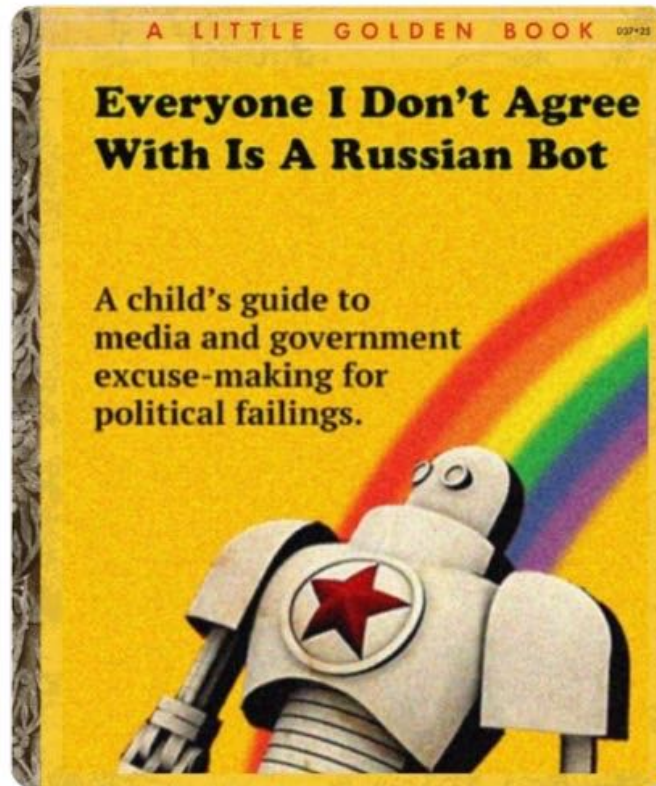
Friday Memes



Ethical Skeptic ☀
@EthicalSkeptic

1. Dead from fentanyl
2. Died in sleep/life-long myocarditis
3. PTSD from Everwar
4. Inflated/No livable wage
5. Still born/never born
6. 'It's safe and effective' encephalitis
7. Loss of agency thru balloteering

Horror movies bore me... Reality is the real horror.









**NO, THINGS
AREN'T GETTING WORSE**

**THEY'RE JUST
GETTING MORE OBVIOUS**

Remember the 2012 Olympics, with the Giant black figure and all of the hospital beds? It's starting to make a lot more sense now.



**If a guide dog judges
that a command is unsafe, it will
refuse the command. This is called
“intelligent disobedience”.**



Now if we could just get the
dogs to teach humans this
skill...

What stage of the awakening are you in?

