



Newsletter - Monday 12/19/22

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Welcome to our Monday Solutions Edition with curated news of the day.

Please join us for our regular Monday zoom at 1pm, where we'll host an open conversation about news of the day. Please bring your comments and questions.

[Click to Join Zoom](#)

Up First!

Grand Jury Announcement - Dr. David Martin

Dr. Martin discusses DeSantis's grand jury announcement

28 minutes: <https://youtu.be/KP9wYs-vvgc>

Call to Action: Fight to Stop Sexual Abuse of Children in the NH Public Schools.

CAUTION: Graphic Images - Granite Grok

<https://granitegrok.com/blog/2022/12/call-to-action-fight-to-stop-sexual-abuse-of-children-in-the-nh-public-schools-caution-graphic-images>

The Proposed Amendments to The International Health Regulations

These proposed amendments to the International Health Regulations (IHR) seek to remove respect for your dignity, human rights and fundamental freedoms. NOW is the time to take action to stop this.

<https://jamesroguski.substack.com/p/the-proposed-amendments-to-the-international>

Here is how we exit the WHO

A bill to do so (its short name was 'WHO Withdrawal Act') was introduced in June last year but went nowhere

<https://merylness.substack.com/p/here-is-how-we-exit-the-who>

Tucker: Bombshell From Insider About CIA Involvement in JFK Assassination

RFK Jr calls It 'Coup D'Etat'

<https://redstate.com/nick-arama/2022/12/17/tucker-bombshell-from-insider-about-cia-involvement-in-jfk-assassination-rfk-jr-calls-it-coup-detat-n674882>

Yes, we are winning!

John-Michael and the RiseUpNH team

We are fundraising!

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.



PROTEKNET Crop protection fabric FOR SALE -cut to size for you

Given the increasing concerns about supply shortages, costs going up exponentially, the need to grow more of our own food, increasing insect pressure due to climate changes etc, we purchased larger quantities of some farm supplies. . We are selling light weight 25 gram 14' wide ProtekNet that we will cut lengths to size at your request. We may also be willing to sell some of the mid weight 47 gram 14' wide which is stronger, We are selling a little above our costs. It is not easy to find in small quantities. We are selling the 25 gram sheets at \$2.50 per foot. The 47 gram is \$3.00 per foot. Lasts for at least a few years if taken good care of. schreierlori@aol.com 603 399-7772

ProtekNet insect netting is the ideal choice for insect control over heat sensitive crops. The fine synthetic mesh is effective against even very small insects such as thrips and flea beetles (see chart below), is UV resistant, and lasts for at least several seasons. 89% light transmission. Keeps the critters out while not heating the crop and it is easy to see inside through the netting. Use over hoops.



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

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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"> • 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 <p>626 Route 10 Gilsum NH - 603-338-8797 RestoringEden4NaturalHealth@gmail.com</p>
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Have a business or item you'd like to share here? Contact admin@riseupnh.org.

The UpBeat

Xavier Rudd - Follow The Sun [official music video]

Tomorrow is a new day for everyone

Brand new moon, brand new sun

<https://youtu.be/0E1bNmyPWww>

Xavier Rudd - Walk Away [Official Video]

Walk away, from all that you know

Walk away, and hold your own

<https://youtu.be/7GQvdgT6Eh0>

VOCES8: 'In Dulci Jubilo' arr. Robert Pearsall

8-part mixed a cappella goodness

3 minutes: <https://youtu.be/Ob0B5zlpR8A>

**People who resisted COVID jabs are 'superheroes' who 'embody the best of humanity':
French general**

<https://www.lifesitenews.com/news/people-who-resisted-covid-jabs-are-superheroes-who-embody-the-best-of-humanity-french-general/>

Events

Local Is Our Future book Study Group starting in January - more coming soon.

