



Newsletter — Monday November 14, 2022

Welcome to our **Monday Solutions Edition**, where we offer a number of resources on creating a healthier economy, including a review of the possible role of local currencies and the emergence of Monero, a new privacy coin. We also feature a good number of election, technocracy, and pandemic-related articles, and much more. **Memes** are at the bottom.

Our **1PM zoom today** will feature Leslie Embersits, who is helping to **launch Children's Health Defense New England**.

1PM Monday Zoom

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>

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

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
- Aromatherapy 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

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.**

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

A Hopeful Vision for Humanity with Dr. Zach Bush | The Mark Groves Podcast 11.7.22

Exploring Consumerism, Humanity, Biodiversity, Health, Sustainability, Natural Law, the Microbiome

70 minutes: <https://youtu.be/YRPanof2Z0Q>

Human Nature - Groove for Thought

Vocal jazz a cappella goodness

4 minutes: https://youtu.be/G5w9L_5VL8E

Free/Cool/Fun/Weird/Noteworthy

Tessa Lena: Conspiracy, Mob Morality, and Amnesty: A Conversation with Charles Eisenstein

... and the meaning of life, while we are at it.

<https://tessa.substack.com/p/charles-eisenstein-amnesty>

Tessa is a prolific writer and penned one of the best overviews of the Great Reset back in October 20202: <https://tessa.substack.com/p/great-reset-dummies>

Nuremberg II: What a Real Inquiry into the Response to Covid Would Look Like

50 questions we need answered

<https://michaelpsenger.substack.com/p/nuremberg-ii-what-a-real-inquiry>

Tim Robbins Apologizes To Unvaccinated For Being Wrong On Covid Policy - Jimmy Dore Show

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

HILARIOUS! Pandemic Amnesty by Brent Pella - JP Reacts

6 minutes: <https://youtu.be/z86VfpV0bfQ>

I asked AI to make a Music Video... the results are trippy

6 minutes: <https://youtu.be/0fDJXmqdN-A>

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



Another Democrat Miracle! Maggie Hassan Wins 1,100 Votes from Town with Population Under 700

<https://www.thegatewaypundit.com/2022/11/another-democrat-miracle-maggie-hassan-wins-1100-votes-town-population-700/>

Postmortem Analysis of the Red Puddle - Melissa

https://granitegrok.com/mg_nashua/2022/11/postmortem-analysis-of-the-red-puddle

Youth Voter Turnout in the 2022 Midterms Delivered Key Wins for Democrats

<https://www.teenvogue.com/story/youth-voter-turnout-2022-midterms-democrats>

Here are a Few Potential Problems in NH That are Undermining Voter Confidence

<https://granitegrok.com/blog/2022/11/nh-voter-confidence-committee-some-of-the-evidence-presented-might-blow-your-mind>

VIDEO MONTAGE: Arizona Republican Voters Describe How Ballots Were Not Counted, Ballots Were Tossed in a Box, and People Were Not Allowed in to Vote

<https://www.thegatewaypundit.com/2022/11/video-montage-dozens-arizona-republican-voters-describe-ballots-not-counted-ballots-tossed-box-people-not-allowed-vote-video/>

Fair Elections Are The Underpinning Of A Free Society: Retired Marine Reserve Colonel

Retired Marine Reserve Colonel who helped created fair election system in Iraq, discusses what we need in the US

<https://www.zerohedge.com/political/fair-elections-are-underpinning-free-society-retired-marine-reserve-colonel>

Election Corruption? What Next! - Judicial Watch

Tom Fitton discusses if there is possible corruption happening in Arizona and Nevada following the 2022 Midterm Elections, and talks about what should happen next.

11 minutes: <https://youtu.be/MQtI9iDydm0>

The Aftermath and After That - James Howard Kunstler

The post-election mood across America is labile and incendiary.

