



Newsletter - Monday May 1, 2023

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

In today's edition we offer a number of resource on fermenting – a healthy way to preserve and consume veggies that goes way back in human history. The Great Ferment is also a way of framing the changes underway in our society, as once-revered institutions decay under their own corruptive forces, making way for a healthier future. What will come will greatly depend on people of conscience and vision stepping up to fill the void left by the corrupt leaders and institutions and advocating for a world that works for all of us. So let us not despair as we say goodbye to the old world, but rather celebrate as we always do at this time of year, when the winter and chill have finally passed and we build our gardens anew on the compost of what came before.

Please join us at 1PM today for our weekly chat, where we'll celebrate May (real spring) by sharing gratitude and our work and visions, and get an update on the cell tower install and pushback in Keene.

[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....

9/11 hijackers revealed as CIA recruits - The Grayzone

Max Blumenthal and Aaron Mate discuss bombshell court filings containing testimony by former and current FBI agents describing two September 11 hijackers as CIA recruits involved in a joint CIA-Saudi operation.

15 minutes: https://youtu.be/4C3Oh_7nMLI

Kit Klarenberg's report on the revelations: <https://thegrayzone.com/2023/04/18/9-11-hijackers-cia-recruits/>

America's Social Contract Is Broken - Charles Hugh Smith

The Social Contract is broken not just by wealth inequality per se but by the illegitimate process of wealth acquisition

<https://www.oftwominds.com/blogapr23/social-contract4-23b.html>

NH Supreme Court Hearing – Manchester School District Transgender Lawsuit Hearing (and “Gandalf!”)

The case involves a mother caught the District lying (by omission) to her by not informing her that the District was aiding and abetting her daughter in “social transitioning” to be a male,. after a Manchester Superior Court judge ruled that the Mom had no rights to her child when in school.

Article, videos: <https://granitegrok.com/blog/2023/04/nh-supreme-court-hearing-manchester-school-district-transgender-lawsuit-hearing-and-gandalf>



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 (wbbkradio.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.



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**

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

The UpBeat



Covid Reckoning is Underway: Texas to Join Florida in Investigating Big Pharma and "Covid Science" Fraud - Igor Chudov

Will Truth and Justice Prevail, After All?

<https://bit.ly/3ANn8te>

The Swingles - America (Paul Simon A Cappella Cover)

<https://youtu.be/VofPJ5Xgi2c>

Vadé ft. The Swingles - Time After Time (Cyndi Lauper a cappella cover)

https://youtu.be/_vKaPbqM9AU

Events

Kensington Cell Tower Conversations - May 2 * May 17

The Kensington zoning and planning boards approved a cell tower at 184 South Road (Rt. 107). We were recently informed this is zoned residential, not commercial. On March 15, 2023, the zoning board also approved a variance that allows a cell tower to be installed in a residential zone at 70 Moulton Ridge Road. The current Kensington zoning ordinance article V section 5.1.5.2 does not allow this. For this and many other reasons, our concerned citizens group is contacting Kensington residents regarding the expansion of the telecommunication network in to residential and agricultural zones.

Learn more at: www.KensingtonConversation.net

Contact Us: info@KensingtonConversation.net

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

The Great Distraction | Jim Breuer

Being played by hate-mongers and other distractions

3 minutes: <https://youtu.be/cSQ6zyE97C0>

Panic At BUD LIGHT! Sales DROP 50%, NOT 17% As Previously Reported

12 minutes: <https://youtu.be/-tAe66bNYZs>

Neil Oliver: Sometime in the last century, government and business got into bed with organized crime

Proxy Wars, Nuland's Faux Pas, and more

12 minutes: <https://youtu.be/rvDUgc-Kvtc>

Tom MacDonald - "Dirty Money" (music video)

https://youtu.be/PB4AB7RVP_0

The Exit and Build Land Summit III - May 18-22

Featuring the top experts in permaculture, intentional community, land ownership, real estate, farming, off-grid technology, food production, and more.

Free virtual pass: <https://livefree.academy/op/exit-and-build-land-summit-iii-registration/>

Politics, Elections, Voting & Natural Law

NH House forms Special Committee to Investigate the Family Courts in NH

Dates for Public testimony: 5/2, 5/9, 5/16, 5/23, 6/6, 6/13, 6/20.

