

Newsletter - Monday March 27, 2023

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Welcome to our **Monday Solutions Edition** with curated news of the day and memes at bottom. Today's newsletter features many excellent articles and videos on relocalization, regeneration and health solutions... get your inspiration for the week here!

Join us for our 1PM Monday Zoom for an open conversation on topics of the day.

Click to Join Zoom



Yes, we shall overcome!

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....



Kat A 🌸 🥏 @SaiKate108 · Mar 25 Bigger than excess deaths are the disabilities in the US workforce.

1.36 million disabled.

13.3 million injured.



Impacting 10% of the civilian workforce.

Ed Dowd has uncovered what the CDC already knew prior to the rollout. They planned for a thousand adverse events a day.... Show more



Hyperinflation in the Next 90 Days - Heresy Financial

16 minutes, chapterized: https://youtu.be/0IEswkNz60k

Mass protests in Israel after Netanyahu sacks defense minister

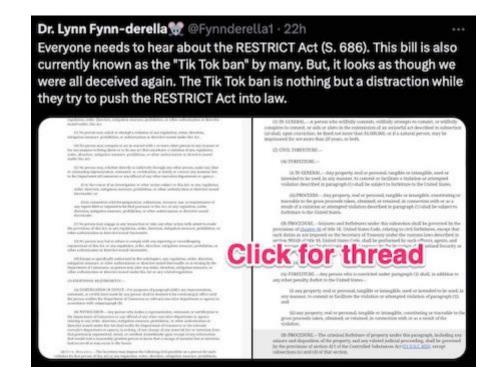
Seems they don't want totalitarianism after all...

2 minutes: https://youtu.be/j4Y1EEdwvIY

Globalists' Polycrisis Of Doom Is Of Their Own Making - lain Davis

It's the trust in the authority, stupid!

https://off-guardian.org/2023/03/22/its-the-trust-in-the-authority-stupid/





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 <u>the.lilac.dragonfly@gmail.com</u>

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: <u>https://abenakispringsfarm.com/vegetable-csa/</u> Meat CSA: <u>https://abenakispringsfarm.com/meats/</u>





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

The UpBeat

In Majority Ruling, Federal Appeals Court Again Blocks Biden's COVID Vaccine Mandate for Federal Workers

https://childrenshealthdefense.org/defender/federal-workers-covid-vaccine-mandate-blocked/

NH Legislation & Political Action

So Kids, What Did We Learn From Last Week's House Session (03/23/23)? - Judy Aron Not a stellar week <u>https://granitegrok.com/blog/2023/03/so-kids-what-did-we-learn-from-this-weeks-house-</u> session-03-23-23

From Melissa Blasek, RebuildNH:

Parental Bill of Rights Take 2

Senate Version has a House Hearing

While HB 10, establishing a parental bill of rights, might have failed in the House last week, the House has another chance to make this right with SB 272, which is the Senate version of the same bill.

We are asking that you attend this hearing.

The far left wing extremists are well funded and organized. They turn out in droves to oppose this common sense legislation and we need to do the same.

This will likely be the last major call to attend a hearing of the year.

Thursday, March 30th, N.H. House Education Room 205-207, LOB $\stackrel{\checkmark}{\succ}$ 1:00 p.m. – SUPPORT – SB 272, establishing a parent's bill of rights in education.

 \mathscr{O} Click here to register your disposition:

https://gencourt.state.nh.us/house/committees/remotetestimony/

Email testimony: <u>HouseEducationCommittee@leg.state.nh.us</u>

Republicans Join Democrats to Defeat Medical Freedom Bills

I wish I had better news to share today, but unfortunately, none of the medical freedom legislation passed the House this week. I'm going to highlight key bills where every Democrat voted against the bill along with which Republicans voted against it, plus their districts and contact information.

HB557 - relative to the department of health and human services' rulemaking authority regarding immunization requirements.

All this bill did was remove the ability for DHHS to add vaccines to the school schedule and make that authority the sole discretion of the Legislature.

Here are the Republican reps who believe that unelected bureaucrats should have the power to mandate vaccines on your children.