<https://kunstler.com/clusterfuck-nation/the-aftermath-and-after-that/>

Is America Ready for a Multipolar World? - Quincy Institute - 11.14.22

A panel discussion as the G20 Summit gets underway

<https://youtu.be/PBPrr0rpQoY>

Relocalization, Regenerative Practices & Prepping

The Science of Survival: Wool Blankets

<https://www.theorganicprepper.com/wool-blankets/>

A Knowledge Pantry Gives You a Library on the Move

From how to forage for food to how to treat a medical condition, having a portable library is one of the elements of a good prepper.

<https://www.theorganicprepper.com/knowledge-pantry/>

101 Easy Ways to Prep Every Day

Developing a preparedness lifestyle

<https://www.theorganicprepper.com/101-easy-ways-to-prep-every-day/>

Monero Privacy Coin -- with Josh C. of Keene

<https://videos.hush.is/w/a2bMJ9PHPFacaNUmBfxnyC>

Democratizing Monetary Issue: Vision and implementation in the Berkshire Region of the U.S.

Can local currencies be a viable alternative to centralized monetary systems? A look at recent examples of successful local interventions.

<https://www.culturehack.io/issues/issue-02-territories-of-transition/democratizing-monetary-issue-vision-and-implementation-in-the-berkshire-region-of-the-u-s/>

Solar Invention Doubles Efficiency and Halves the Costs

Various technologies for focusing light to increase output

14 minutes: <https://youtu.be/6YEhheCuzwU>


Rebuilding Relationships, Society & Culture

Planetary Economics: New Tools for Local Transformation with Kate Raworth


Schumacher Institute discussion offering some ways of reimagining a new global economics
(certain woke statements notwithstanding)

101 minutes: <https://youtu.be/bPa1fmlY3Uo>


Jab & Plandemic News

 **Dr Aseem Malhotra**
@DrAseemMalhotra

When the former chief scientist of Pfizer's respiratory research unit gives his view on the mRNA products we must listen. To truly understand what's happening is to realise that a psychopathic entity has unleashed its power on the world on a unprecedented scale. We must stop them.

 **Janey** @Janey_J · Nov 11
Dr Mike Yeadon ~ "The kind of planning and thinking it takes to have done what has happened, are people who would worship satan"

Click to watch



1:50 | 262.9K views



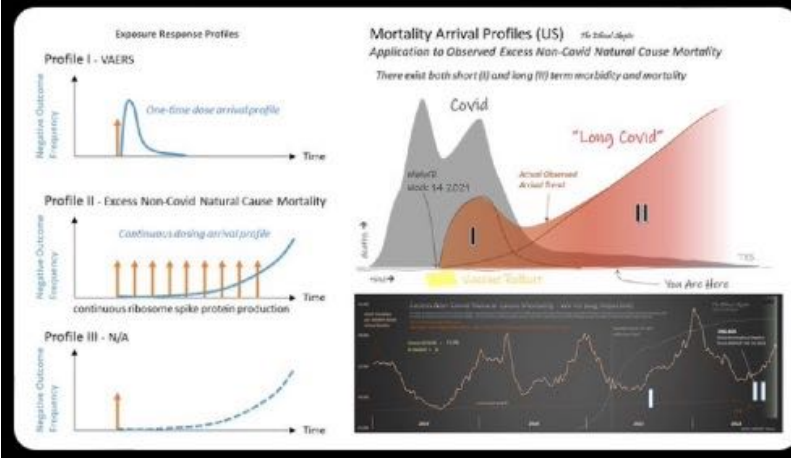
Ethical Skeptic
@EthicalSkeptic

[Click for detail](#)

And now for the more complex (but more critically informative) version of yesterday's simple chart.