Explanatory video with some testimony at the end: <https://www.youtube.com/watch?v=mdOeAsLSRFI>

[v=mdOeAsLSRFI](https://www.youtube.com/watch?v=mdOeAsLSRFI) 

Committee: <https://www.gencourt.state.nh.us/house/committees/committeedetails.aspx?id=1638>

Zoned Out: How Restoring Property Rights Will Give Us Abundant Housing and Defeat Socialism - FreeStateProjectNH

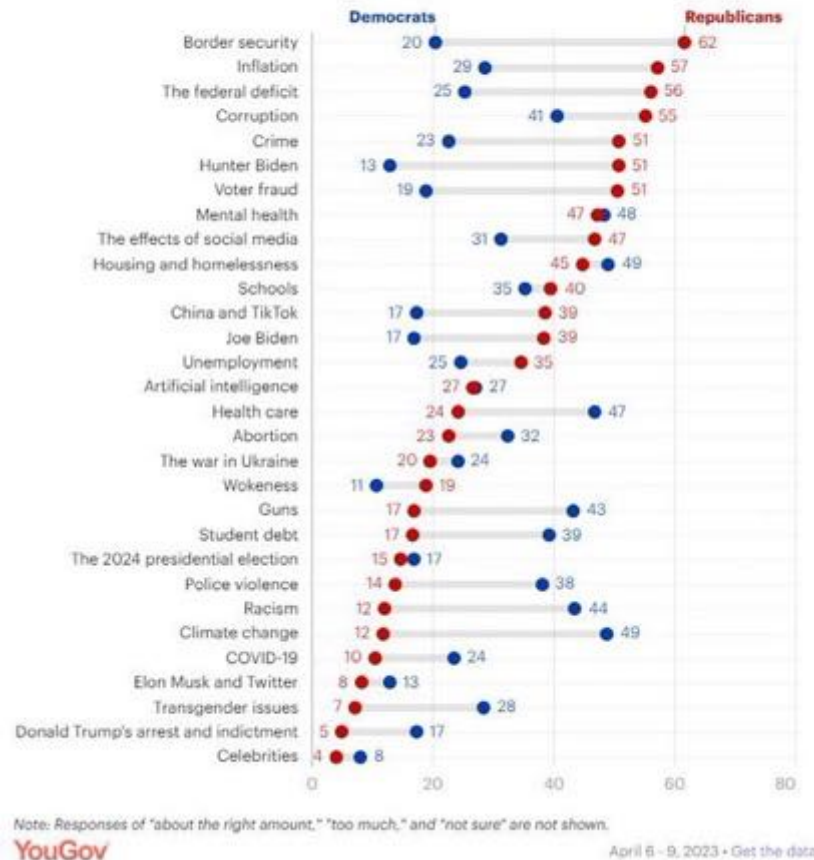
55 minutes: <https://youtu.be/Xa4QZuuHZQU>

Epstein's Private Calendar Reveals Prominent Names, Including CIA Chief, Goldman's Top Lawyer

<https://bit.ly/3Nql6pu>

Which issues do **Democrats** and **Republicans** think the national media has not been paying enough attention to?

Do you think the national media recently has focused too much, about the right amount, or not enough on the following? (% who say "not enough")



Relocalization, Regenerative Practices & Mindset, Prepping

When America Goes Cashless you will need this (fermenting)! OFF GRID with Doug and Stacy

9 minutes: <https://youtu.be/sKGu1gmkH-4>

How to make Kombucha easily at home

9 minutes: https://youtu.be/_uKeXiqgt9s

Fermenting Homemade Mayo For An Extra Probiotic Boost

20 minutes; <https://youtu.be/IF16GFEHXa8>

Fermenting Kimchi In A Water Seal Crock | Fermented Homestead

11 minutes: <https://youtu.be/0Yi5zauKyxs>

Preserving Garlic for Long Term Storage

6 minutes: https://youtu.be/_QMxi7yA7VM

The Complete Guide to Fermenting Every Single Vegetable - Pro Home Cooks

23 minutes: <https://youtu.be/ZghX4Mrg7kw>

Brine Fermentation Class | Day 1 Of Keepers Of The Old Ways | Fermented Homestead

