



Newsletter - Monday April 17, 2023

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Welcome to our **Monday Solutions Edition** with curated news of the day and memes at bottom. Lots of resources for what constitutes "good medicine" - gardening, thriving through the coming chaos, self-health options, EMF protection, and much more. Plus a selection of news on mRNA in livestock and food, vax effects research, money, science, the WHO, the latest attacks on parents, and more.

Some critical news first:



- Our dear friend and avid supporter **Gerhard Bedding** passed on Sunday morning at home in his sleep. He was 94 years old. Gerhard was a warrior of truth and a tireless activist for political and health freedom, a musician, a teacher, a student of Steiner, and an avid reader. He was well known and loved across a number of communities in our region. Our thoughts and prayers are with him and his family. A memorial service is being planned for summer when more of his family will be able to attend.
- Rise Up NH's **VCAL social organizing web platform** is being shut down at the end of the month due to scant use and ongoing costs.
- **Today's Zoom** at 1PM will feature Marcus Casavant from the band **Route2Revolution**, which will be offering a concert on April 22 in Gilsum (more info in Events below)

Click to Join Zoom

Sensing the world in wonder is good medicine.

Taking in the whole, not the parts
is good medicine.

learning in gradual, full body, experiential
and phenomenological experiences
is good medicine.

Keeping the phone in the car
from time to time
is good medicine. Listening to the body
and looking at the plants fully,
with eyes open
is the best way to understand
And get to know the plant.

When we encounter a person or an animal, we use our full body senses to
hear see sense experience one another. Plants want us to fully look at them
and see them and wonder about their gestures too.

We have so much to learn from one another.
This kind of experiencing is akin to true becoming ness.

I highly recommend it.

Words: The Wild Matryoshka 🧸

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....

Kensington NH Cell tower Conversation and Meeting

Planning board meeting on Wednesday, April 19 @ 6:30 p.m. at Kensington Town Hall, 95 Amesbury Road (Rt. 150).

Notice: <https://riseupnh.org/wp-content/uploads/2023/04/Kensington-Cell-Tower-Conversation-letter-to-area-residents.pdf>

More at: www.KensingtonConversation.net

Guns, Society & the 2nd Amendment: NH Perspectives

A New Hampshire Braver Angels State Alliance Presentation

April 25th from 7:00 - 8:00 pm with a half-hour after-party.

Online, register free: <https://www.eventbrite.com/e/guns-society-and-the-2nd-amendment-nh-perspectives-registration-616864677857>

CDC Reform - Where Should We Start? - Stuart Buck, Sensible Medicine

On the need for accuracy and full transparency, as a beginning.

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

mRNA IS in Food - There's ONLY 1 Way to Stop This - Tom Renz

CALL/EMAIL NOW!!! HEARING on Missouri Bill IS WEDNESDAY

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

Big Ag in Tailspin Over mRNA Gene Therapy Leak - Dr. Mercola

We already know pork producers have been using untested mRNA 'vaccines' on their herds since 2018 without telling the public. Are beef producers now admitting they're doing the same thing, even though there are no mRNA vaccines licensed for use in American cattle?

Article, videos: <https://bit.ly/3GQPmqB>

Archived (text only): <https://riseupnh.org/wp-content/uploads/2023/04/Beef-producers-panic-over-mrna-vaccine-news-Mercola-4-17-23.pdf>


Veterinary Replicon (self-replicating viral RNAs) Vaccines - Dr. Peter McCullough

Massive Genetic Effort in Veterinary Medicine Described as "Elegant"

Read or listen: <https://bit.ly/3MN72Hq>

Lesson from History: Transgender Mania is Sign of Cultural Collapse - Camille Paglia

7 minute clip: <https://youtu.be/l8BRdwgPChQ>

 **Dr. Lynn Fynn-derella** 
@Fynnderella1

Last night, Washington state passed SB 5599 which allows the state to legally take children away from their parents if they don't consent to their child's gender transition surgeries.

All Democrats voted, yes.

All Republicans voted, no.
[@RWMaloneMD](#)

Click to read



senatedemocrats.wa.gov
Legislation to protect trans youth seeking lifesaving care passes the House - ...
Putting People First



Jennifer Bilek
@bjportraits

Click to read ...