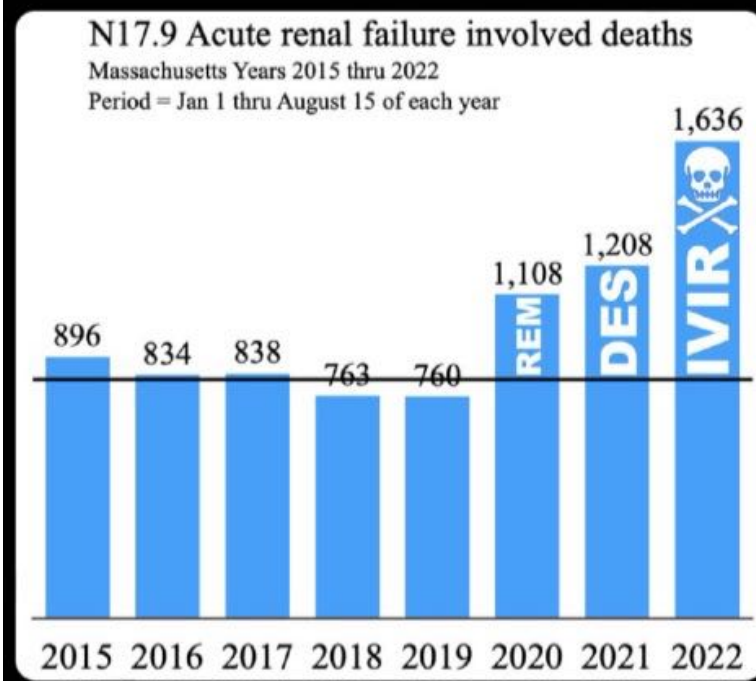
You see, there are TWO arrivals of injury and death here, not just one. This potentially explains the 'two surge observation we have made.

Two surges are not mere 'correlation'.



John Beaudoin
@JohnBeaudoinSr

The largest signal of them all. More than 1,500 EXCESS sudden kidney failure deaths in Massachusetts alone in the past 18 months. You will not see this anywhere else. CDC bundles data and all researchers cannot find this signal. But here it is direct from MA Death Certificates



HOLOCAUST: UK government dataset confirms 1 in 310 boosted individuals died within 48 days of vaccination

Vaccinated populations account for 90% of covid-19 deaths now

<https://www.naturalnews.com/2022-11-11-uk-1-in-310-boosted-individuals-died.html>

Maternal Immune Activation Blunts Proper IL-6 Mediated Brain Microglia Inflammation Response - Dr. James Lyons-Weiler

Houston, we have a complex problem with vaccinating during pregnancy, especially early pregnancy.

<https://popularrationalism.substack.com/p/maternal-immune-activation-blunts>

Sudden Death + Turbo Cancers: Canadian Doctors Speak Out

65 minutes: <https://live.childrenshealthdefense.org/chd-tv/shows/good-morning-chd/sudden-death--turbo-cancers-canadian-doctors-speak-out/>

Unblinded by the Light - Justin Hart

Details on Pfizer jab human trials leaves much to be desired

<https://covidreason.substack.com/p/unblinded-by-the-light>

Bivalent Boosters: A whizz bang bit of scientific recklessness - DarkHorse Podcast clip

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

CHD Rutgers Lawsuit Moves Forward, as Rutgers Announces Trial With Pfizer on COVID Vaccines for Kids Under 5

<https://childrenshealthdefense.org/defender/chd-rutgers-lawsuit-pfizer-covid-vaccines-kids/>

First RSV Emergency Declared as Pfizer and GSK Race to Get Vaccines Approved

Another fake emergency, to sell more drugs

<https://childrenshealthdefense.org/defender/rsv-emergency-vaccine-race-pfizer-gsk/>

Masking Kids in Massachusetts | A Flawed Analysis And What is Science Really?