57 minutes: <https://youtu.be/S3KKW737rxl>

How to Make Your Own LIQUID LAUNDRY SOAP

14 minutes: <https://youtu.be/K4zhvAaj3vw>

Seed Starting For Beginners AND A Super Inexpensive Seed Starting Mix

35 minutes: <https://youtu.be/Nvm9nl90yzo>

How I Double My Blackberries Every Year! - An American Homestead

10 minutes: <https://youtu.be/Gzx1j1b2tGE>

The Greater Reset IV: Co-Creation - Permaculture & Food Independence

Pt. 1 (2.5 hours): <https://www.youtube.com/live/H5Rzq3kQIT4>

Pt. 2 (3.25 hours): <https://www.youtube.com/live/DsFNMfMjiCM>

Geothermal is going global! - Just Have a Think

16 minutes: <https://youtu.be/gV92QFD5qQ>

Planet Local: A Quiet Revolution

As people work to protect and restore their local economies, their communities and the natural world, countless diverse initiatives are demonstrating a new path forward for humanity. It's a path that localizes rather than globalizes, connects rather than separates, and shows us that human beings need not be the problem – we can be the solution.

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

Rebuilding Relationships, Society and Culture

Can Decentralization Save Humanity? - Why Smaller is Better in Politics - Academy of Ideas

Exploring why the nation-states that populate the world are too big, and why decentralization – not voting different politicians into power – is the cure to many of the social and political problems that ail us.

15 minutes: https://youtu.be/m_hWr834h4M

Transcript: <https://bit.ly/44f2IHl>

Fighting the Anti-Free Speech Mob | Glenn Loury & Jonathan Rauch

Rauch is author of The Constitution of Knowledge: A Defense of Truth

69 minutes, chapterized: <https://youtu.be/bIHvZxTkmwI>

Enchantivism: Recent Examples of Change through Story and Inspiration - Prof. Craig Chalquist

Enchantivism makes change in the world by telling tales and making performances that move from difficulty to promise and from obstacle to possibility. It offers new imaginings of how things could be. Research suggests that threat or shame move us toward action and change less effectively than inspiration and vision.

42 minutes: <https://www.youtube.com/live/MYchMKWmUJU>

A 'green pill' manifesto for societal rebirth - Martin Geddes [Highly Recommended]

The journey from an unholy and impure society to a holy and pure one

<https://newsletter.martingeddes.com/p/a-green-pill-manifesto-for-societal>

Green Pill article: <https://newsletter.martingeddes.com/p/evolving-from-the-red-pill-to-the>

Jab & Plandemic News



German study: Spike proteins from viruses and vaccines cause brain cells to die.
Switzerland withdraws all Covid vaccination recommendations

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

Military Whistleblower BLOWS OPEN The Coverup: Military Hiding Increases In Cancer, Myocarditis, & Vaccine Injuries - w/ Stew Peters

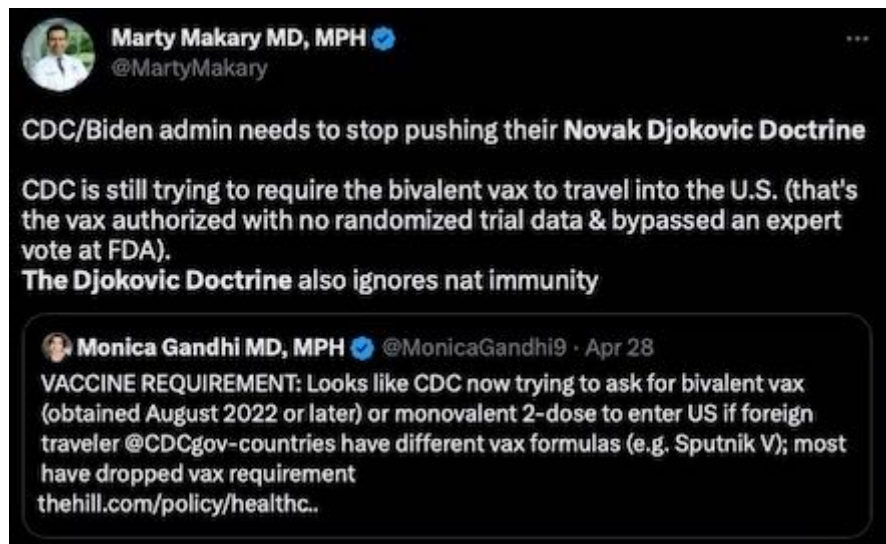
Lieutenant Mark Bashaw is a preventative medicine officer with the U.S. Air Force

