



Newsletter - Monday November 28, 2022

Welcome to our **Monday Solutions Edition**, with numerous videos and articles under the **Relocalization, Regenerative Practices & Prepping** and **Rebuilding Relationships, Society & Culture** sections, plus other critical news of the day. **Memes** are at the bottom.

Our Zoom today will center on US and global financial issues. Click to join:

1PM Monday 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.

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.

Subscribe here (free): <https://riseupnh.org/get-involved/>

Community Bulletin Board



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.pecounselingandcoaching.com
david@pecounselingandcoaching.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 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

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

ONE-TIME EVENTS

2000 Mules - Tuesday, December 6th, 2022, 6:00pm

Keene Public Library Auditorium (downstairs from the main floor)

60 Winter Street, Keene

Suggested Donation \$5.00 (to cover the licensing fee associated with showing the movie)

Dear CCRC Members:

The Keene City Republican Committee would like to invite all interested CCRC members to movie night on Tuesday, December 6th, 2022 at 6pm in the Keene Public Library Auditorium.

Suggested donation is \$5 to cover the licensing fee associated with the movie.

Sunday December 11, 2022 9:00AM-3:00PM

A BEGINNERS PARAMEDIC COURSE w/ Corey Bonnevie

An introduction to First Aid, CPR, and bleeding control. A combination of skills and psychological approach to effectively managing emergency situations.

Location: Dresden Barn, 1011 Gardiner Rd. Dresden, Maine

Cost will depend on # of participants, likely to range from \$30-\$60pp

Registration or questions: call Rosemary at 978-994-5306

Saturday, Dec 17, 4PM-?

Holiday Coffeehouse and Open Mic

Restoring Eden, 626 Route 10, Gilsum NH

Friends! Come listen to music, poetry, and stories in the lovely hall at Restoring Eden. An extra room will be opened up for folks who need a little quiet and conversation. Bring a poem to share (your own creation or just a favorite), a story, a song, and/or an instrument. The coffeehouse part will have refreshments (potluck) and a jam session for all interested musicians.

Please bring a snack to share.

Wine/beer: Audra has no objection to people bringing alcohol beverages as long as we are self responsible and discreet.

Donation: \$2 - \$5 to pay for use of space at Restoring Eden

Questions: Bill Rogers, 401-835-0977

ONGOING EVENTS

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

(Next class: Dec 3) - 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

I See Fire - Cover by Suddenly Years Align

5 minutes: <https://youtu.be/8w7rXOGvh1s>

Free/Cool/Fun/Weird/Noteworthy

Devilishly clever word of the day:

bioweapon: (n.) slander used in an ad hominem attack.

<https://solluckman.substack.com/p/bust-a-gut-on-substack-w-sol-luckmans>

Exposing Americas Social Credit System - Hayden Schreier (Lori's cousin)

10 minutes: <https://youtu.be/60GyBw6jVNo>

WEF Says China System is a Model in 'Systematic Transformation of the World'; CCP Builds Massive COVID Camps

Video: https://www.theepochtimes.com/wef-says-china-a-model-in-systematic-transformation-of-the-world-ccp-builds-massive-covid-camps_4889011.html

The Shadow State Documentary (Epoch Times) - Premieres 11/29 9:30AM

https://www.theepochtimes.com/the-shadow-state-documentary_4877950.html

The Final War: The 100-Year Plot to Defeat America (Epoch Times documentary)

Follows Epoch Times reporters and top China watchers through their journeys of awakening to the CCP threat.

2.5 hours: https://www.theepochtimes.com/the-final-war_4851409.html

Politics, Bills, Elections, Voting & Natural Law

Public Hearing for New NH DHHS Commissioner

A public hearing to appoint Lori Weaver to be the acting DHHS Commissioner will be held Thursday, December 1st, at 11 am, in the Executive Council Chamber in the State House.

