

# Newsletter - Monday March 20, 2023

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

Welcome to our Monday Solutions **Edition** with curated news of the day and memes at bottom.

Rise Up NH Zoom 1PM today - more on money and alternative currency systems.

Click to Join Zoom



Yes, we are winning!

John-Michael and the RiseUpNH team

### WIll you support Rise Up NH?

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.

# **Up First!**

Top news and views....



Their Secret Plan to Kill Crypto and Launch FedNow CBDC - Heresy Financial

16 minutes: <a href="https://youtu.be/WIZKHj\_DW3E">https://youtu.be/WIZKHj\_DW3E</a>

Get Out Now as the Machines [trading bots] Are About to Sell More Than \$60b of Stocks Starting This Week - Steven Van Metre

13 minutes: <a href="https://youtu.be/KDeBkWT0rMY">https://youtu.be/KDeBkWT0rMY</a>

#### All About Local Exchange Trading Systems

No central authority is required to guarantee the currency and manage its supply: LETS is backed by goods and services, and is created as mutual credit.

https://www.transaction.net/money/lets/

#### The Carrington Event of 1859 (A Once in 500 Year Solar Storm)

In light of the recent mass coronal ejection that just blew off the sun (missing Earth)

Article, podcast: https://mind4survival.com/the-carrington-event/

# Cancer-causing chemicals found in East Palestine soil as high as hundreds of times greater than past EPA safety recommendation

https://endtimeheadlines.org/2023/03/cancer-causing-chemicals-found-in-east-palestine-soil-as-high-as-hundreds-of-times-greater-than-past-epa-safety-recommendation/

Justin Hart's summary of Twitter Files #19: Sinister Surveillance & Suppression: The Shocking Secrets of the Virality Project

The approach of the Virality Project to digital censorship evolved from judging content based on truth or falsehood to focusing on controlling political narratives at the expense of facts. This Orwellian system of information suppression was a resounding success, as government, academia, and an oligopoly of powerful corporations quickly organized behind a secret, unified effort to manipulate political messaging.

### The End of Money and the Future of Civilization - Thomas H. Greco, Jr.

Monetary researcher Thomas H. Greco, Jr. spoke about transcending the Debt Money Regime and the Emergence of a Peaceful, Convivial Society.

24 minutes: <a href="https://youtu.be/ZYjOO1u6gpM">https://youtu.be/ZYjOO1u6gpM</a> Greco's website: <a href="https://beyondmoney.net/">https://beyondmoney.net/</a>

https://bit.ly/40daij2





#### **Organic Produce in Acworth**

- Garden access will be run as a P. M. A.
- The details are still being worked out and adjustments will be made as necessary, but the newly-established gardens will be planted this spring with a variety of vegetables. Some medicinal herb plant starts will be available as well.
- •Initially either "pick your own" or order ahead to have produce ready for pick-up. Deanne Sanville the.lilac.dragonfly@gmail.com

#### Get a free astrology reading with our own Celeste Longacre

She joins Dan Mitchell the 3rd Wed. of every month on AM WKBK 1290 (wkbkradio.com). She's on from 9:05 to 10:00 AM. Give it a listen.

#### Abenaki Springs Farm - 2023 CSA signups now available. Details:

Vegetable CSA: <a href="https://abenakispringsfarm.com/vegetable-csa/">https://abenakispringsfarm.com/vegetable-csa/</a>

Meat CSA: <a href="https://abenakispringsfarm.com/meats/">https://abenakispringsfarm.com/meats/</a>





#### 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.







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

## The UpBeat

# German Health Minister Reverses Course on COVID Vaccine Injuries, Says Injured Being Ignored

https://childrenshealthdefense.org/defender/karl-lauterbach-germany-covid-vaccine-injuries/

#### Masters of Fear - Music video

The Masters of Fear, yes they're the elite
What they have accomplished, an incredible feat
They tell you you're brave
And that you have been saved
Now you believe you're complete
<a href="https://youtu.be/LFqnPNHbBnA">https://youtu.be/LFqnPNHbBnA</a>

### **NH Legislation & Political Action**

From RebuildNH (recommendations are theirs):

#### **Key Bills Head to the House Floor**

#### TERMS:

LOB: Legislative office building ITL: Inexpedient to Legislate

OTP: Ought to Pass

Re-refer or Retain: This means the bill will remain in committee and not taken up again until

next year

#### Wednesday, March 22nd, N.H. House

House Floor Vote

**HB 10, SUPPORT OTP**, establishing the parental bill of rights. With the amount of press this bill has received, I don't think it needs much explanation. This bill requires that parents be able to know exactly what happens to their children in public schools.