UN report calls for decriminalization of all sexual activity, including between adults and children

@11thBlog



Stock photo

liveaction.org

UN report calls for decriminalization of all sexual activity, including between ...

The report calls for sex between adults and minors to be decriminalized, so long as the minors "consent" -- which experts should know minors cannot do.





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: <https://abenakispringsfarm.com/vegetable-csa/>

Meat CSA: <https://abenakispringsfarm.com/meats/>



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

Monumental Win Against One World Government Control + Congressional Hearing to Investigate COVID Origins Part 2 + More on CHD.TV

Live at 12 Noon Today (Monday): <https://live.childrenshealthdefense.org/chd-tv/shows/tea-time/>

January 6th Committee SUED for \$67 Million

Cassidy Hutchinson's (Clavicle Girl) former Lawyer Stefan Passantino is suing the House of Representative and the members of the illegally-constituted January 6th Committee for manipulating his client and destroying his reputation with the help of CNN.

9 minutes: <https://youtu.be/gbMplpCh0qQ>

NH Legislation & Political Action

From RebuildNH:

Parental Bill of Rights Rally and Hearing

It is very important we pack this rally and hearing! If you can attend, please do, even if it is just for a short time. The anti-family, anti-parent extremists will show up in the full force. Signs are welcome for the rally, but not allowed into Reps Hall.

Rally begins at 9 am in front of the State House.

Tuesday, April 18th, N.H. House

Education

Reps Hall, State House ★ 10:00 a.m. – SUPPORT – SB 272, establishing a parental bill of rights in education.

🔗 Click here to register your disposition: <https://bit.ly/3ok9gE7>

✉ Email Committee: HouseEducationCommittee@leg.state.nh.us

Events

Bill's music night presents "freedom inspiring music for these changing times"-

Route 2 Revolution Band and Community Dinner!



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 - wmargog@yahoo.com

5pm Potluck Check out the music of Marcus Casavant and his band Route 2 Revolution
7pm Band
April 22nd, Saturday **Link:** <https://www.youtube.com/watch?v=WtbCdKUwIkE>

3\$ donation
Bring a portable chair to sit in
Location:
RESTORING EDEN
626 ROUTE 10
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

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

The Restrict Act! Totalitarianism is Good For You - Satire w/ JP Sears

10 minutes: <https://youtu.be/1taZ9eVmvV8>

Invisible Fences Documentary Trailer 2023

The impactful story of a woman & her best friend navigating through a Covid Vaccine Injury, and their search for help.

5 minutes: <https://youtu.be/e7r74Vt3vn0>

More at <https://www.invisiblefencesfilm.com>

Thrive Portal

The next incarnation of Foster Gamble's Thrive work. Gamble is the producer of Thrive I and Thrive II movies. The free tier provides access to Freedom Portal videos, the Thrive movies, and other resources.

Free level available: <https://www.freetothrive.com>

Thrive II: This Is What It Takes (2.5 hrs): <https://youtu.be/nq2MCxXn3vg>

Politics, Elections, Voting & Natural Law

Legal Warfare Spreads Ahead of 2024 Elections; Soros DAs Under Scrutiny for Increasing Lawlessness – Crossroads with Joshua Philipp

Video: https://www.theepochtimes.com/legal-warfare-spreads-ahead-of-2024-elections-soros-das-under-scrutiny-for-increasing-lawlessness_5199099.html

RFK Jr EXPOSES The Corruption of EMPIRE - w/ Aubrey Marcus

The capture of our regulatory agencies, corruption of government, and the current trajectory of global leaders toward complete totalitarian control.

2 hours, chapterized: <https://youtu.be/UuzFzVe2FKY>

Cathay Bank Reveals Biden Crime Family's Activities

<https://www.armstrongeconomics.com/international-news/politics/cathay-bank-reveal-biden-crime-familys-activities/>

Relocalization, Regenerative Practices & Mindset, Prepping

Joel Salatin: Hacks for Jumpstarting your Gardening

11 minutes: <https://youtu.be/hDCyCPx0OI8>

How to Make a Monotub to Grow Mushrooms Indoors - The Complete Monotub Tek Cultivation Walk-through

(Read comments for fan placement)

36 minutes: <https://youtu.be/qjfpEW5IHp4>

World Localization Day - June 21

<http://worldlocalizationday.org>

The Folly of Farm-Free Food - Alex Jensen

In today's world, top-down investment in biotech, 'farms without farmers', and 'farm-free food' threatens to further assault small farmers everywhere.