RebuildNH's recommended actions:

https://granitegrok.com/mg_manchester/2022/11/public-hearing-for-new-dhhs-commissioner

Power to the Patriots: NH Files to Adopt Convention of States

<https://granitegrok.com/blog/2022/11/power-to-the-patriots-nh-files-to-adopt-convention-of-states>

Individual Rights, State Sovereignty, and Continued United States Unity and Independence

https://granitegrok.com/mg_lakesregion/2022/11/individual-rights-state-sovereignty-and-continued-united-states-unity-and-independence

Tulsi Gabbard on The WEF, Elon Musk, Woke Politics & Her 2020 Presidential Campaign – Ask Dr. Drew

82 minutes: https://youtu.be/JU7qngYEb_E

Relocalization, Regenerative Practices & Prepping

ReadyWise Cyber Monday Sale

Emergency Food Supplies

<https://readywise.com/collections/pre-black-friday-sale>

Easy Trick to Store a YEAR'S Worth of Potatoes (without a root cellar)

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

Buy Butter NOW And Preserve It With NO REFRIGERATION

16 minutes: <https://youtu.be/YUejSoi1q4Y>

German Gov't Prepping Guidance website

Tips for food prepping, emergency pack, hygiene, medicine cabinet, documents, communication and home safety

<https://www.bbk.bund.de/EN/Prepare-for-disasters/Personal-Preparedness/personal->

[preparedness_node.html](#)

Charge AA/AAA batteries and smartphone with this 5W solar kit

<https://www.goalzero.com/products/guide-12-nomad-5-kit>

10W direct-charge panel: <https://www.goalzero.com/collections/solar-panels/products/nomad-10-solar-panel>

600-lumen lithium-powered lantern and USB power hub

<https://www.goalzero.com/products/lighthouse-600-lantern-usb-power-hub>

Using A Baofeng UV-5R Radio For Emergency Communications

7 minutes: <https://youtu.be/pKE6oKKoRLY>

Lots of other helpful vidos on this channel:

<https://www.youtube.com/c/NotaRubiconProductions>

Meshtastic off-grid communicator that doesn't require a HAM license

It uses the unlicensed (open) 915MHz ISM band (for the US and Canada). Includes encrypted text messaging and flood routing.

<https://meshtastic.org>

Overview, 12 minutes: <https://youtu.be/DumgHz56ljlU>

EcoFlow DUAL FUEL 1800w Gas/Propane Smart Generator Review - Hobotech

See video notes for discount codes and other products

18 minutes: <https://youtu.be/7dZr5B1UHb4>

The \$50 Water Turbine - Build Tutorial v1.0

For half the cost of a 120 watt solar panel, this will produce about ten times the power (5kWh with 3m drop and 35 l/s flow) per day.

5 minutes: <https://youtu.be/hJbiSY2CijE>

Materials, tools, and step by step build instructions:

https://opensourcecelowtech.org/water_turbine.html

How CO2 Could Be The Future Of Fuel | VICE on HBO

4 minutes: https://youtu.be/Mb_8DJF6Hp0

Why Nuclear Fusion is Closer Than You Think - Undecided with Matt Ferrell

19 minutes: <https://youtu.be/yNP8by6V3RA>

Rebuilding Relationships, Society & Culture

Stop fighting the bad guys! - Charles Eisenstein

3 minutes: <https://youtu.be/FkzyHLc3mOk>

Engineering a Better Society With Game B | Jim Rutt

An alternative to the destabilizing, exploitative, and zero-sum approach to society we currently have

53-minute audio: https://youtu.be/yR8Pe_MTgb8

Building an Intentional Community - Miriam Martineau

44 minutes: <https://youtu.be/UOPx1GAahSg>

Roar Bjornes on Growing a New Economy - Jim Rutt Show

A wide-ranging discussion on the U.S. as a debtor economy, dividend money, how the Eurozone made the rich richer, private corporate ownership as a driver of inequality, Doughnut economics, reforming co-op laws, where government ownership comes in, what would happen if finance collapsed, a global jubilee, an approach to eliminating public debt, increasing alternative energy responsibly, and much more.

82-minute audio: <https://youtu.be/sjMstcGsLXw>

Can we unmake the world we have made? - Iain McGilchrist

6 minutes: <https://youtu.be/YgW61bu4qsY>

Political Maturity with Charles Eisenstein

76 minutes: <https://youtu.be/bopV8Pu3w8Q>

Jab & Plandemic News

HUGE - Norway does massive U-turn on boosters...

And they don't shy away from noting side effects should be considered.

<https://petersweden.substack.com/p/norway-booster>

Source (translated): <https://bit.ly/3GCgvhA>

Case Study: Clinically suspected lethal viral myocarditis combined with encephalitis: a COVID-19 vaccine complication (paper)

<https://onlinelibrary.wiley.com/doi/10.1002/ehf2.14229>

VAXXED ETHNIC CLEANSING: As food inflation skyrockets, Biden's White House targets poor Blacks by offering \$20 in food credits for those willing to take the depopulation jab (op-ed)

<https://www.naturalnews.com/2022-11-21-food-inflation-biden-targets-poor-blacks-food-credits-depopulation-jab.html>

“Died Suddenly” Blood Clots – What Causes Them?