**HB 539, SUPPORT OTP**, relative to vaccination clinics at schools. The bill would ban vaccination clinics occurring during school hours in public schools. There have been multiple reports of children receiving vaccines during school hours without parental approval in NH and this important bill would prevent further possibility of these oversights.

**HB 127, SUPPORT OTP,** relative to the declaration of a state of emergency. This is the common sense state of emergency reform bill that Governor Sununu vetoed last year that simply forces both chambers to agree to extend an emergency after three, 21 day renewals by the governor.

**HB 69, SUPPORT OTP**, relative to direct payment and membership-based health care facilities. In NH currently, all hospitals and clinics must accept Medicaid, Medicare, and insurance, making them subject to federal government regulation. NH has direct payment and membership based primary care and we have noticed a trend of open-minded and alternative practitioners breaking free of regulations by converting their practices to this model. We need to allow hospitals and clinics such freedom and create more free market health care options to reduce costs and drive transparency.

**HB 114, OPPOSE OTP**, relative to the age at which a minor may receive mental health treatment without parental consent. This bill seeks to allow children as young as 16 years old to receive mental health treatment without parental permission or notification.

**HB 557, SUPPORT OTP**, relative to the department of health and human services' rulemaking authority regarding immunization requirements. Currently there are two ways that a vaccine can be added to the school requirement schedule: either through law, which

requires the legislature to pass a bill, or through the rulemaking process, unilaterally proposed by the commissioner of DHHS. This bill seeks to eliminate the ability of the department to add vaccines to the school schedule through rulemaking.

**HB 575, OPPOSE IT**L, relative to vaccine and pharmaceutical products purchased, promoted, or distributed by the state and its political subdivisions. This bill prohibits the state and its political subdivisions from purchasing, promoting, or distributing vaccines or any pharmaceutical product without human clinical trials, as we did with the Covid booster.

#### HB 575 In Jeopardy

HB 575, relative to vaccine and pharmaceutical products purchased, promoted, or distributed by the state and its political subdivisions, has a recommendation of "inexpedient to legislate" out of committee. We at RebuildNH feel that this is the incorrect recommendation for such common sense legislation.

#### Action Item

Please email Speaker Packard and tell him that HB 575 is a crucial piece of legislation to protecting the health and safety of New Hampshire citizens.

Note: Please rewrite this sample email in your own words.

#### Sample:

Dear Speaker Packard,

HB 575 simply prohibits the state of New Hampshire from purchasing, promoting, or distributing vaccines or pharmaceutical products without human clinical trials. This is a common sense piece of legislation. Animal testing is not sufficient and we cannot allow the state to make the citizens of this state into guinea pigs. Opposing this bill is irrational and takes the unreasonable position of supporting state sanctioned experimentation.

I hope that you support this bill and aid in its passage.

Email Speaker Sherman Packard: sherman.packard@leg.state.nh.us

Please email your representatives to support the above recommendations.

# Top 10 bombshell bills [across US] on medical freedom to put COVID fascism into the grave - Daniel Horowitz

(Includes reference to New Hampshire's HB 575.) The window for substantive pushback — a mass vaccination drive of human liberty against the pathogen of biomedical tyranny — is open now, but it won't be open forever." --Horowitz, "Rise of the Fourth Reich" <a href="https://www.conservativereview.com/horowitz-top-10-bombshell-bills-on-medical-freedom-to-">https://www.conservativereview.com/horowitz-top-10-bombshell-bills-on-medical-freedom-to-</a>

Related: Horowitz on why Trump was not/is not the answer:

put-covid-fascism-into-the-grave-2659606357.html

#### **Events**



Sat, April 1, 10:30AM-1PM

#### LETS Barter! An experimenting in the Local Exchange and Trading System

The Village Church, Swanzey NH

Direct barter depends on both people having something the other wants and so often doesn't work. Local Exchange Trading Systems allow one to trade with a group by using something to represent the value of the thing wanted and making a trade. In the below cartoon, a piece of paper with 10 on it represents the value of the items wanted. By trading around the piece of paper, everyone gets what they need. At the end of the day, the piece of paper isn't needed anymore. Another way to look at it is that one is trading with a group rather than with an individual.