John Sytek- Salem 603.893.8889

David Milz- Derry 603.437.0030

Bill Boyd- Merrimack 603.660.6077

David Bickford- Middletown, New Durham 603.285.1356

David Nagel- Gilford, Gilmonton, Laconia

James Mason- Franklin

Dan Wolf- Newbury, New London 603.763.5176

HB575 - relative to vaccine and pharmaceutical products purchased, promoted, or distributed by the state and its political subdivisions. This bill simply says the state can't promote, purchase, or distribute any pharmaceutical product without human trials. Because mass distributing untested vaccines seems like a terrible idea, correct? Here are the Republican reps who worship at the feet of the god's of public health so much, that they think New Hampshire should absolutely push untested vaccines on the public.

Dan Wolf- Newbury, New London 603.763.5176

James Mason- Franklin

Mike Bordes- Laconia 516.369.1167

Daniel Popovici-Muller- Windham

David Bickford- Middletown, New Durham 603.285.1356

Bill Boyd- Merrimack 603.660.6077

Carroll Brown- Bridgewater, Bristol

John Sytek- Salem 603.893.8889

Katelyn Kuttab- Windham

Tim McGough- Merrimack 603.512.0484

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: <u>https://riseupnh.org/wp-content/uploads/2023/02/LETS-barter-ad-</u><u>1.pdf</u>

More details: <u>https://riseupnh.org/lets-barter/</u>



Bring a potluck dinner and connect with your community, then enjoy an amazing new NH band we found that plays music for these changing times. Email to ask questions or volunteer to help us set up - we love our volunteers! Kristen reynolds3000@hotmail.com or Bill - wmarog@yahoo.com

3\$ donation Bring a portable chair to sit in

5pm Potluck 7pm Band April 22nd, Saturday Check out the music of Marcus Casavant and his band Route 2 Revolution Link: https://www.youtube.com/watch?v=WtbCdKUwlkE Location: RESTORING EDEN 626 ROUTE IO GILSUM, NH

Great samples of their music:

https://rumble.com/v1qx02s-tulsi-gabbard-elon-musk-ron-desantis-this-song-is-for-you.html https://www.youtube.com/watch?v=EMDxfc8WY https://www.youtube.com/watch?v=nj_r6-nZRFY https://www.youtube.com/watch?v=w5NFk0ZZ7aQ

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

Free Online Chapters of "The Great Gold and Silver Rush of the 21st Century"

by Mike Maloney

Chap 3: Interpreting Wall St data; Chap 4: how central banking and currency creation have warped our financial system, creating the most dangerous bubble in human history.

https://ggsr21.com/online-chapters/

Maloney discussing Chapter 4 on 3/26/23:

BANKING CRISIS - The Scene of the Crime [how the FED steals from the poor and middle class and gives to the rich] (24 minutes): <u>https://youtu.be/vfYe410V8Jk</u>

Stunning: Dr. Jacob Nordangård Interview: "WHY the World has gone Mad!" - Ivor Cummins

Nordangård's research into the deep state and Rockefeller family started with exploring the question, How did climate change become a political issue?... 100 minutes: <u>https://youtu.be/c5w0znxE0f0</u>

More: https://blog.jacobnordangard.se

YOU KILL US WITH VAXXINES (BOOSTLEG VERSION) - song lyric video

https://www.bitchute.com/video/2bZXqUSgYPFe/

THE EYE OF THE PFIZER - music video

https://www.bitchute.com/video/fDqmFzH2LjtF/

JABRACADABRA - music video

https://www.bitchute.com/video/m2At2rtWBoCK/

Look Up! A Rare Planetary Alignment is Taking Place Right Now

In the west after sunset, you can see Mercury, Jupiter, Mars, Venus, and Uranus aligned with the waxing Moon - now through March 30. 5 minutes: <u>https://youtu.be/1KYhHMDZ_R0=</u>

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

Cops in France join protesters - Jimmy Dore

Macron faces massive pushback for unilaterally raising retirement age from 62 to 64 13 minutes: <u>https://youtu.be/1Ttciob8dzo</u>