<https://expose-news.com/2022/11/28/died-suddenly-blood-clots-what-causes-them/>

21 Surveys of Side Effects Following Vaccination Showing Shocking Rates of *SEVERE* Adverse Events

From heart problems to menstrual irregularities, it's not only the rate of systemic side effects that's stratospheric

<https://ashmedai.substack.com/p/21-surveys-of-side-effects-following>

RSV Vaccines: ‘We have to Stop These Shots,’ Experts Tell RFK, Jr.

Lyn Redwood, R.N., M.S.N., Dr. Meryl Nass and Dr. Ryan Cole

<https://childrenshealthdefense.org/defender/rfk-jr-podcast-rsv-vaccines-lyn-redwood-ryan-cole/>

The Medical Scandal of Killing Patients with Ventilators Continues

<https://healthimpactnews.com/2022/the-medical-scandal-of-killing-patients-with-ventilators-continues/>

FTX gave \$18m to TOGETHER trial after ivermectin trial arm showed negative result

21 minutes: <https://youtu.be/Z-IC6lf-gWg>

Pfizer’s CEO has been rapped by the UK’s pharmaceutical watchdog for making "disgracefully misleading" statements about children's mRNA vaccines.

<https://www.telegraph.co.uk/news/2022/11/26/pfizers-ceo-rapped-regulator-making-misleading-statements-childrens/>

The Vaccine Cult Wants to Rid the Earth of Anti-Vaxxers by Labeling Them Insane and Dangerous

<https://healthimpactnews.com/2022/the-vaccine-cult-wants-to-rid-the-earth-of-anti-vaxxers-by-labeling-them-insane-and-dangerous/>

Fauci’s 7-Hour Deposition: What We Know So far

Despite news blackout, some info has leaked

<https://brownstone.org/articles/faucis-7-hour-deposition-what-we-know-so-far/>

On the SARS-CoV-2 Virus Laboratory Origins Hypothesis: What Fauci and Collins Knew, and When They Knew It - James Lyons-Weiler

And how the "Proximal Origins" paper distorted their shared understanding, preventing the world from early comprehension of the virological and immunological landscape...

<https://popularrationalism.substack.com/p/on-the-sars-cov-2-virus-laboratory?>

Shocking Investigation discovers a World-Wide Shadow Government has infiltrated "Elected" Governments & Public Health Institutions & built a Global Vaccine Regime

<https://expose-news.com/2022/11/27/shadow-govt-has-built-a-global-vaccine-regime/>

General Health & Wellness

Kick that illness FAST with FIRE CIDER

21 minutes: <https://youtu.be/EXt0dn5rmF8>

How to Create Your Own Enlightenment Project - Psychotherapist Jonathan Robinson

Finding the ultimate peace within is not rocket science

46 minutes: <https://youtu.be/wxUvhd5gk9g>

Protocol for Defending Against Post-Infection Cardiovascular Disease

Orthomolecular Medicine News Service, Nov 11, 2022

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

EMFs

RF EMF may affect heart health, new analysis finds

<https://www.ewg.org/research/radiofrequency-electromagnetic-fields-may-affect-heart-health-new-ewg-analysis-finds>

Cellphones and Brain Tumors: 15 Reasons for Concern, Science, Spin and the Truth

<https://www.radiationresearch.org/articles/facts-15-reasons-for-concern/>

Money, Food, Energy, Jobs & Resources

Rail strike an 'economic calamity' waiting to happen: Chris Jahn (Fox News)

4 minutes: https://youtu.be/Cm4T26zFQ_4

'I believe the economy is the biggest bubble in world history,' says 'Rich Dad, Poor

Dad's Robert Kiyosaki: 'God have mercy on us all'

<https://www.marketwatch.com/story/i-believe-the-economy-is-the-biggest-bubble-in-world-history-says-rich-dad-poor-dads-robert-kiyosaki-god-have-mercy-on-us-all-11669410423>

Mainstream Finally Admits QE was "Colossal Failure" - Heresy Financial

What could possibly go wrong with imagining \$Ts of Fed money, loaning it to major banks for free, then funding a bankrupt government which has no intention of ever being fiscally responsible?