Download the flyer here: <a href="https://riseupnh.org/wp-content/uploads/2023/02/LETS-barter-ad-1.pdf">https://riseupnh.org/wp-content/uploads/2023/02/LETS-barter-ad-1.pdf</a>

More details: <a href="https://riseupnh.org/lets-barter/">https://riseupnh.org/lets-barter/</a>

# Free/Cool/Fun(ny)/Weird/Noteworthy

#### The Ultimate Vaccine List of Links - Justin Hart

Need a source for a Twitter debate on vaccines? Find it here.

https://covidreason.substack.com/p/the-ultimate-vaccine-list-of-links

#### Free Poster- - CV19 Vax Injury Remediation Protocols

https://drive.google.com/file/d/1qlLxD8ZESGFrfZqoPXAxVYHXinQgq\_Mh/view

#### Want to Stop CBDCs - What Can I Do? - Catherine Austin Fitts and Carolyn Betts

13 steps to stop the central banks digital currency plans.

https://home.solari.com/i-want-to-stop-cbdcs-what-can-i-do/

#### Template Letter to Bank Re: Effect of CBDCs on My Financial Health

https://home.solari.com/template-letter-to-banker-re-effect-of-cbdc-on-my-financial-health/

### Politics, Elections, Voting & Natural Law

# James O'Keefe & The Deep State, Ukraine, Mike Gill & The Nation Of Corruption - Brendon Lee O'Connell

How two top Democratic operatives in new Hampshire brought down James O'Keefe with their drug trafficking and drug money laundering operation.

23-minute clip starts here: <a href="https://www.youtube.com/watch?v=Z">https://www.youtube.com/watch?v=Z</a> a90fhHR 4&t=791s

# Silicon Valley Bank - Trump & The New Hampshire Cartel Drug Money Bank - Brendon Lee O'Connell

Clip starts here, chapterized: <a href="https://www.youtube.com/watch?v=X-BBQ9gHoFQ&t=329s">https://www.youtube.com/watch?v=X-BBQ9gHoFQ&t=329s</a>



#### Our Big Fight Over Nothing: The Political Spectrum Does Not Exist

Left and right are entirely tribal designations and have no unifying philosophy or principle behind them that can be represented on a unidimensional spectrum.

https://heterodoxacademy.org/blog/social-science-political-spectrum/

# Relocalization, Regenerative Practices & Mindset, Prepping

#### Food and Farming Solutions With Joel Salatin and RFK Jr

Salatin slays food myths and discusses food resiliency, biological farming (without chemicals), biomimicry and the transformation of farming

52 minutes: <a href="https://live.childrenshealthdefense.org/chd-tv/shows/the-defender-show/food-and-farming-solutions-with-joel-salatin-1678383056573/">https://live.childrenshealthdefense.org/chd-tv/shows/the-defender-show/food-and-farming-solutions-with-joel-salatin-1678383056573/</a>

#### Raising roosters for meat

https://prepperswill.com/raising-roosters-for-meat/

#### **Disaster Medicine Basics**

Also address sanitation and cleanliness

Article, audio podcast, video: https://mind4survival.com/disaster-medicine-basics/

#### ALP 1000w PROPANE Generator - 60 HOURS PER TANK & Parallel Ready / Inverter

Use 1lb or 20lb Propane Tanks

8 minutes: <a href="https://youtu.be/Rv10xYGcO44">https://youtu.be/Rv10xYGcO44</a>

#### The Serpent Flywheel Battery - Robert Murray-Smith

4 minutes: <a href="https://youtu.be/8n87j35JMkc">https://youtu.be/8n87j35JMkc</a>

#### Thirdworldization of the U.S. and the Stages of a Collapse

How to think about and prepare for societal collapse

Article, 2.5-hr podcast: <a href="https://mind4survival.com/thirdworldization-of-the-u-s/">https://mind4survival.com/thirdworldization-of-the-u-s/</a>

#### Viktor Schauberger - Comprehend and Copy Nature (Documentary)

75 minutes: <a href="https://youtu.be/yXPrLGUGZsw">https://youtu.be/yXPrLGUGZsw</a>