<https://www.localfutures.org/the-folly-of-farm-free-food/>

How long can we power our house with the EcoFlow Delta Pro's, Recharging them with Solar?

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

Custom Sound Insulated Generator Shed Video

10 minutes: <https://youtu.be/A1oHkJAiD7I>

3 major energy storage breakthroughs in 2023 - Just Have a Think

Sodium-ion batteries,

14 minutes: <https://youtu.be/qrL8OB761f8>

This ALL-NEW Oxygen-ion Battery Technology Will SHOCK Entirely Industry! - Tch Life

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

Rebuilding Relationships, Society and Culture



Next Five Years - Charles Eisenstein

A deep inward/outward dive into how we maintain sanity amidst the paradoxes and profound changes now happening, especially the crumbling of many orthodox narratives.

1.5 hours: <https://youtu.be/XEMxeltTYKw>

A Call to Return to the Land - Asha Logos

On moving beyond the bread and circuses and moving towards simplicity and coherence with ourselves and nature. Some clearly articulated profound and actionable ideas for your consideration here.

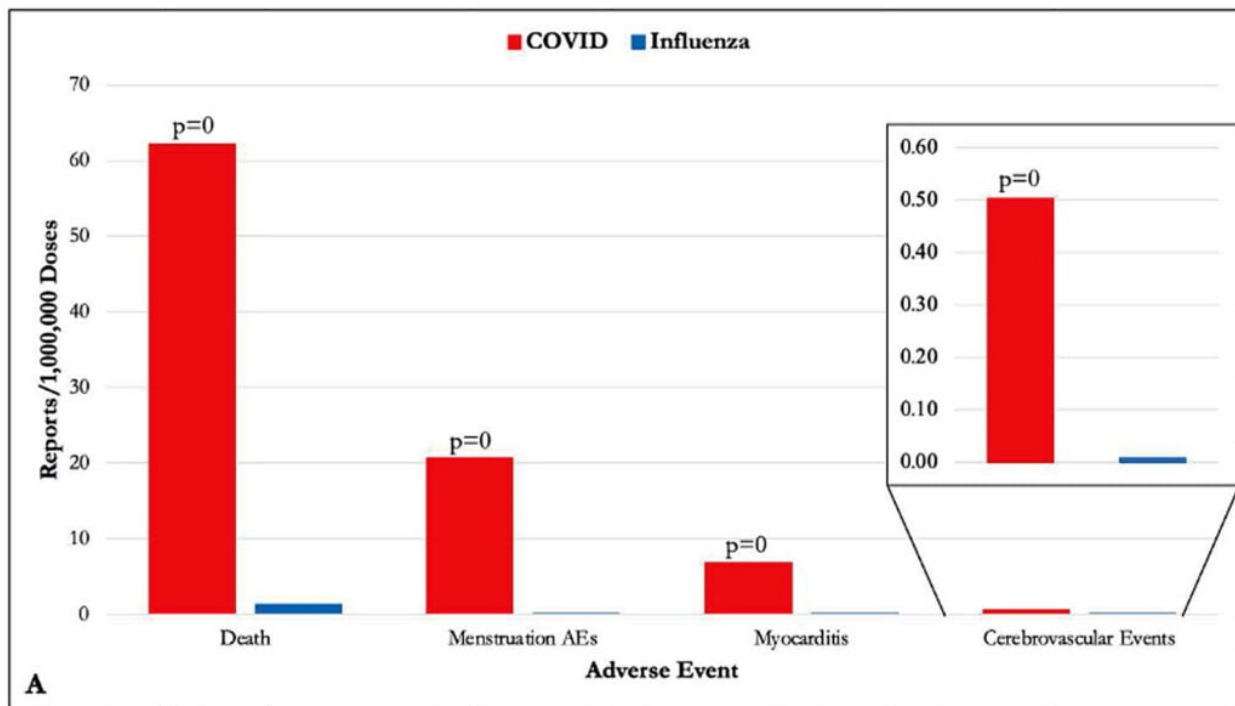
1 hr: <https://youtu.be/WrNOT2QiykE>

Assembling Terrania: Imagining a Good Outcome for the Human Future - Craig Chalquist