13 minutes: <https://bit.ly/3Honvyn>

‘The Greatest Crime Against Humanity’ in History: Naomi Wolf’s 11 Revelations from Pfizer Vaccine Documents

In an extraordinary speech at Hillsdale College synthesizing several “headline” discoveries from analyses of thousands of Pfizer documents, Dr. Naomi Wolf presented how the COVID “vaccine” enterprise intentionally sought to not only “disrupt and impair human reproduction” but “attack” and “kill” large numbers of people, particularly in the West.

Article, video: <https://bit.ly/3oOJkAy>



General Health & Wellness

Ivermectin and Colon Cancer - The Cancer Box

7 minutes: https://youtu.be/_15tjRXeWNk

<https://www.frontiersin.org/articles/10.3389/fphar.2021.717529/full>

Metabolic Duo Presents: The Bad Science Debunked Show! - Ivor Cummins

Ivor is joined by Gabor Erdosi and special guest Dr. Michael Eades, debunking much of what passes for health science

77 minutes: <https://youtu.be/uQSBTyG0TQc>

More at <https://metabolicduo.com/>

Mike Eades' newsletter: <https://bit.ly/3oXbFF2>

New IPAK-EDU Information Sheet: HPV Vaccine and HPV and Cancer Risk

Objective, no-hype information you can use.

<https://bit.ly/3AFX43c>

Deep Flow Online Summit (May 1-5, Free)

A number of leaders in the consciousness field share practices and techniques for accessing states of flow, peace, intimacy, and generally how to let our noisy minds recede to the background and allow a sense of contented presence to arise within us.

<https://beinganddoing.online/deep-flow-23/>

EMFs

Remembering Nearfield: New Animated Short Film Shines Light on Electromagnetic Hypersensitivity (EHS)

Trailer: <https://vimeo.com/811123928>

Film (9 minutes): <https://vimeo.com/810958040>

Discussion with filmmaker Sean Carney (14 minutes): <https://bit.ly/3HkZhVP>

More: <https://safetechinternational.org>

Education & Schools

Why Public Schools and the Mainstream Media Dumb Us Down - Academy of Ideas

Answered by John Taylor Gatto, Einstein, Thoreau, Chomsky and others

11 minutes: <https://youtu.be/6CDaflxJJ0g>

Transcript: <https://bit.ly/3LJ5Gwk>

Money, Food, Energy, Jobs & Resources



The Truth About Europe's "Great Energy Reset" - Heresy Financial

14 minutes: <https://youtu.be/tml19rnjmw>

Charles Hugh Smith: When We Lose Small Businesses...

We lose More than tax revenues.

<https://www.oftwominds.com/blogapr23/small-biz4-23.html>

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

Why Don't We Trust the Media? A Fox insider's View with Trace Gallagher - Trace Gallagher w/ John Wood Jr

On the media's role in polarization, how the media, left and right, helped us to get to this point where Americans are so divided, the tensions that exists between the work of opinion making and journalism, and how we draw the line between the two.