#### 21+ Best Survival Podcasts (2023 Rankings & Reviews)

https://mind4survival.com/best-survival-podcasts/

# Rebuilding Relationships, Society and Culture

#### Media by the People

Media has become a means for the wealthy to manipulate decisions around voting, purchasing, lifestyle, health, and everything else. Here are some ideas for turning that around.

https://brownstone.org/articles/media-by-the-people/

#### How to deal with toxic people... | Buddhism In English Q&A

13 minutes, chapterized; <a href="https://youtu.be/bGOA7uNm220">https://youtu.be/bGOA7uNm220</a>

#### The Future: Vision and Invitation - Jordan Peterson

Dr. Jordan B. Peterson walks us through the mission statement and goals for the newly formed Alliance for Responsible Citizenship (ARC). The ARC hopes to find answers to the major issues facing our world, and they are now extending a hand for you to join!

71 minutes: <a href="https://youtu.be/EZo2H2hIJzl">https://youtu.be/EZo2H2hIJzl</a>

Information and board the ARC Here: <a href="https://www.arcforum.com/">https://www.arcforum.com/</a>,

https://www.arcforum.com/about

Take the ARC survey, give your opinions, and answer the six fundamental questions ARC is trying to tackle: <a href="https://www.arcforum.com/survey/">https://www.arcforum.com/survey/</a>

#### Jab & Plandemic News





Dr. Francis Boyle: Stop The WHO Health System Takeover!

11 minutes: <a href="https://www.brighteon.com/a05ccd5f-fbf6-4163-acb7-c09566e3134b">https://www.brighteon.com/a05ccd5f-fbf6-4163-acb7-c09566e3134b</a>

#### Emails in 2020 blow the covid PCR test scam out of the water

In September 2020, Professor Martin Neil received some anonymous emails providing hard evidence that the PCR tests for covid were never accurate or fit for purpose. "Some of the [test] sequences are found in the human genome itself," the emails noted.

https://expose-news.com/2023/03/16/emails-blow-the-covid-pcr-test-scam-out-of-the-water/



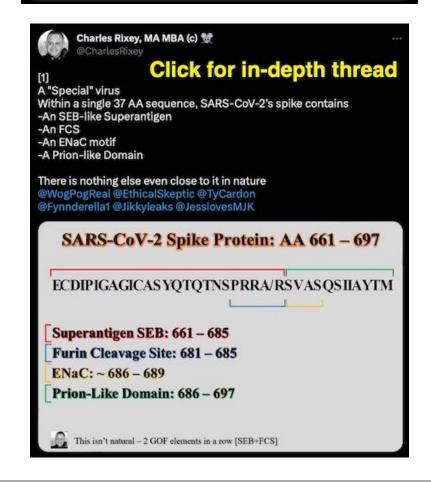
Recipients of Bill Gates' Favorite Vaccine Were Found to Die at 10x the Rate as Unvaccinated Children

A Danish study looked at thirty years of records. And they found that girls who had received the DTP vaccine were ten times more likely to die than unvaccinated children.

"And they were dying not of things that anybody had ever associated with a vaccine," stated @RobertKennedyJr."

"They were dying of anemia and bilharzia (snail fever) and malaria and dysentery (bloody diarrhea) and pulmonary respiratory issues like pneumonia. And nobody had ever connected the dots ... until the Danish scientists came in and actually looked at the data."





### General Health & Wellness

#### Sometimes You Just Need to Turn the News Off

The Difference Between Essential Information and Propaganda <a href="https://mind4survival.com/turn-the-news-off/">https://mind4survival.com/turn-the-news-off/</a>

#### 5 Foods I NEVER Buy Organic [As A Nutritionist]

6 minutes: <a href="https://youtu.be/4GaY3FpXAgc">https://youtu.be/4GaY3FpXAgc</a>