Waiting ahead in the future, is Terrania: a just, wise, delightful, and Earth-honoring planetary civilization locally rooted and democratically organized. Not utopia, which is impossible, but a society of well-managed discord. How to get there? [He gets into climate change beliefs, but much of what he shares is relevant.]

<https://www.youtube.com/live/YnVdC2HH4F0>

Jab & Plandemic News



45 Times as Many Deaths After COVID Shots in Just 2 Years Compared With All Flu Vaccine-Related Deaths Since 1990, Data Show

According to a peer-reviewed meta-analysis of national and international COVID-19 vaccine adverse events

<https://childrenshealthdefense.org/defender/deaths-covid-shots-versus-flu-vaccines-vaers-dmed/>

Stephanie Seneff
@stephanieseneff

Click to read

Peter McCullough: "They should understand in each and every case, that COVID-19 vaccination should be considered a determinant of cognitive decline in a previously healthy person."

theepochtimes.com

Brain Injuries After COVID Vaccination

There are back door routes to the brain. COVID vaccine developers have traversed a path through those doors. ...

Excess Deaths Back With a Vengeance in the UK and Germany

After a lull, excess mortality 21% in the UK, 11% in Germany

<https://bit.ly/41qUFFi>

Moderna Developing Lyme Disease Vaccine

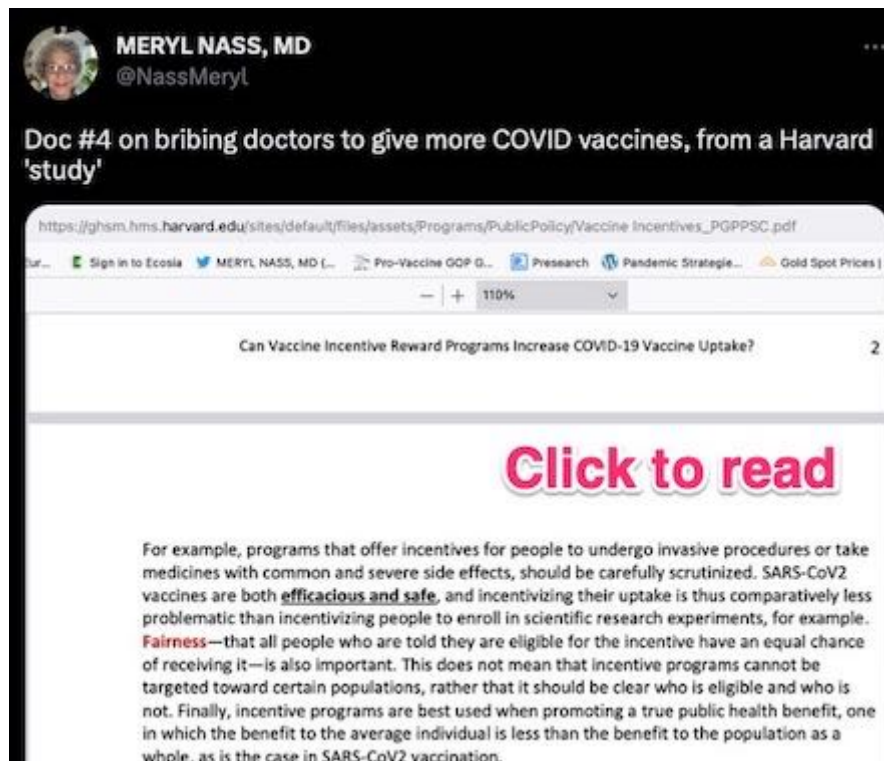
Company CEO Stéphane Bancel announced the project in a quarterly newsletter that also revealed plans for a norovirus and flu vaccine.