Dr. Vinay Prashad dissects the re-emerging claims

16 minutes: <https://youtu.be/owYtnvEIUx0>

Biden Vows To Reinstate 'Strict Mask Mandates' This Winter

<https://newspunch.com/biden-vows-to-reinstate-strict-mask-mandates-this-winter/>

Top Ontario doctor to ask public to mask up as respiratory illnesses rage

<https://twitter.com/CTVToronto/status/1591494246833750017>

Houston, The CDC Has a Problem (Part 2 of 3) - The Ethical Skeptic

As we survey the sizable array of loose-end and speciously categorized data, it becomes readily apparent that the CDC is exhibiting all the symptoms of an organization which is constrained under the burden of a set of Kuhn-paradigm walking dead theories regarding Covid mortality.

<https://theethicalskeptic.com/2022/10/24/houston-the-cdc-has-a-problem-part-2-of-3/>

 **popjump**
@popjump

Are officials pivoting?

1. Stanford quietly drop vaxx mandate for students
2. NBC reports on myocarditis from vaxx
3. Australia not recommending boosters for under 30s due to risk of myocarditis

@jeffreyatucker @FatEmperor



Myocarditis

COVID-19 vaccinations, boosters, and testing

COVID-19 vaccinations, boosters, and testing continue to be important tools for controlling the spread of the virus, staying healthy and minimizing chances of becoming seriously ill.

- Community members are encouraged to stay up to date on COVID immunizations - in particular, the new bivalent booster 6C, which helps sustain immunity to COVID and provide new immunity against the BA.4&5 variants currently circulating in the U.S. and Europe. Boosters are available for free from [Stanford Health Care 6C](#). Additional vaccination locations can be found at [Vaccines.gov 6C](#).

Myocarditis after Covid vaccination: Research on possible long-term risks underway

Both Pfizer and Moderna are launching clinical trials to track health issues - if any - in following a diagnosis of vaccine-associated heart problems in teens and young adults.

COVID VACCINE ADVICE

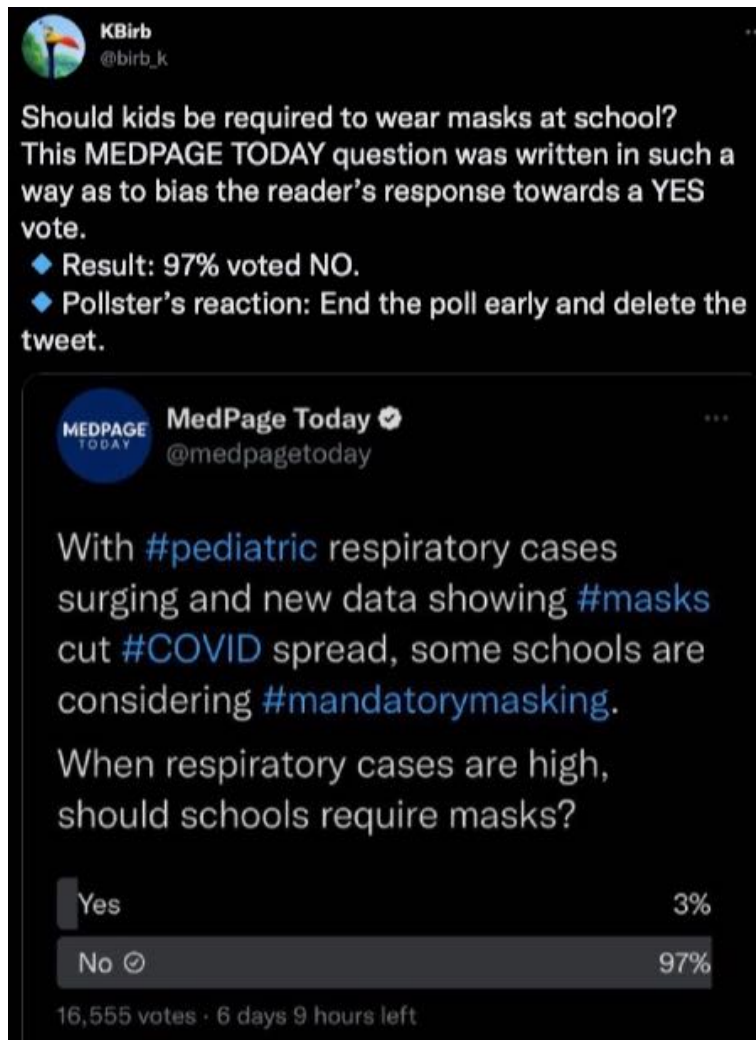
UNDER 30s UNLIKELY TO BE TOLD TO GET FOURTH VACCINATION