14 minutes: <https://youtu.be/SM0q1fFtI5w>

CBDCs are totalitarianism in an App and a currency - DarkHorse Podcast clip

10 minutes: https://youtu.be/by_Yzj0gTpg

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

Klaus Schwab Reveals His True Intentions In TELL ALL Interview

18 minutes: <https://youtu.be/nKuz6JNQ2yl>

"What a scam it actually is." Assessing COP27 and Modern Climate Activism

with Cory Morningstar and Dr. Claudia Von Werlhof

1-hour audio, summary article, transcript: <https://www.globalresearch.ca/what-a-scam-it-actually-is-assessing-cop27-and-modern-climate-activism/5799585>

Sasha Latypova (Trialsite News) W/ Katherine Watt On U.S. Domestic Bio-Terrorism Program

Katherine Watt is an independent journalist and a legal researcher who has created a meticulously cited and sourced reference on her Substack (Bailiwick News). Katherine has uncovered specific changes to the U.S. laws that have over the years led to the current events which she characterizes as a domestic bioterrorism and mass murder masquerading as a public health emergency response.

50 minutes: <https://www.bitchute.com/video/qsZCdMVeyRXb/>

Climate Disruption: It's Not Due to CO2 - Prof. Claudia von Werlhof and Silvia Terribili

43-minute Audio, transcript: <https://www.globalresearch.ca/climate-disruption-its-not-due-to-co2/5677036>

Welcome to the human welfarism state

Where the power of the few is whitewashed into looking like the good of the many

<https://boriquagato.substack.com/p/welcome-to-the-human-welfarism-state>

Schools & Education

NH School Boards Association Transgender Policy is Harming Girls in School

<https://granitegrok.com/blog/2022/11/nh-school-boards-association-transgender-policy-is-harming-girls-in-school>

Ukraine, False Flags & Globalist Militarism

SCOTT RITTER - November 27: It's all over

74 minutes: <https://youtu.be/tvv6aOOhEa0>

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

No Joke: Supreme Court Case Could Take a Big Bite out of the First Amendment

Satire and parody in the crosshairs

<https://jonathanturley.org/2022/11/28/no-joke-supreme-court-case-could-take-a-big-bite-out-of-the-first-amendment/>

Erasing The "little tropical age" - Tony Heller

How the IPCC has lied about global temperatures

10 minutes: https://youtu.be/_wsaSm0k7bk

"There's no emergency" – dissident climatologist Dr Judith Curry on climate change

36 minutes: <https://youtu.be/YBdmppcfixM>

Culture Wars

Disney's Latest #Woke Leap Crashed And Burned at the Box Office

<https://granitegrok.com/blog/2022/11/disneys-latest-woke-leap-crashed-and-burns-at-the-box-office>

Paradigm Expanding

Gregg Braden - Forbidden Science: They Tell Us that We Are a Product of a DEAD Universe... Really?

26 minutes: <https://youtu.be/i-5QheFrKWA>

The Suppressed History of Giants and their reemergence into the public arena - Brad Olsen with Michael Salla

70 minutes: <https://youtu.be/nTcpDyC54BM>

NASA's Dark Mission, Ancient Aliens on the Moon & Mars, and other Unexplained Earth-Space Anomalies - Mike Bara

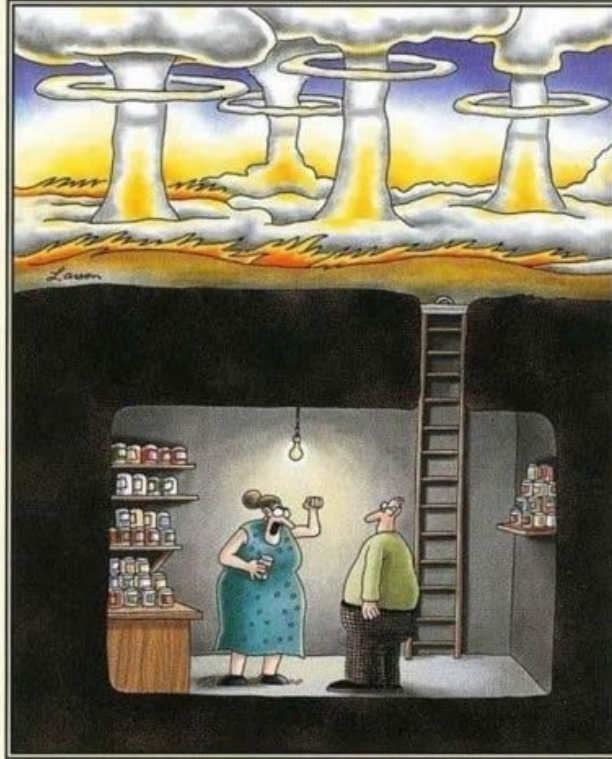
73 minutes: <https://youtu.be/xY4OPOv8DPM>