1 hr: <https://youtu.be/dk7GThYEz6o>

The Censored Conference - United for Free Speech

Many different presenters

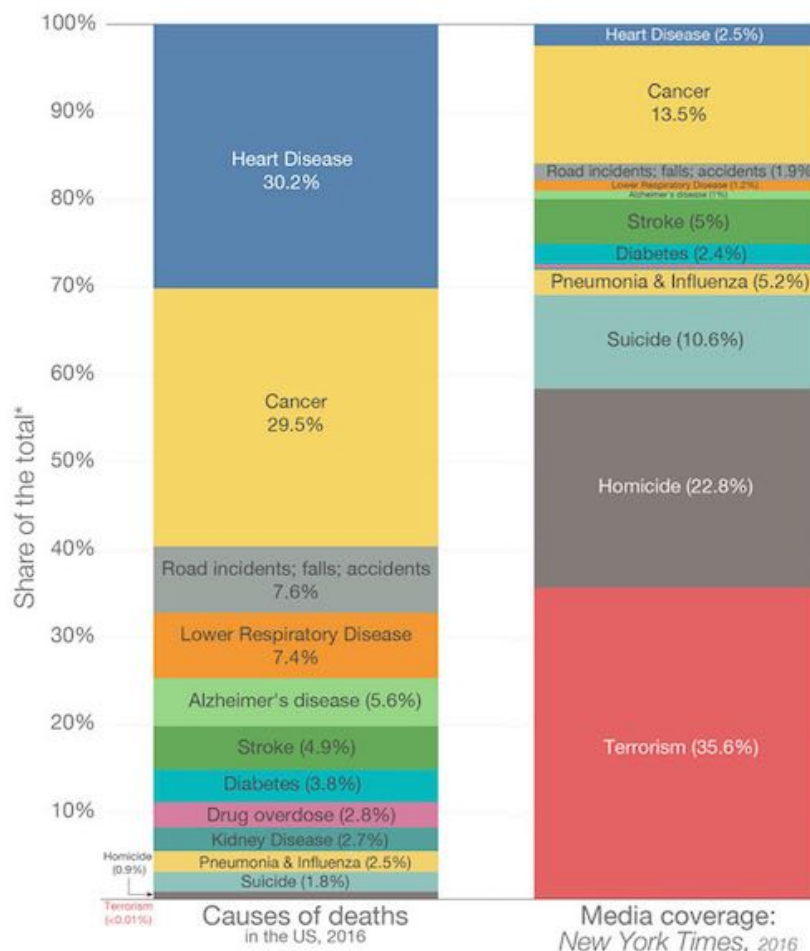
Rumble video, 2.5 hrs: <https://bit.ly/3HrZXbQ>



Ron DeSantis Flies To Israel To Destroy Free Speech In Florida

This week Governor Ron DeSantis of Florida made a trip to Israel to sign HB 269, a bill that makes it a felony with up to five years in jail for passing out "offensive" flyers or pamphlets. This move has been widely criticized by free speech advocates and legal experts as a gross violation of the First Amendment. The bill states that anyone distributing "any material for the purpose of intimidating or threatening the owner" could be convicted of a felony "hate crime." While we often write about the "hate speech" rules on Big Tech platforms, this is far worse. This is the state of Florida violating the First Amendment of the United States.

The legislation came about after activists from a group called the Goyim Defense League made headlines for several years for their activism efforts. The Goyim Defense League's activism takes the form of distributing flyers



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

This Utah biotech company has implanted brain chips in 50 people — and its owner wants to cure blindness, paralysis and DEPRESSION

<https://www.dailymail.co.uk/sciencetech/article-12007025/The-company-implanted-dozens-chips-peoples-brains.html>

Climate Alarmists Are Getting This All Wrong - Dr Bjorn Lomborg | Modern Wisdom

why Greta Thunberg had to delete a tweet from half a decade ago, the reason why climate change is a favorite fear tactic in the media, the most cost-effective ways to make the world a better place, why sending kids to school doesn't necessarily mean they are educated, why cold weather is much more deadly than heat, just how inefficient it is to save lives through carbon reduction, how dangerous NetZero is as a policy and much more... Lomborg is an environmental economist, Copenhagen Consensus Center president, public speaker and an author.

68 minutes, chapterized: <https://youtu.be/cGZ7Ktr6Juc>

Lomborg's website - <https://www.lomborg.com/>

Lomborg's book, False Alarm: <https://amzn.to/3VhU8U9>

The A.I. Dilemma

A clear and sobering presentation about how existing A.I. capabilities already pose catastrophic risks to a functional society, how A.I. companies are caught in a race to deploy as quickly as possible without adequate safety measures, and what it would mean to upgrade our institutions to a post-A.I. world. With Tristan Harris and Aza Raskin, the creators of the movie, The Social Dilemma. (This is not even about artificial general intelligence).

67 minutes: <https://youtu.be/xoVJKj8lcNQ>

Ukraine, False Flags & Globalist Militarism

Death Toll Rises As Ukraine Ramps Up Attacks On Russian Border Towns

<https://www.zerohedge.com/geopolitical/death-toll-rises-ukraine-ramps-attacks-russian-border-towns>

Sudan – The Russian Connection and New Proxy War

The biggest false flag in Sudan — there is a risk of a “germ bomb” spreading across the globe after Sudanese soldiers hijacked a biolab.