January 5, 2023

Winter Book Study: A Precautionary Tale

We hope you will join NOFA-NH and Seacoast NH Permaculture this winter for a 5-part Zoom book discussion of A Precautionary Tale: How One Small Town Banned Pesticides, Preserved Its Food Heritage and Inspired a Movement by Philip Ackerman-Leist. Meetings will take place every other Thursday from January 5 to March 2. Register for the whole 5-week series for \$10 (NOFA members) or \$15 (non-members). Only six spots are available and will be filled on a first come first serve basis. Participants must purchase their own copy of the book.

Learn more and sign up at www.nofanh.org/book-club .

January 10, 2023

A Future of Food Security for All w/ Special Guest Ira Wallace January 10th

The seven chapters of the Northeast Organic Farming Association have been working to develop food security programs and learning opportunities throughout our region. This winter each chapter will be implementing various workshops at our Winter Conferences that discuss topics to build self-resiliency, grow agricultural communities, develop systems for improved access, increase land access, and reduce climate decline. To kick off our Winter Conference season we have invited the NOFA/Mass Keynote Speaker Ira Wallace, of the Southern Exposure Seed Exchange, to share with us the importance of food security and how seed saving continues to play such an important role in feeding our communities. We hope you will join us for this free, virtual event on January 10 from 12 PM – 1 PM.

Registration will open soon. You can learn more here: <https://www.nofanh.org/kickoff-event>

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

Free/Cool/Fun/Weird/Noteworthy

Derrick Broze's 2nd Edition of his "How To Opt-Out of the Technocratic State" is Out Free PDF or purchase:

<https://theconsciousresistance.com/howto/>

Dr Malone's book, "Lies My GOV'T Told Me," is now free for downloading from Amazon until Dec 25th!

Kindle version: <https://www.amazon.com/Lies-My-Govt-Told-Me-ebook/dp/B09R4Y6YKJ/>

Free Self-Care Workbook | First Light Ministry

A sensible body-mind spirit approach to wellness

Requires name/email: <https://www.firstlightteaching.com/selfcareworkbook>

Car Thieves vs the Final GlitterBomb 5.0

Ingenious!

18 minutes: <https://youtu.be/iWeu2dxHRDg>

Politics, Bills, Elections, Voting & Natural Law

US Senator (Federal Ambassador to NH) Jeanne Shaheen Hates Any Republican Majority NH Executive Council

<https://granitegrok.com/blog/2022/12/us-senator-federal-ambassador-to-nh-jeanne-shaheen-hates-any-republican-majority-nh-executive-council>

Sun-King Sununu's Legacy ... Governor Chris Pappas?

<https://granitegrok.com/blog/2022/12/sun-king-sununu-legacy-governor-chris-pappas>

Thomas Renz: The Finchem Dismissal Disaster in Arizona - Where is the Rule of Law?

Corruption in AZ Requires the Judiciary to Fulfill its Constitutional Role

<https://tomrenz.substack.com/p/special-article-the-finchem-dismissal>

Dan Richard: Update on Voting Lawsuit

<https://granitegrok.com/blog/2022/12/dan-richard-update-on-voting-lawsuit>

Relocalization, Regenerative Practices & Mindset, Prepping

4 Winter Preps - Most Important - SHTF READY

Not that most of us need reminding but...

1 minute: <https://youtu.be/XSeEQtSBOvs>

Non Electric Pellet Rocket Stove REALLY WORKS for Heating Without Electricity

Burns pellets, wood

20 minutes: <https://youtu.be/YVDdVlct7CM>

How the Triangle Technique Tricks Bears, And Saves You From An Attack

19 minutes: <https://youtu.be/6kALghFRGBE>

Why I Don't Have A Ham License & Why I Will Never Get An Amateur Radio License From The FCC

7 minutes: https://youtu.be/0x3HNj7j_rg

Survival Sunday – PREP Edition 12/16 - Granite Grok

A collection of prep-oriented news and ideas, text and videos

<https://granitegrok.com/blog/2022/12/survival-sunday-on-thursday-sitrep-edition>

People power can WIN! Vandana Shiva and Helena Norberg-Hodge

A call for "a whole new unity of diverse struggles" to oppose corporate rule and its mechanisms today. Vandana and Helena co-founded the International Forum on Globalization, which was instrumental in shutting down the WTO (World Trade Organization) in Seattle, 1999.