 **Dr. Simone Gold**
@drsimonegold

BREAKING: The US Customs and Border Protection (CBP) has lifted its vaccine mandate for personnel.

While this is good to see, there was never justification for the mandate in the first place.

3:43 PM · Nov 13, 2022 · Hootsuite Inc.



General Health & Wellness

DANGERS of Glyphosate and GMO's | Zach Bush MD on Realfoodology 10.26.22

62 minutes: https://youtu.be/g6au_lfdKj4

Role of Vitamin K2 in Kidney Health, with Sean Hashmi, MD, MS, FASN

21 minutes: <https://youtu.be/rgGc6LwVBy4>

Protocol for Defending Against Post-Infection Cardiovascular Disease

Orthomolecular Medicine News Service, Nov 11, 2022

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

EMFs

NH for Safe Technology - Wireless Safety Session Video and Slides - November 10, 2022

Different forms of K2, and which should be taken with Vit D

<https://www.youtube.com/watch?v=gfVn77yMI9k> 

Link to Cece's slides: <https://bit.ly/3TACcBx>

What You Need to Know to Stay Connected & Protected

Thursday, November 17, 7:00 - 8:30 PM

Subject matter experts will discuss:

- The health effects of electromagnetic radiation exposure from cell towers/antennas
- What the FCC's 1996 Telecommunications Act tells municipalities they can and can't do
- Why our towns' hands are not tied
- Some of the best examples of wireless zoning bylaws already in place today to help towns stay connected while homes, health and property values are protected

Moderator: Jonathan Mirin, co-founder of Hilltown Health, a grassroots organization dedicated to supporting town governments in Western MA in their transition to robust telecom bylaws

Zoom meeting link: <https://us02web.zoom.us/j/8240922020>

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

Ports Clogged With Containers As World Trade Stumbles

Bloomberg Trade Tracker reveals an ominous outlook for world trade due to soaring interest rates, the war in Ukraine, a slowdown in the US economy, and zero Covid in China.

<https://www.activistpost.com/2022/11/ports-clogged-with-containers-as-world-trade-stumbles.html>

The FTX Collapse Explained in 99 Seconds

<https://youtu.be/Ow-MN7qJnIY>

FTX: Of grand visions and grander delusions

FTX - The world's 3rd largest crypto exchange, valued at an incredible \$32 Billion, vanished overnight.

<https://www.zerohedge.com/news/2022-11-14/ftx-grand-visions-and-grander-delusions>

Amazon Unveils Warehouse Robot To Replace Human Pickers Amid Unionization Threats

<https://www.zerohedge.com/technology/amazon-unveils-warehouse-robot-replace-human-pickers-amid-unionization-threats>



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

James Corbett: How BlackRock Conquered the World — Part 1: A Brief History of BlackRock

Yes, in case you haven't heard, BlackRock, Inc. is now officially everywhere. It owns everything, and has graduated to creating scamdemics and shaping the course of civilization in the process.

<https://corbettreport.substack.com/p/how-blackrock-conquered-the-world>

WHO: Prepare For The Next Pandemic NOW

The World Health Organization says that the globe should prepare for the next pandemic now. And unsurprisingly, they need a lot of money to do it.