<https://www.armstrongeconomics.com/world-news/war/sudan-the-russian-connection-and-new-proxy-war/>

US Forces Simulate Defending Taiwan from a Chinese Invasion

<https://www.activistpost.com/2023/04/us-forces-simulate-defending-taiwan-from-a-chinese-invasion.html>

Culture Wars

Peter Boghossian: how the Academy got woke and why the 'New Atheists' are to blame | SpectatorTV

Former Portland State University professor on the weaponization of "diversity, equity and inclusion."

64 minutes, chapterized: <https://youtu.be/7Y6DVpTqcqI>

Biological Females Deserve A 'Bill Of Rights' - May Mailman

Today we face a basic question. Do women exist as distinct from men? We do. By recognizing that truth, we can protect and celebrate our mothers, wives, grandmothers, daughters, and granddaughters.

https://www.realclearwire.com/articles/2023/04/26/pass_the_womens_bill_of_rights_895965.html

Paradigm Expanding

Steve Bassett: Wash DC, ET, and Disclosure - FADE TO BLACK Radio

Bassett is the executive director of Paradigm Research Group (PRG) founded in 1996 to end a government imposed embargo on the truth behind extraterrestrial related phenomena.

2 hours: <https://www.youtube.com/live/fVqtAtbHhMw>

<https://paradigmresearchgroup.org/>

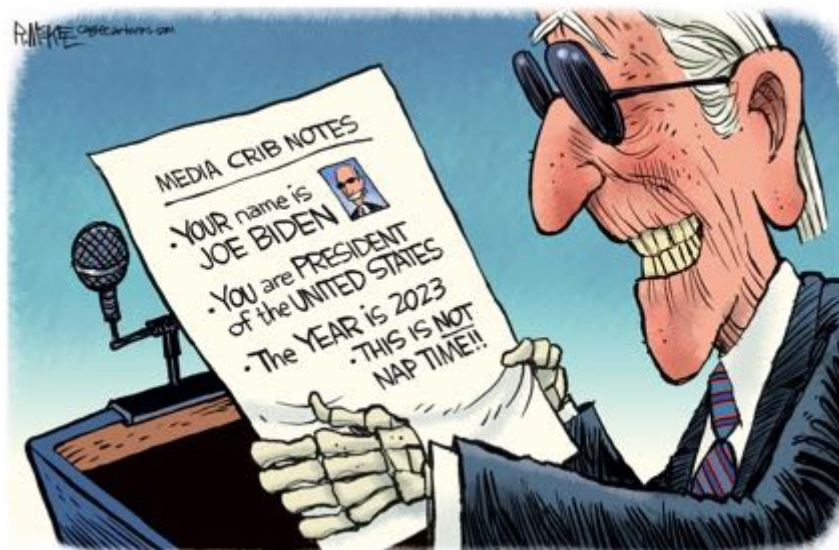
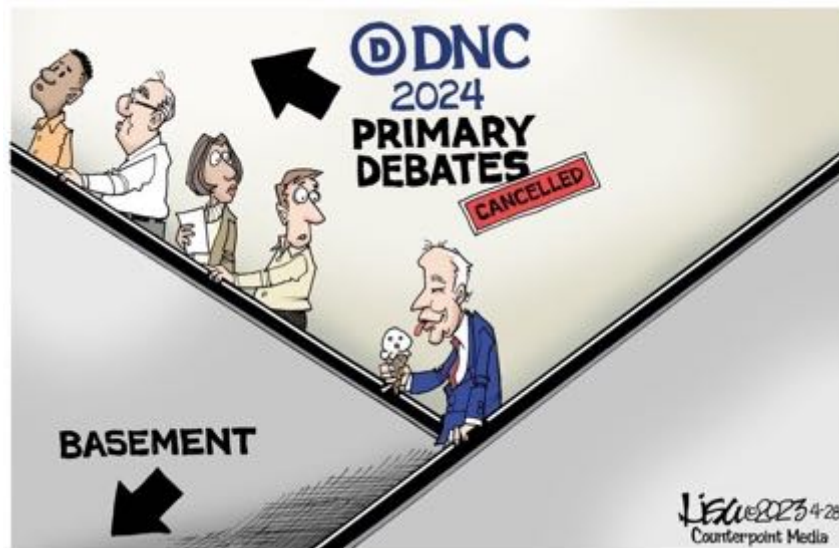
Dr. Steven Greer - UNCENSORED | ET Life, High Technology, and Black Projects | w/ Jason Shurka, UNIFYD TV