4 minutes: <https://youtu.be/PL9SS55fJwA>

Rebuilding Relationships, Society and Culture

Energizing Independent Politics | David Jolly + Andrew Yang | Forward Podcast

50 minutes: <https://youtu.be/blAb5ftVRW4>

"What Liberals Miss About Conservatives"

Paul Norris, who helps lead Braver Angels' Red Caucus, convenes an all-red panel to discuss what liberals, academia, and the mainstream media miss about conservatives. Featuring Mark Reinecke, Elizabeth Doll, and Barbara Farmer. More at <https://braverangels.org>.

68 minutes: https://youtu.be/4_k0UIPGPSY

Charles Eisenstein: "Handfuls" Intermission – Self-pity and self-righteousness

Responding to freakouts over my recent articles on the nature of evil

<https://charleseisenstein.substack.com/p/handfuls-intermission-self-pity-and>

Simon Sinek - The Infinite Game

An inspirational speech that leans towards Game B business and civilization.

10 minutes: <https://youtu.be/cr6a8lz1NOg>

War on Sensemaking 3, the Infinite Game - Jamie Wheal

Flow expert Jamie Wheal outlines his answer to Daniel's question, outlining what the 'Infinite Game' looks like, how we might uplevel human consciousness and what a 'Game B' society might look like.

57 minutes: <https://youtu.be/mQstRd7opv4>

About the EARTHwise Constitution for a Planetary Civilization with Anneloes Smitsman

This work acknowledges that the universe is alive and aware

11 minutes: <https://youtu.be/xaY4yqeAlo8>

EARTHwise Constitution: <https://www.earthwisecentre.org/constitution>

When narcissism meets authenticity - Dr. Ramani

Seeing but not attacking.

12 minutes: <https://youtu.be/BLWZ8UOiMUK>

Family and Politics: A Braver Angels Debate

"Resolved: call out your problematic uncle." Does challenging your family members political views during the holiday season benefit you or our social climate? Or does it worsen things? Follow along as we debate.

2 hours: <https://youtu.be/6N4-3VXNIko>

Jab & Plandemic News

Monkeypox sputtering out - Dr. Meryl Nass

Brief update

<https://merylnass.substack.com/p/just-a-monkeypox-outbreak-update>

Are School Mask Mandates Returning? - Dr. Meryl Nass

Philadelphia orders students to mask up from Jan 3 to January 13 due to future spike in cases. Is the Superintendent of Education reading the entrails of goats? How does he know what the future will bring?

<https://merylnass.substack.com/p/philadelphia-orders-students-to-mask>

Opposition to Childhood Vaccine Mandates on the Rise, More Parents Say They Want the Right to Choose

A growing number of parents oppose vaccine mandates as a precondition for public school attendance, and interest among adults in receiving COVID-19 booster shots is waning, according to a national poll by the Kaiser Family Foundation.

<https://childrenshealthdefense.org/defender/childhood-vaccine-schedule-mandates/>

Pathogenic Priming by SCV2 Protein Epitopes is Now Mainstream Science - James Lyons-Weiler

Researchers are catching on to JLW's warnings on pathogenic priming.

<https://popularrationalism.substack.com/p/ipak-impact-on-biomedical-and-clinical>

If SARS-COV2 was made in a lab, which groups were targeted? - Dr. Philip McMillan

<https://youtu.be/5DKtlE9An18>

A real vax lot anomaly - Jessica Rose

There's a vax lot that induces more anaphylaxis... for real. And it's not 041L20A.