<https://www.shtfplan.com/headline-news/who-prepare-for-the-next-pandemic-now>

Russia supports creation of Gates-Rockefeller "Pandemic Fund"

Moscow reaffirms fealty to WHO at G20 summit, calls for "global sanitary shield"

<https://edwardslavsquats.substack.com/p/russia-supports-creation-of-gates>

Tech Industry Groups Oppose Child Privacy Law that Stops 8 Common Data Collection Practices

Sounds good, but there are some caveats.

<https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2022/11/07/californias-new-child-privacy-law-could-become-national-standard>

Religious leaders gather in Sinai to receive "Climate Justice Ten Commandments"

At least that makes it clearer that Climate Change is a religion

<https://israel365news.com/358681/religious-leaders-gather-in-sinai-to-receive-climate-justice-ten-commandments/>

Schools & Education

SAU16/Exeter Finally Does Something Right; They Helped Open a Hillsdale Charter School

<https://granitegrok.com/blog/2022/11/sau16-exeter-finally-does-something-right-they-helped-open-a-hillsdale-charter-school>

Homeschooling High School + A Talk About Raising Teenagers

By a veteran homeschool mom of nine

20 minutes: <https://youtu.be/5xdo2st1NhM>

Homeschool for Beginners: Unschooling Method

Learn more about what unschooling is all about. How do you do it? Is it legal? How is it different from traditional school?

10 minutes: <https://youtu.be/MVW9Ux-1XrU>

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

FBI Conducts “No-Knock Warrant” At Home Of Owner Of Website Devoted To Area 51

But if Area 51 is all baseless conspiracy theory, what's there to hide?

<https://www.activistpost.com/2022/11/fbi-conducts-no-knock-warrant-at-home-of-owner-of-website-devoted-to-area-51.html>

Human Induced Climate Fraud - Tony Heller

Groups with respectable sounding names are committing blatant climate fraud. Who is paying them to do this?

6 minutes: <https://youtu.be/PArbJFELn6Y>

AllSides Media Bias Chart

Ass Sides provides news from across the political spectrum, with bias ratings.

<https://www.allsides.com/media-bias/media-bias-chart>

When Skepticism is a Symptom of Cognitive Impairment | The Ethical Skeptic

While fake skeptics make the plea that their notions originate from established ‘methods of science’, one should consider the option that their form of methodical cynicism does not arise from rationality at all.

<https://theethicalskeptic.com/2018/07/05/when-skepticism-is-a-symptom-of-cognitive-impairment/>

Culture Wars



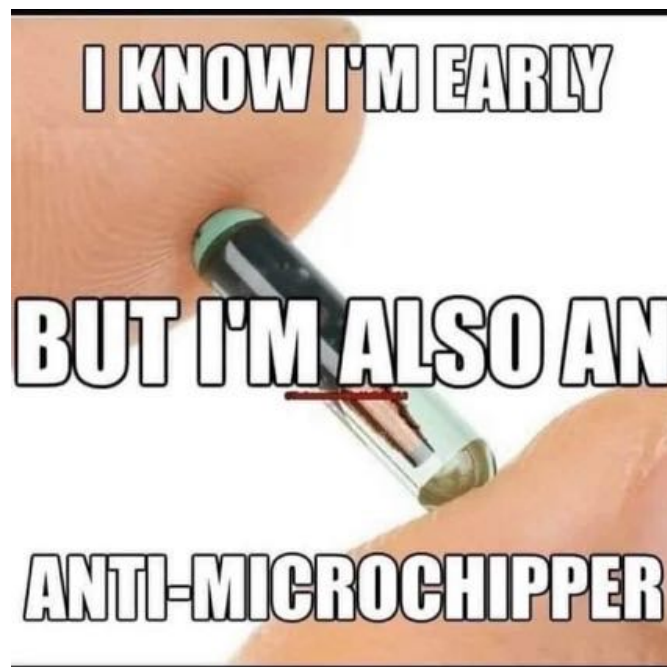
Paradigm Expanding

Every Moment Has Nothing To Do with YOU | Michael Singer

Some thoughts on how to approach life

6 minutes: https://youtu.be/U_BlUKv5idk

Monday Memes







Aaron Kheriaty, MD

@akheriaty

They have pivoted from
“follow The Science” (and
we are The Science) to
“nobody knew anything so
don’t hold us to account”.