#### Take MAGNESIUM for a Good Night's SLEEP...Best Time & Dosage | Dr. Mandell

3 minutes: https://youtu.be/3qYsq9GJQlo

# What Is Autophagy? 8 Amazing Benefits Of Fasting That Will Save Your Life - Dr. Sten Ekberg

22 minutes: https://youtu.be/XCvUf9WU4ql

#### The Vitamin K2 Cure They Don't Want You To Know About!

6 minutes: ttps://youtu.be/d-P MrDO5IQ

#### Cumin seed cures everything but death - cures over 200 diseases

making your own cumin seed oil

3 minutes: https://youtu.be/9yXBWU7Eodl

# Lower Blood Pressure Naturally In MINUTES (Holistic Doctor Explains) - Dr. Sten Ekberg

14 minutes: <a href="https://youtu.be/lak8TF871Yk">https://youtu.be/lak8TF871Yk</a>

#### **How Lion's Mane GROWS Brain Cells**

25 minutes: <a href="https://youtu.be/Qi7JV1Sy4Wk">https://youtu.be/Qi7JV1Sy4Wk</a>



#### **EMFs**

CHD Asks U.S. Supreme Court to Rule in Cellphone Radiation Case Against Apple <a href="https://childrenshealthdefense.org/defender/chd-supreme-court-apple-cellphone-radiation/">https://childrenshealthdefense.org/defender/chd-supreme-court-apple-cellphone-radiation/</a>

New Study: Cancer Rates Have Increased in Parts of Brain Most Exposed to Cell Phone Radiation

https://www.activistpost.com/2023/03/new-study-cancer-rates-have-increased-in-parts-of-brain-most-exposed-to-cell-phone-radiation.html



Click image to access info/petition

#### **Education & Schools**

Most of the "Porn" in the [Dover NH] School Is Hetero – Pedo, Rape, Sodomy, Suicide, Self-Mutilation, and Substance Abuse

https://granitegrok.com/mg\_seacoast/2023/03/most-of-the-porn-in-the-school-is-hetero-pedo-rape-sodomy-suicide-self-mutilation-and-substance-abuse

# Money, Food, Energy, Jobs & Resources

Fed Panics, Announces "Coordinated" Daily US Dollar Swap Lines To Ease Banking Crisis

https://www.zerohedge.com/markets/fed-panics-announces-coordinated-daily-us-dollar-swap-lines-ease-banking-crisis

186 Banks Near Collapse - Fed Will Not Save Them All! (Bond Market Signaling Tsunami!)

17 minutes: <a href="https://youtu.be/KN2QCPC7AuU">https://youtu.be/KN2QCPC7AuU</a>

Swiss government confirms Credit Suisse takeover by UBS and says, "the bankruptcy of a global systematically important bank would have caused irreparable economic turmoil."

https://twitter.com/disclosetv/status/1637527867104829444

Disaster hits BMW, VW, Toyota & Honda - millions of cars sit idle

12 minutes: <a href="https://youtu.be/81H3gZ56\_vw">https://youtu.be/81H3gZ56\_vw</a>

Unsound Banking: Why Most Of The World's Banks Are Headed For Collapse

https://internationalman.com/articles/unsound-banking-why-most-of-the-worlds-banks-are-headed-for-collapse/

What is Sound Money? Sound Money Explained

https://www.soundmoneydefense.org/sound-money-explained

[On the Value of Establishing] Sovereign State Banks w/ CA Fitts (start at the 13:25 mark)

https://live.childrenshealthdefense.org/chd-tv/shows/financial-rebellion-with-catherine-austin-fitts/sovereign-state-banks/

Discussed in video: Why a Sovereign State Bank Is Good for Tennessee (relevant to any state):

https://sovereigntennessee.solari.com/why-a-sovereign-state-bank-is-good-for-tennessee/

Related Video (37 minutes) - A Sovereign State Bank and Bullion Depository for Tennessee with Senator Frank Niceley:

https://home.solari.com/special-solari-report-a-sovereign-state-bank-and-bullion-depository-for-tennessee-with-senator-frank-niceley/

#### Deep Dive into Money and Banking with Ellen Brown - More on Sovereign banks

From 2019 Soil & Nutrition Conference

95 minutes, chapterized: <a href="https://youtu.be/z8P7tnC4w0s">https://youtu.be/z8P7tnC4w0s</a>

# 4 Phases of Crypto Mastery - 7 Types of Investors that Struggle (Beginners' Guide!) - Crypto Casey

22 minutes: <a href="https://youtu.be/PbKFHKgLIMI">https://youtu.be/PbKFHKgLIMI</a>