1 hr: <https://youtu.be/YCK2KhqD-No>

The 'SHIFT of the AGES': The Ancient Prophecy of Humanity's Awakening from the Exile in Darkness - Patricia Cota-Robles

18 minutes: <https://youtu.be/Cx61ErKHMN4>

Monday Memes

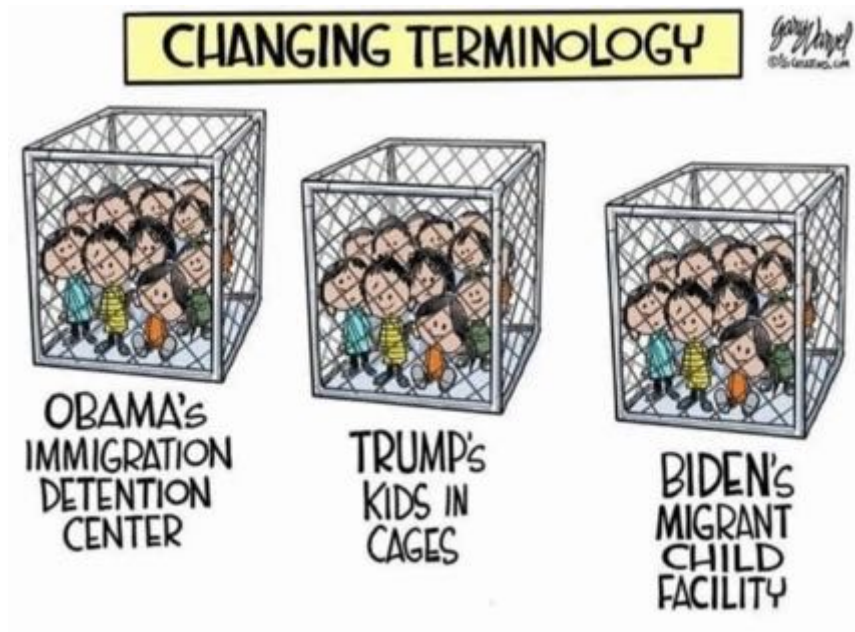
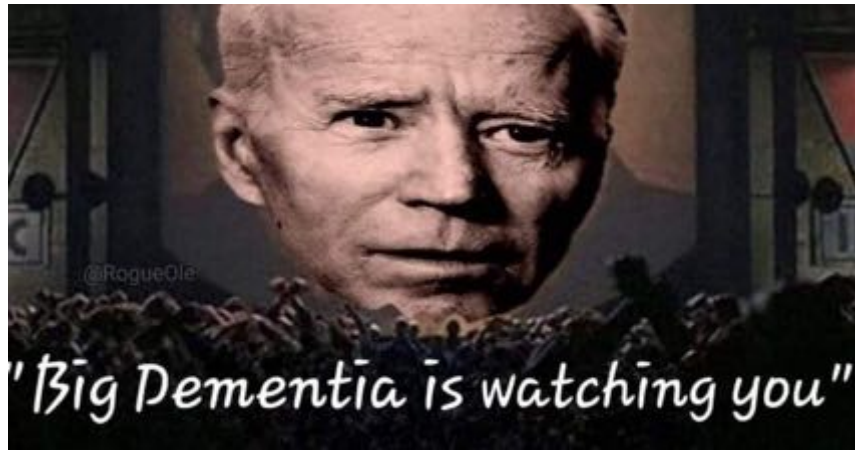