<https://blogs.mercola.com/sites/vitalvotes/archive/2023/04/12/moderna-developing-lyme-disease-vaccine.aspx>

System And Method For Neural Stimulation Using Spike Frequency Modulation - A Patent Review - Ana Maria Mihalcea, MD, PHD

Just look at these images and see for yourself what is possible and already being done.

<https://bit.ly/3myf3FH>



COVID-19 Vaccine Provider Incentive program

Getting vaccinated against COVID-19 is one of the best and safest ways people can protect themselves and their families against the virus. As a participating practice in the COVID-19 Provider Vaccine Incentive program, we recognize your hard work by offering incentives for helping patients make the choice to become vaccinated.

Eligibility

The COVID-19 Vaccine Provider Incentive program is open to you if you are a participating Kentucky primary care provider with an Anthem Blue Cross and Blue Shield Medicaid (Anthem) panel size of 25 or more members. All Anthem members identified as receiving COVID-19 vaccination services are included in the methodology. Vaccine results will be determined by a COVID-19 vaccine claim or by confirmation from the Kentucky Vaccine Registry.

The results will be calculated for two time periods:

- September 1, 2021 – Initial incentive payment
- December 31, 2021 – Final incentive payment

How you can qualify for a bonus

If your practice meets the below thresholds for vaccination with at least one dose by September 1, 2021, you will receive the initial incentive payment based on the following rates:

- 30% Anthem members vaccinated – \$20 bonus per vaccinated member
- 40% Anthem members vaccinated – \$45 bonus per vaccinated member
- 50% Anthem members vaccinated – \$70 bonus per vaccinated member
- 60% Anthem members vaccinated – \$100 bonus per vaccinated member
- 75% Anthem members vaccinated – \$125 bonus per vaccinated member



Mark Changizi 
@MarkChangizi


That placing a mask in front of our only two breathing holes, something that is immediately uncomfortable, was treated as anything but not obviously harmful by large majorities of the population is a testament to the damage human societies are able to inflict among themselves (even before we get to how they treat unclean out groups).



Kevin Bass PhD MS  @kevinnbass · Apr 16

A review published by @CellCellPress shows mask-wearing may contribute to stillbirths, irreversible cognitive deficits in children, testicular dysfunction, and much more.

This suggests the ethical principle "first, do no harm" was violated by mask mandates.

Thread. 

Click for thread



General Health & Wellness

Iodine Truth and Lies - Dr. Mercola

Iodine insufficiency or deficiency is a growing threat to public health. Common environmental contaminants can disrupt thyroid function, which affects your overall health.

<https://articles.mercola.com/sites/articles/archive/2023/04/17/iodine-truth-and-lies.aspx>

‘Chemical Imbalance’ Theory of Depression Hugely Profitable—and It’s Not Even True - Epoch Times (premium)

Ignoring other causes of depression has left millions of Americans without truly effective treatment

https://www.theepochtimes.com/health/chemical-imbalance-theory-of-depression-hugely-profitable-and-its-not-even-true_4653254.html

Diabetes Shock Report Explained - Ivor Cummins

Dr. David Unwin explains in simple terms how you target Type 2 Diabetes remission - in discussion, with Ivor and GB News host Mark Dolan

14 minutes: <https://youtu.be/PziK49t6iMg>

The HEART Healing Smoothie...Prevent Clogged Arteries, Lower Blood Sugar & Cholesterol | Dr. Mandell

4 minutes: https://youtu.be/KZbq4_oYwoM

The Vagus Nerve Hack

Vagus Nerve controls various bodily functions, such as digestion, heart rate, and mood regulation. Recently there's been a surge in alternative therapies that claim to stimulate the Vagus Nerve, including icing. (Do not try this at home if you have any kind of heart problems.)

14 minutes: https://youtu.be/wAoL0szw2_w

A Case of Stage 3 Cancer Reversal with Fasting - Nutrition Facts Org

A case report of water-only fasting, followed by a whole food, plant-based diet for follicular lymphoma. See links under video for more.