Monday Memes





12/16/86

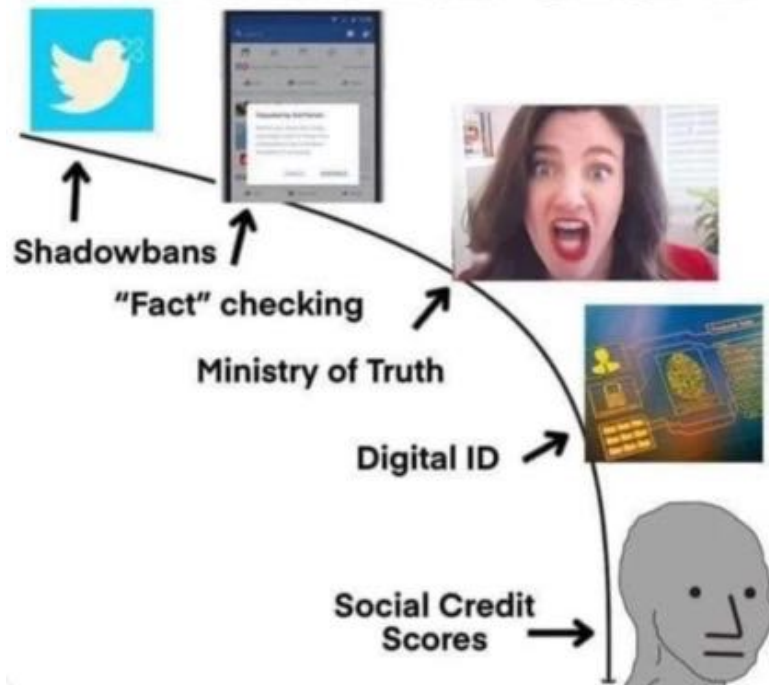


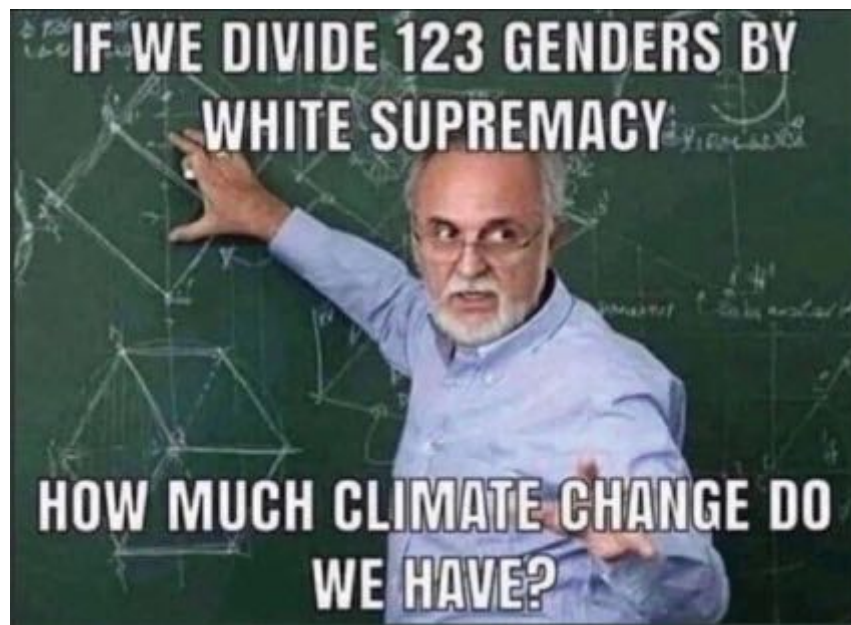
"How many times did I say it, Harold? How many times? 'Make sure that bomb shelter's got a can opener—ain't much good without a can opener,' I said."





THE SLIPPERY SLOPE







If someone accuses you
of wearing a tinfoil hat...
remind them it's better
than a blindfold