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GOVERNMENT THEN AND NOW

2021

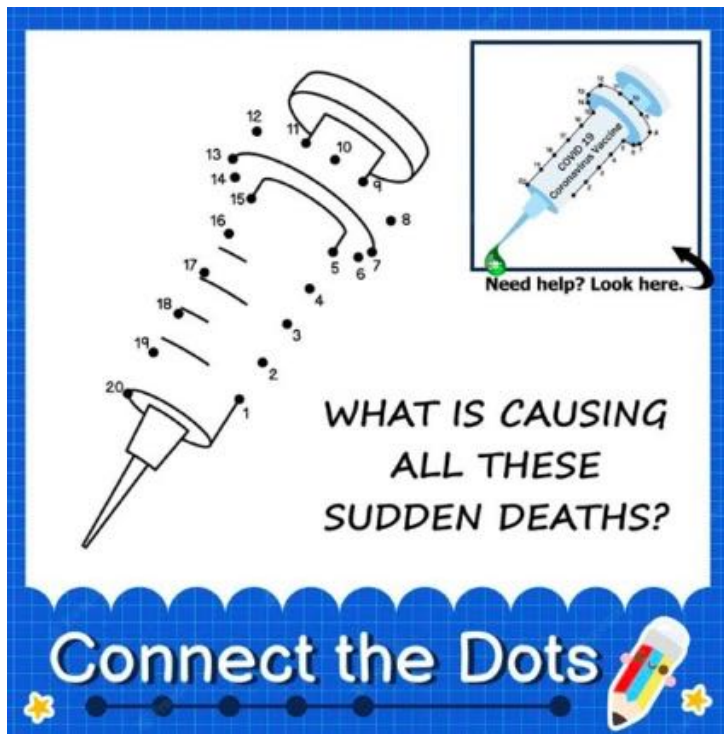


TAKE THE SHOT OR WE
WILL FIRE YOU, STARVE
YOU, TAKE YOUR
CHILDREN, PUT YOU IN
CAMPS AND LEAVE YOU
TO DIE WITHOUT
MEDICAL TREATMENT

2023



NOBODY
"FORCED"
YOU TO
TAKE THE
SHOT



WHAT IS CAUSING
ALL THESE
SUDDEN DEATHS?

**MORE PEOPLE
HAVE BEEN KILLED THIS
YEAR BY VACCINES
THAN BY GUNS.**



**WHERE
IS THE
PUBLIC
OUTCRY?**







This is Iceland.

Iceland let its 3 biggest banks fail after the 2008 financial collapse.

Iceland bailed out its citizens instead.

Iceland prosecuted those banksters that caused the meltdown.

Iceland had one of the strongest economic recoveries ever.

Be like Iceland.

CE collection EVOLUTION



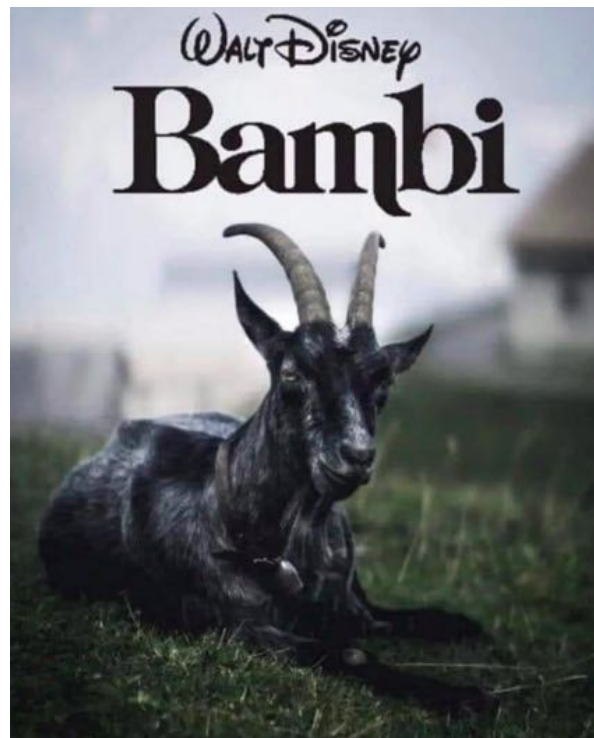
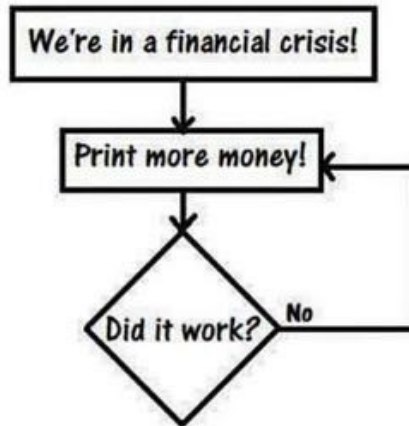
**When my memes convert my FBI
agent and he realizes he's an enemy
of liberty**



"the covid experiment"



FEDERAL RESERVE CRISIS SOLUTION CHART



PAIN SCALE