8 minutes: <https://youtu.be/lGDBFBfM1rU>

The Amazing Properties of Wormwood - Dr. Eric Berg

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

8 Major Functions of Vitamin B Complex, and 4 Groups Who Need More

https://www.theepochtimes.com/health/8-major-functions-of-vitamin-b-complex-and-4-groups-who-need-more_5185651.html

EMFs

A 5G Update - Gerard Bini

5G street lights versus 5G towers - which one is more dangerous?

<https://orgoneeffects.com/blogs/news/a-5g-update>

Motorola engineer, turned whistle blower wrote a book on the effects of RF

Things known in 2001!

https://www.icems.eu/docs/Robert_C_Kane.pdf



Six simple engineering fixes can reduce cellphone radiation

Education & Schools

In case you missed it:

Meet The Couple Revolutionizing Education In America - The Highwire

David and Leila Centner, the visionary founders of The Centner Academy in Florida, to discuss the remarkable growth of their school and how they've navigated media scrutiny with resilience and determination.

51 minutes: <https://thehighwire.com/ark-videos/meet-the-couple-revolutionizing-education-in-america/>

Money, Food, Energy, Jobs & Resources



The Truth Behind How the Federal Reserve Broke the American Economy - Peak Prosperity

23 minutes: <https://youtu.be/liY4sl8lsaY>

Amazon Insider Leaks Serious Worries - The Economic Ninja

It's not just big box stores but also online giants suffering from consumers' loss of expendable income, and how this is connected to the home and commercial real estate markets, supply chains, and China.

Part I, 12 minutes: <https://youtu.be/N29vjmQgPjk>

Part II, 10 minutes: <https://youtu.be/clwNIAbi-kc>

This Nuclear Plant is Built in 3 Months - Tomorrow's Build

9 minutes: <https://youtu.be/qnbgnc4gv6k>

Project Icebreaker: The Beginning Of A One World Digital Currency System?

What if all monetary transactions were centralized through CBDCs and the Bank for International Settlements (BIS) controlled the hub in which all retail CBDCs are exchanged globally? Is this their plan for the end of nation states?

<https://www.zerohedge.com/economics/project-icebreaker-beginning-one-world-digital-currency-system>

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

Detaching From "Scientific Consensus" Propaganda: "Science" Can't Really Be Trusted Anymore - Arjun Walla

The mainstream works hard to convince people there is a "scientific consensus" on various topics, but is this true?

<https://www.thepulse.one/p/detaching-from-scientific-consensus>

Control of the Media and, by Extension, Human Perception - The Art of Liberty Foundation

How Inter-Generational Organized Crime's CIA and Front Groups Control the Information Humanity Receives so They Can Be Tax Farmed

<https://bit.ly/3UOC57J>

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

The WHO's Updated Abortion Care Guideline and Its Implications for Member States

WHO recommends that babies should be killed up until the moment they emerge from the birth canal, without delay, whenever a pregnant woman requests it.

<https://brownstone.org/articles/who-updated-abortion-care-guideline-implications/>

Ukraine, False Flags & Globalist Militarism

Col. Douglas MacGregor: Ukraine Spells Doom for Western Hegemony - Redacted/Clayton Morris

22 minutes: <https://youtu.be/kelkjN38uss>

Culture Wars

Who Is Funding the Trans Movement? Kara Dansky w/ Mikhaila Peterson

Dansky is an attorney, writer, gender rights advocate, and President of the U.S. chapter of Women's Declaration International

3 minute clip: <https://youtu.be/iS45Ykm61Wo>

Full episode (1 hr): <https://youtu.be/UcztAjqcwfo>

BLM vs MLK - Who Speaks for Black America? | Glenn Loury, John McWhorter & Ian Rowe

An important counter-orthodox conversation about national Black leadership

63 minutes, chapterized: <https://youtu.be/MFddNjwXI9A>

Paradigm Expanding

Gregg Braden - The Battle for YOUR DIVINITY has Begun... Breaking Free from Ancient Shackles of FEAR

20 minutes: <https://youtu.be/YqYx6i89nWM>

Tom Campbell: The MBT Science Behind Aliens, UFOs, and Other Realities

Campbell discusses this subject from the viewpoint of his big theory of everything, "My Big TOE" (MBT).

84 minutes, chapterized: <https://youtu.be/23UAlmbs70c>

Afterlife Documentary - What Happens When We Die - Epoch Cinema

A provocative and inspirational examination of the science of life after death.