Relocalization, Regenerative Practices & Mindset, Prepping

Local Investing With Michael Shuman - Catherine Austin Fitts and CHD-TV - 3/23/23 1 hr: https://youtu.be/7zuMcZSQpDU Michael H Shuman's Website: <u>https://michaelhshuman.com/</u>

Solari Circles: Taking Action At The Local Level - Solari https://takeaction2021.solari.com/solari-circles-taking-action-at-the-local-level

5 Principles of Regenerative Agriculture for your Home Garden - Farm Life Show 19 minutes: <u>https://youtu.be/g_H4gusjo0k</u>

Is Aquaponics the Future of Agriculture? - Undecided with Matt Ferrell 14 minutes: https://youtu.be/59kk4OjJCj4

How to Make Effective Microorganisms (EM1) | Bokashi Compost

8 minutes: <u>https://youtu.be/cgAbpXescAc</u>

Bamboo - the Holy Grail Homestead Plant & The Secrets to Grow It

Growing techniques, varieties, edible vs timber, how to get rid of it naturally, propagation, using it for animals and much more! 40 minutes: <u>https://youtu.be/C5Ke83_QKtk</u>

Grossing \$350,000 on 1.5 Acres of High Intensity, No-Till Vegetable Production -

Neversink Farm 27 minutes: <u>https://youtu.be/u5IE6IYKXRw</u>

Ithaca Hours: Story of a Local Currency

8 minutes; https://youtu.be/Jy2nCHX36tl

10 SEED STARTING MISTAKES to Avoid

13 minutes: <u>https://youtu.be/kB8_oVa5rIE</u>

10 Vegetables and Herbs PERFECT for SHADE Garden Spots

12 minutes: https://youtu.be/5wknvba22ic

Some recommended seed companies: Johnny's: <u>https://www.johnnyseeds.com</u> Migardener: <u>https://migardener.com/</u> Pine Tree Garden Seeds: <u>https://www.superseeds.com/</u> Tomato Grower's Supply Company: <u>https://tomatogrowers.com/</u> DollarSeed: <u>https://www.dollarseed.com/</u>

How to Make Your Own Lacto Fermented Vegetables (With "Kimchi Queen" Brigid LeFevre) Some unusual and useful methods and practices 12 minutes: https://youtu.be/GfqMilSnK2I

At home WATER FILTER | How to build your own - Permaculture Retreat Center 19 minutes, chapterized: <u>https://youtu.be/aMoT4ssiYtY</u>

The Cube Freeze Dryer From Prep4life - Review and Test 23 minutes: <u>https://youtu.be/o7yxaZO8Gs0</u>

JACKERY 3000 PRO 3000w UPS Solar Generator Lithium Battery Power Station Review - Hototech Supports 1400w solar, rated at 2000 cycles at 70% 29 minutes: <u>https://youtu.be/YKsn5Vuueqw</u>

The Forbidden WATER ENGINE is REAL | We created an engine that runs on hydrogen 21 minutes, chapterized: <u>https://youtu.be/eacLgrqRdyk</u>

Rebuilding Relationships, Society and Culture

Bringing wisdom from the past and the future into today's governance models -Sociocracy For All

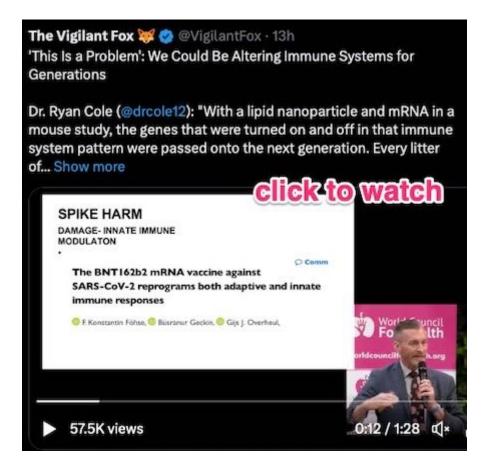
What can we learn from the Iroquois Confederacy's approach to decision-making, which resulted in 8 centuries of peaceful co-existence? 29 minutes: <u>https://youtu.be/YvIImpaeFQU</u>

Living Better With Dynamic Governance Story of successful sociocratic decision-making in Vermont. PDF: <u>https://bit.ly/3JJKnIZ</u>

Corporations: A Braver Angels Debate on "Resolved: Corporations driven only by profit are immoral."