<https://jessicar.substack.com/p/a-real-vax-lot-anomaly>

The Myth of Pandemic Preparedness - Dr. Meryl Nass

The entire effort is based on the false assumption that pandemic preparedness would actually work.

<https://merylnass.substack.com/p/the-myth-of-pandemic-preparedness-8e1>

General Health & Wellness

Ivermectin converts cold tumors hot and synergizes with immune checkpoint blockade for treatment of breast cancer

12 minutes: <https://www.nature.com/articles/s41523-021-00229-5>

Jonathan Haidt: What you Need to Know about the Dramatic Increase in Teenage Depression

Haidt is an American social psychologist, Professor of Ethical Leadership at New York University Stern School of Business, and author. His main areas of study are the psychology of morality and moral emotions.

10 minutes: <https://youtu.be/5C0JjZRk1-0>

How to Receive Feedback, Janelle M. Barlow with Jeffrey Mishlove

Barlow and Mishlove are married.

100 minutes: <https://youtu.be/ublilJ8R9zk>

Do Shadow Work... It Will Change Your Life (Best Technique)

Moving through Resistance & Judgment to Peace

14 minutes: https://youtu.be/_2CjGIVXjBo

Principles & Methods for Achieving a Flow State | John Vervaeke & Kevin Bowers

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

The Neuroscience Sleep Trick! - Dr. Mandell

Use this technique to calm your prefrontal cortex.

4 minutes: <https://youtu.be/ZGyo1FVvy0k>

Transforming Self Judgment - Richard Rudd

Rudd weaves together the two themes of the self judging human and the all-forgiving soul, Richard brings us into an integrated view that unites radical authenticity with deep self compassion.

17 minutes: <https://youtu.be/dDWfNfNOAsk>

EMFs

A Letter to the Girl Scouts

Big Tech, 5G, Students, Women & Children; Education, Indoctrination Or Exploitation?

<https://www.naturalblaze.com/2022/12/big-tech-5g-students-women-education-indoctrination-or-exploitation.html>

36 New Papers on Electromagnetic Fields and Biology or Health Electromagnetic Radiation Safety

<https://www.saferemr.com/2022/06/recent-research-on-wireless-radiation.html>

Silent Culprit and monarch butterfly decline

<https://www.nationalobserver.com/2022/12/06/opinion/silent-culprit-monarch-butterfly-decline>

Money, Food, Energy, Jobs & Resources

You Will Remember This Winter

The energy crisis has Europe in its grip and now winter is here. Will there be blackouts? Will you be able to stay warm?

15 minutes: <https://www.youtube.com/watch?v=espcyHwsfRw>



OH Legislators Label Natural Gas as “Green Energy”; Pass Bill Opening State Land (Including Parks) to Fracking

<https://www.activistpost.com/2022/12/legislators-label-natural-gas-as-green-energy-pass-bill-opening-state-land-including-parks-to-fracking.html>

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

Only The Beginning | Matt Taibbi Exposes Twitter Policy - Russell Brand

15 minutes: <https://youtu.be/NmHno7pV8gk>

Twitter Files Supplemental: How The FBI Bullied Twitter Over Lack Of “Foreign Influence” Evidence

<https://www.activistpost.com/2022/12/twitter-files-supplemental-how-the-fbi-bullied-twitter-over-lack-of-foreign-influence-evidence.html>

Stand & Deliver Episode 46: Free Speech is NOT Violence

Patrick and Bob address the latest threats to free speech online--forcing self-censorship by linking opinions to violence caused by others. At issue is the attempt to blame online criticism of controversial bodily mutilation of children for violent actions against people in the LGBTQ community. Politicians, celebrities, and media members have also claimed that refusing to use made-up, hand-crafted "pronouns" for people who self-identify as other random beings is also a form of violence.