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

# Pentagon UFO chief suggests alien mothership may send 'probes' to spy on planet Earth

[False flag setup]

https://www.lifesitenews.com/analysis/pentagon-ufo-chief-suggests-alien-mothership-may-send-probes-to-spy-on-planet-earth/

#### the struggle session is real

and it's time that civility and civilization struggled back (free speech and more) <a href="https://bit.ly/4203a53">https://bit.ly/4203a53</a>

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



The United States has been overrun by organized crime - Catherine Austin Fitts <a href="https://www.brighteon.com/2a16719a-5449-4f75-94db-918e6b8e9efb">https://www.brighteon.com/2a16719a-5449-4f75-94db-918e6b8e9efb</a>



# Ukraine, False Flags & Globalist Militarism

#### Ukraine ceasefire 'unacceptable' - White House

Bringing the ongoing hostilities to a halt would only "ratify" Russia's "conquest" of Ukrainian lands, John Kirby has said

https://www.rt.com/news/573242-ukraine-russia-ceasefire-unacceptable/

### **Culture Wars**



California Teen Sues Doctors Over Double Mastectomy at Age 13-"Mutilating Children for Profit"

https://www.thegatewaypundit.com/2023/03/california-teen-sues-doctors-over-double-mastectomy-at-age-13-mutilating-children-for-profit/

# Paradigm Expanding

#### DoD & DARPAs Actions to Deal with the Ice Age and Reversal

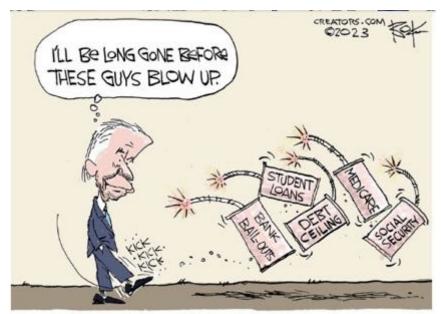
What the DoD did using DARPA's programs to deal with the Polar Reversal, solar micronovaa and the resulting Ice Age.

38 minutes: <a href="https://youtu.be/vAnmjS9tejl">https://youtu.be/vAnmjS9tejl</a>

Aliens, False Flags, Abductions, Corruption, Balloons - Dr. Steven Greer w/ Danica Patrick

95 minutes, chapterized: <a href="https://youtu.be/0mJawfjDLUg">https://youtu.be/0mJawfjDLUg</a>

### **Monday Memes**



AGE HAS ITS ADVANTAGES







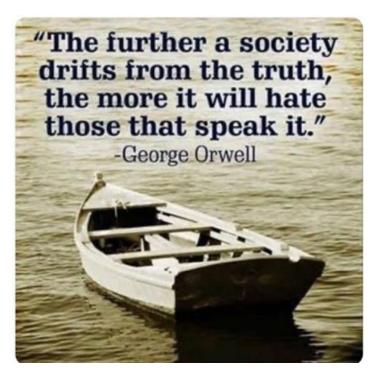


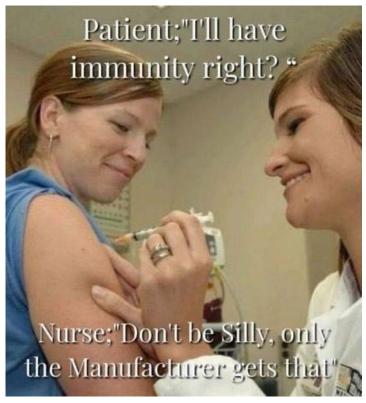


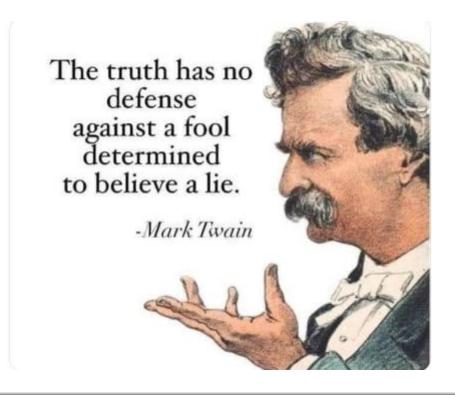
Male Athletes when they're terrible at sports











### 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 may challenge ideas, but will refrain from I will also try to be reasonable, rational, 5 6 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 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