Another demonstration of perspective-taking and deep listening as an element of moving beyond political and ideological polarization. 102 minutes: <u>https://youtu.be/gAE3emOCKjg</u> Learn more at <u>https://braverangels.org</u>

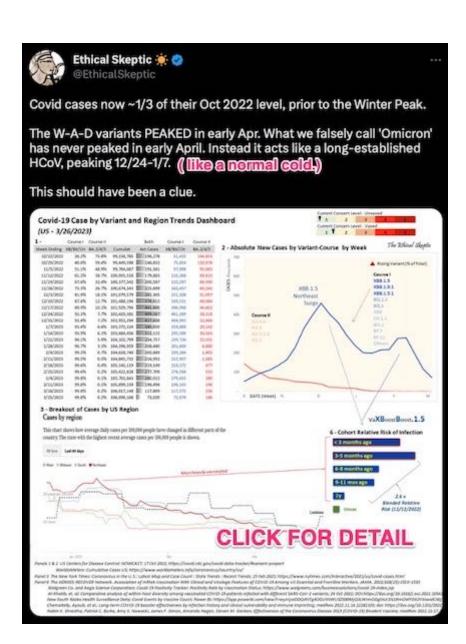
Jab & Plandemic News



Ed Dowd Investigates Epidemic of Sudden Deaths in 2021 & 2022 w/ Dr. Kelly Victory – Ask Dr. Drew 3/25

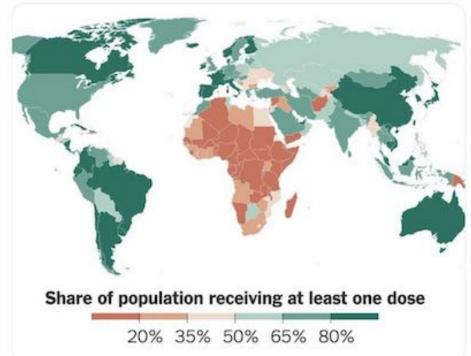
https://www.youtube.com/live/eatkt1ul9El

Dowd is a founding partner of Phinance Technologies, https://phinancetechnologies.com. Follow Dr. Kelly Victory at <u>https://earlycovidcare.org</u>





The Humble Genius Pianist @ @humbleGenius123 · Feb 4 IQ test: Which continents population have NOT #diedsuddenly



Killer Instinct 📰 @SandraYozipovic · Mar 26

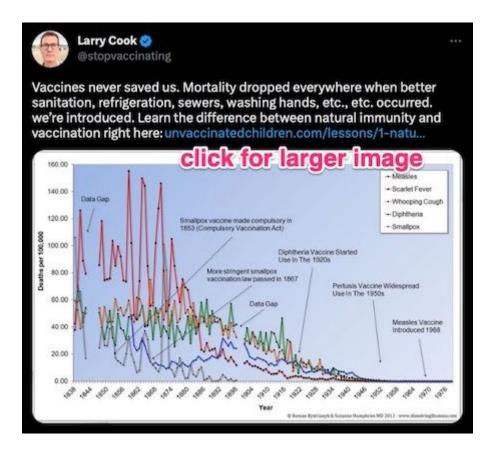
So Hydroxychloroquine allows viruses to attack cancer cells while leaving healthy cells, healthy. Seems like information the public deserves to know and makes you wonder why they tried to obscure this data in the study. Certainly would be bad for the cancer industry's business.