7:35 AM · 07 Nov 22 · [Twitter Web App](#)

CHRISTMAS TREE FOR THE UNVACCINATED...
NO NEEDLES, JUST BALLS





David Whitehead 🇨🇦🇳🇪
@TruthWarriorDad

...

The Hellhound variant. That's where this lunacy is at. The symptoms are...wait for it...identical to normal seasonal flu 🤡

Fear is the virus.



marca.com

'Hellhound', the name of the new COVID variant: Why is it called that and what are its symptoms?



Dr. @lisa_iannattone@med-mastodo... · 10h ...

Mask MANDATES are the only thing that will get the majority of the population masking again. We are not a “do the right thing of your own accord” type of society.

💬 2,044 ↻ 1,976 ❤️ 9,297 ↗



David Whitehead 🇨🇦🇳🇪 @TruthWarrio... · 6h ...

Stop equating mask wearing with virtue. It's not virtuous, it's ridiculous. People aren't wearing them because they know that it's pseudoscience and that breathing normally without a damp bacteria infested rag over their breathing holes doesn't equate to health or protection.

When someone asks
what you want for
Christmas...



WAKE UP .. PLEASE!

made with mema

@chansewgr



YOU MAY NOT REALIZE YOU HAVE MONKEY POX



BUT, YOU MAY BE APE-SYMTOMATIC

img



When you're told not to give your baby honey under the age of 1, but are encouraged to inject them with known neurotoxins instead.





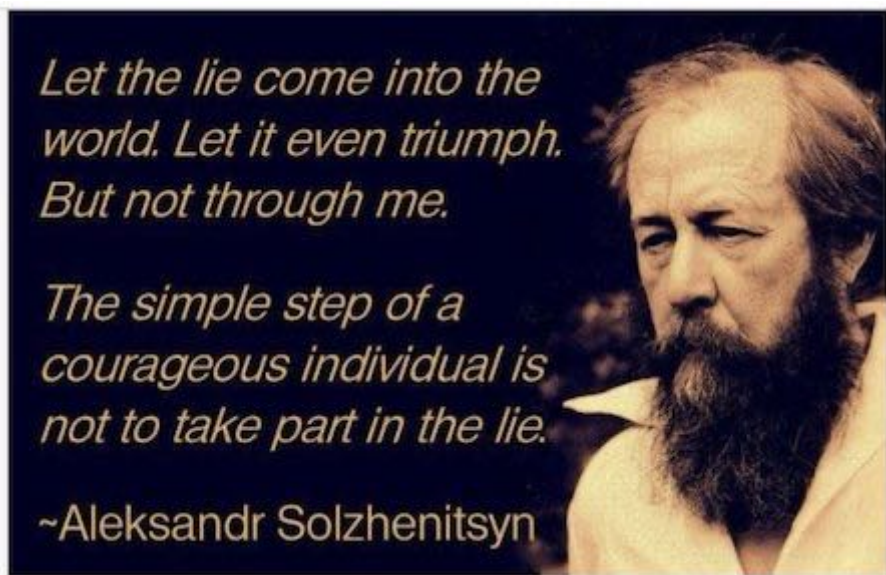
Thomas Massie ✓

@RepThomasMassie

The federal government is too large, spends too much, and is involved in too many aspects of daily life.

If you understand that, you're a realist, not an extremist.

If you try to fix that, you're a patriot, not a terrorist.



Tw-RAW-Snafu

We cannot force
someone to hear a message they
are not ready to receive. But
we must never underestimate the
power of planting a seed.



 Plant a Plantain
www.planta-plantain.org