1 hr: https://www.theepochtimes.com/afterlife-documentary_5137145.html

Monday Memes



The Spirit of The Revolution Lives On

....



THE WHISTLEBLOWER

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CKLN









Vance Murphy  @vancemurphy · 17h ...
Nothing makes me feel safer than having our pilots vaccinated. I'd much rather have my pilots dropping dead than possibly infecting me with a mild cold.

RIP to this young pilot, Phil Thomas.



National Public Radio Denies Being National Or Public

MEDIA - Apr 12, 2023 - BabylonBee.com





THE PLANT I'VE WORKED ALL
MY LIFE HAS SHUT DOWN AND
MY HOME TOWN IS DYING

2010:



LMAO LEARN TO CODE



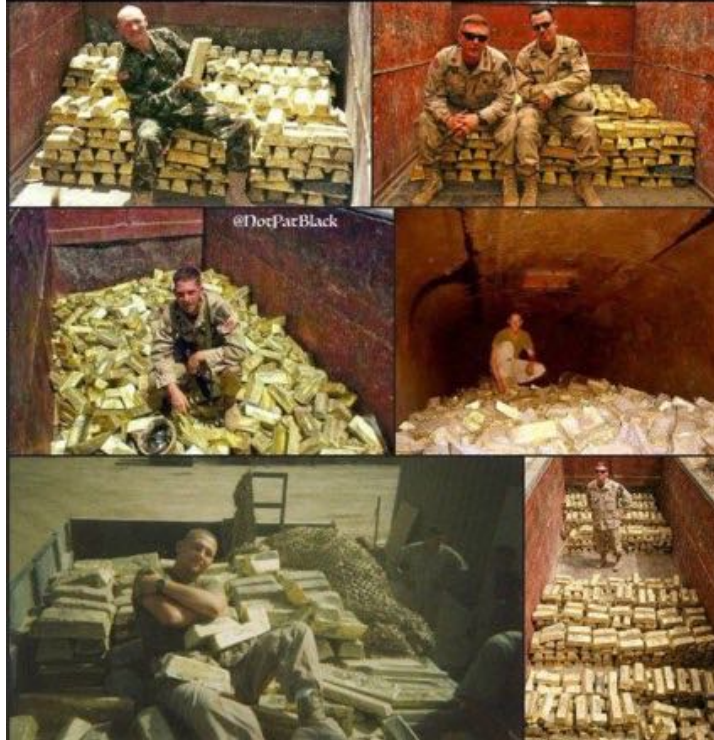
I SPENT 4 YEARS GETTING A
USELESS DEGREE AND NOW IM
THOUSAND OF DOLLARS IN DEBT

2023:



LMAO LEARN TO WELD

RARE PHOTOS OF SADDAM HUSSEIN'S WEAPONS OF MASS DESTRUCTION



Watching the part in V for Vendetta where the government creates a virus and uses it to seize power over its people



Newlyweds In San Francisco Looking For Nice One Bedroom, Zero Bath Starter Tent

FAMILY - Apr 16, 2023 - BabylonBee.com







corporate
media

decades of blatant
lies that destroyed
all credibility

This is all Joe Rogan's fault



Why is everyone leaving? We've defunded police, stopped enforcing traffic laws, vandalism laws, trespassing laws, boycotted Texas, raised gas taxes, property taxes, landline phone taxes, personal income taxes, business income taxes, business license taxes, CEO taxes, abolished our police gun task force, removed police from schools...

Portland:

WORST economic growth area in Oregon,
LESS population growth rate vs. state average
Near **ZERO** population growth
for families with kids.

OregonWatchdog.com

The Complete Destruction of Western Civilization



Robert Reich ✓
@RBReich

Let's get one thing straight: Freedom doesn't mean you have the right to recklessly endanger others by refusing to get vaccinated.

7:58 AM · 7/31/21 · [Twitter Web App](#)



Robert Reich ✓
@RBReich

@DefiantLs

I don't know who needs to hear this but every person should have control over their own body.

12:49 PM · 6/26/22 · [Sprout Social](#)



**As if death by electrocution
wasn't enough**