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General Health & Wellness



TOXIC GROCERY WARNING: 75 percent of fresh (non-organic) produce grown in the USA found to contain toxic pesticide residue

https://www.naturalnews.com/2023-03-21-healthy-produce-toxic-not-organic-lab-tested.html

Private Equity's Stranglehold on U.S. Healthcare Is 'Shocking and Immoral' — Report https://childrenshealthdefense.org/defender/private-equity-healthcare-cd/

Have you fallen for Food Lies??? Well Check and See! - Ivor Cummins

On the upcoming movie, Food Lies. 16 minutes: <u>https://youtu.be/wv_IgP4aJdE</u> Food Lies Intro Trailer (6 part documentary series): <u>https://youtu.be/KTO6ETfUPVc</u>

Nourished - Nutritional Wisdom For A Healthy Pregnancy | Mini Documentary - Heart & Soil

Placental evidence of vegetarian vs. balanced diet - fascinating 21 minutes: <u>https://youtu.be/0ZbmSh9wllM</u>

Cordyceps : Zombie Fungus or Energy Mushroom? The Ultimate Guide

13 minutes: <u>https://youtu.be/EnjL9aYj_sw</u> Full Interview with Gordon Chang: <u>https://ept.ms/3JDZwvw</u>

Is Turkey Tail The Holy Grail Of Medicinal Mushrooms? (Ultimate Guide)

11 minutes: https://youtu.be/qeZVqJJGYqI

The Miracle Healing of Oil of Oregano - Dr. Alan Mandell D.C.

22 minutes: https://www.youtube.com/live/zTyWAeVcSco

Grass-fed or Organic: Which Is Healthier? - Dr. Eric Berg

5 minutes: https://youtu.be/5ypbjAldKCc

Navy Seals, Therapists And Science All Agree On One Thing... Square Breathing Technique

6 minutes: https://youtu.be/cP2h5HSNJ2w

The Problem with Earthing & Grounding Mats

2 minutes: https://youtu.be/Z-fGC-KsRGg

Why remote and group healing work - Dr Joe Dispenza

43 minutes: https://youtu.be/Yt-Vw5N4qp0

Identify chemicals with radio frequencies - Nuclear Quadrupole Resonance - Applied Science

How to build and test an NQR spectrometer... see notes below video for more. 37 minutes: <u>https://youtu.be/JO_EHceV9sk</u>



EMFs

MA citizens assert their rights to a safe community in two towns.

Towns wireless rules consider application incomplete until FCC completes DC court requirement.

https://safehelpsyou.org/5g/

Brawley, CA WINS court battle against telecom company, stopping a 110-foot tower from being installed at a city-owned park

https://docs.google.com/document/d/1YA6BLzv6qvB0gTEcAmiORg2CZEibfW66ULejsOtbjAE /edit?fbclid=lwAR2Ixeap0HlfWU8kZX-mx4O-K1YyGDawXGlyVeHe8Bqfz7M8jSrj8zvJQvs

New Scientific Paper on Wireless Radiation and Children's Health by Renowned Ex perts: We Know Enough To Know

https://ehtrust.org/scientific-paper-on-children-wireless-technology-and-health-effects-byrenowned-experts-in-environmental-health/



Click image to access info/petition

Education & Schools

Complaint Against Raymond SAU33 for Violating New Hampshire Law -- Anne Marie Banfield

Re: surveiilance of students <u>https://granitegrok.com/blog/2023/03/complaint-against-raymond-sau33-for-violating-new-hampshire-law</u>

Money, Food, Energy, Jobs & Resources





Edward Dowd: 'Emergency' Fed rate cut by June, only 6 U.S. banks will be left by 2025 paving way for CBDC

47 minutes, chapterized: https://youtu.be/A2G3MAxdZfU

The great credit unwind and Powell's hidden pivot - Alasdair Macleod, Goldmoney

The price of even a successful preservation of the banking system is the destruction of fiat currencies, because the bigger picture is still of the greatest credit bubble in history unwinding. And that process has only recently started. https://www.goldmoney.com/research/the-great-credit-unwind-pivot

GOTS: Get Out of The System | Bill Holter - Liberty and Finance

On the controlled destruction of the monetary system and the importance of gold and silver. 30 minutes: <u>https://youtu.be/cm89TNIIQaQ</u> More: <u>https://billholter.com</u>



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

Grants Reveal Feds' Horrific Plans To Censor Americans' Speech

The federal government has awarded more than 500 contracts or grants related to "misinformation" or "disinformation" since 2020 -- some to be run by AI bots. <u>https://www.technocracy.news/grants-reveal-feds-horrific-plans-to-censor-americans-speech/</u>

The Strange Death of Journalism - Batya Ungar-Sargon with Coleman Hughes

On tribalism, political polarization, woke media, gender and race ideology and more. Ungar-Sargon is the author of the book "Bad News," a deputy opinion news editor at Newsweek and a columnist at Compact magazine.