32 minutes: <https://www.cffspodcast.com/e/episode-46-free-speech-is-not-violence/>

Twitter Users Voted For Elon Musk To Step Down As Head; Tesla Shares Jump

<https://www.zerohedge.com/markets/musk-asks-twitter-if-he-should-step-down-yes-vote-leading-8-hours-go>

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

Euthanasia, Even Among Children, Is on the Rise — What’s Driving the Trend to Market Death?

The growing worldwide trend of euthanasia and/or assisted suicide, especially among children and young people, has critics asking troubling questions about the real motivation

behind a spate of new laws

<https://childrenshealthdefense.org/defender/euthanasia-medical-assisted-suicide-children/>

Insider Tells Tucker Carlson That CIA Was Directly Involved In JFK Assassination

Article, video: <https://www.activistpost.com/2022/12/insider-tells-tucker-carlson-that-cia-was-directly-involved-in-jfk-assassination.html>

Schools & Education

Are There Alternatives to Woke Universities? - PragerU

<https://youtu.be/4S3HSeCtsSk>

Growth of the Administrative Public Education “State”

<https://granitegrok.com/blog/2022/12/growth-of-the-administrative-public-education-state>
<https://childrenshealthdefense.org/defender/childhood-vaccine-schedule-mandates/>

Ukraine, False Flags & Globalist Militarism

Scott Ritter: A Lexicon for Disaster (12/19)

Russia seeks arms control agreements to prevent dangerous escalation. But the U.S. seeks only unilateral advantage. This risks all out conflict unless this changes.

<https://consortiumnews.com/2022/12/19/scott-ritter-a-lexicon-for-disaster/>

How Do Pro-Russian Ukrainians See the War? - Useful Idiots Podcast

Listen or Watch (37 minutes): <https://usefulidiots.substack.com/p/how-do-pro-russian-ukrainians-see>

Culture Wars

The Smart Lawmaker’s Guide To Writing Anti-Critical Race Theory Laws That Will Stand Up In Court

Too many proposals against CRT have been based on viewpoint — seeking to sanction individuals for teaching or discussing CRT, rather than acting on it.

<https://thefederalist.com/2022/12/13/the-smart-lawmakers-guide-to-writing-anti-critical-race-theory-laws-that-will-stand-up-in-court/>

Notable Quote – Hey, Wokesters! We're Tired of Being Blamed for Stuff We Didn't Do

<https://pjmedia.com/culture/lincolnbrown/2022/12/15/is-woke-fatigue-finally-setting-in-n1653864>

Paradigm Expanding

Graham Hancock: The Forgotten Truths of Spirit and Ancient History | Aubrey Marcus Podcast

Understanding our current fragile moment in civilization and the establishment brouhaha over Hancock's new Netflix documentary

95 minutes: <https://youtu.be/1y71YICe9uE>

NDE Evidence and the Next Steps in Mind/Brain Research - Robert and Suzanne Mays

Full presentation from 2022 IANDS Conference. Robert serves on the Board of the International Association for Near-Death Studies (IANDS) and both Suzanne and Robert lead a local IANDS NDE Group that meets once a month in Durham

1 hr: <https://youtu.be/0fGq3CXj-H0>

Monday Memes



Me: *gets a splinter*

Canadian doctors:





Scientists then



**I can't wait for
someone to try to
disprove my findings**

Scientists now



**If you challenge
my findings it
hurts my feelings**

This is a Banana.



If you see an Apple, you're
a Right Wing Extremist.



**My mom said that if I
don't get off my
computer and do my
homework she'll slam my
head on the
keyboard, but I think
she's
jokin
fjreoiwjrtwe4to8rk
lj
reun8f4ny84c8y4t58
lym4
wthylmhawt4mylt4am
lat
hnatyn**

What's wrong babe? You've hardly touched your jabbacado toast.



**Guilt and stress do
more damage to your
body than chocolate
cake ever will.**

Jessica Silsby

wordables.