105 minutes: https://youtu.be/fm-O3QStRI0

Bad News - How Woke Media Is Undermining Democracy (2021): https://bit.ly/3TCjHOW



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

UN Extends Authority To Manage "Extreme Global Shocks"

UN's "Emergency Platform" seeks to consolidate lockstep control gained during the plandemic and extend them to any kind of emergency.

https://blog.jacobnordangard.se/emergency-platform-to-manage-extreme-global-shocks/

The Digital Global Brain. Futuristic Utopia or Technocratic Nightmare? - Jacob Nordangård, Upstream Media

79 minutes: https://youtu.be/1Y4FbQol0e8

Ukraine, False Flags & Globalist Militarism



Culture Wars



Of Course You Know What "Woke" Means - Freddie deBoer

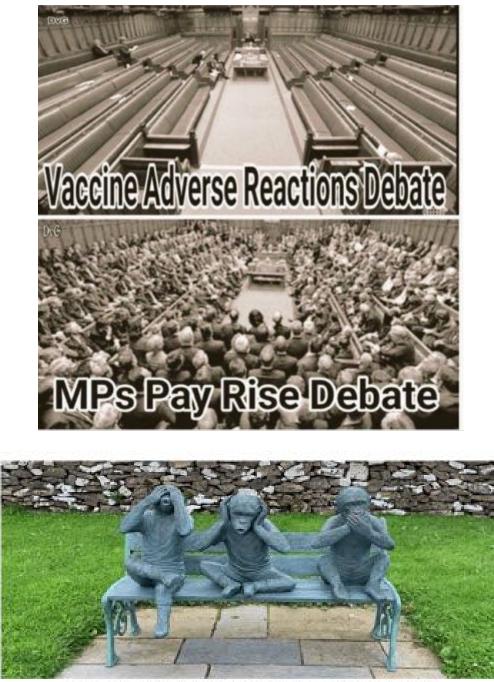
On the Left's refusal to label the woke movement, and how to better understand it <u>https://freddiedeboer.substack.com/p/of-course-you-know-what-woke-means</u>

Paradigm Expanding

Gregg Braden - This is How Human DNA Reacts When We Express Negative Emotions 1 minutes: <u>https://youtu.be/g-ct0ZsQP_A</u>

A Truly Remarkable Story of PAST LIFE Recall... The Boy who Remembered it ALL! <u>https://youtu.be/-QD-Cq2xp-s?t=85</u>

Monday Memes



Central bankers planning their response to the banking crisis













Democrats Vow To Arrest As Many Political Opponents As It Takes To Defeat Fascism





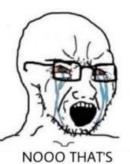












Putin arrests political opponents



Democrats arrest political opponents

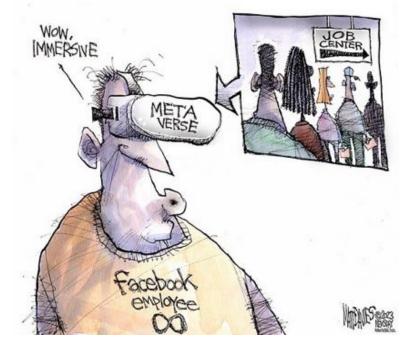




""Wait a minute. Is anyone here NOT an FBI agent?"











"Nazi theory, indeed, specifically denies that such a thing as 'the truth' exists. There is no such thing as 'Science'. There is only 'German Science', 'Jewish Science', etc.

...The implied objective of this line of thought is a nightmare world in which the Leader, or some ruling clique, controls not only the future, but the past. If the Leader says of such and such an event, 'It never happened' — well it never happened.

If he says 'two and two are five' — well, two and two are five. This prospect frightens me much more than bombs."

> - George Orwell "Looking back on the Spanish War" (1943)

This is not the end of the world.

It is the end of the illusion.

-Humberto Braga