

Mostly Free To Do List for Freedom Lovers

- Find your tribe and meet regularly. www.MaineStandsUp.org
- Hug people regularly.
- Be aware of what's being taught in school/consider homeschooling or join the local school board. Have hard conversations with teachers and administrators.
- Unschool yourself. Deprogram. Question your beliefs. Debate with people rather than argue.
- Know where the resources in your community are.
- Use cash more.
- Consider bartering when possible.
- Ditch loyalty accounts or use an alias.
- Install a landline and share your number with friends.
- Create a physical rolodex with all your important contacts.
- Stop lining the pockets of the criminals. Be a conscious consumer. Avoid big box stores, especially ones that use facial recognition and don't accept cash.
- Get to know your farmer. Join a CSA. Go to the farmers market or even better visit the farm. Meet your meat.
- Don't use QR codes or Self-checkouts
- Learn self defense (whatever that means to you) It will empower you and get you in shape at the very least.
- Support small banks. Consider gold/silver/bitcoin/alternative investments.
- Invest in food. Have a goal to have a year supply on hand.
- Have a list of healthcare providers you trust on your refrigerator with specific directions regarding the job, do not resuscitate and other directives.
- Get out in nature (preferably barefoot).
- Learn about "alternative" healing methods (tinctures/sound/homeopathy/acupuncture)
- Take personal responsibility for your health. Don't rely on your doctor for all the answers.
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For the full list, please visit our website:
www.mainestandsup.org/to-do-list

Maine Stands Up

presents

A Day of Health & Prosperity: Looking Forward in Maine

February 17th @ Sky-Hy (32 Hky-Hy Dr, Topsham, ME 04086)
12:00 pm to 5:00 pm

Welcome to our February Event,
A day filled with Informative Health
Speakers

Health Vendors
Venison Chili,
Chicken Soup,
Clam Chowder
Corn Chowder
Macrobiotic Vegan Soup,
Sourdough Bread

"Our Health is Our Wealth
&
Our Community is Our Immunity"

FOR MORE INFO:
MAINESTANDSUP.ORG/EVENTS

Today's Itinerary

12:30 pm - 2:00 pm

- **Christiane** - Welcome/Intro
- **Sherry** - True Health group - What it is & how to get involved.
- **Paul Gosselin** - My Medical Career (gabrielshealthministry.com)
- **Wade Hamilton** - Medical License lawsuit update
- **Peter Hazen** - "Magical Thinking"
- **Chuck Lakin** - Home Funeral Educator (lastthings.net)
- **Deborah S. Train** - Sound Healing (sacredarts369@gmail.com)
- **Nancy Lanson** - Raw food/detox (ancestralfrenchsoaps.com)

2:00 pm - 3:00 pm

- **AUCTION**

3:00 pm - 5:00 pm

- **Mark Fulford** - Food as Medicine - Teltane Farm
- **Donanne Dean** - Permaculture (Earth Paradise Eco Retreat on Facebook)
- **Valerie Jarman** - Be Your Own Doctor (valerie.tilton@gmail.com)
- **Max Random** - 30 years of self though medicine
- **Hillary Lister** - EMF mitigation (hillary@emfacts.net)
- **Bex, Becky Vail** - Herbalist, Owner of Herbage by Bex

Vendors

- **Chuck Lakin** - Simple Burial
- **Martha Fournier** - Reiki/Art/Yoga
- **Deborah Train** - Art/Sound Healing
- **Nyla Bravesnow** - Tincture & Stones
- **Nancy Lanson** - Ancestral French Soaps
- **Max Randon & Hillary Lister** - Tinctures/Salves/EMF protection
- **Pallas Herbals** - Dennis Audet (dried & extracts)
- **Chickadee Nest Farm** - Ben Below & Julia Destefano (salves & tinctures)
- **Donanne Dean** - Ringing Pines (CBD, Tinctures, Ag Silver)
- **Becky Vail Herbage by Bex** - Survival Kits
- **Mark Fulford** - apples, cider & other goodies
- **Sarah Crow** - Herbs
- **Peter Hazen** - Tarot readings
- **Taylor Winslow** - Love,Winslow (Candles & Scrubs)
- **Zoe Mason** - Luna Moth Herbs
- **Camille & Samantha** - Herbals and such

Auction Items

1. 1.5hr. Shamanic Sound Healing
2. Homemade Blueberry Wine
3. Stone Soup Institute: whole chicken, organic, frozen
4. 2 Coin books with a coin microscope
5. Cappuccino machine
6. Kerig
7. Soda carbonation machine
8. Bose speaker with stand
9. 3 boxes of magnet building blocks for children
10. 2 boxes of kinetic sand—for children
11. Vintage piggy bank
12. Crystal pyramid paper weight.
13. Infrared Sauna blanket.
14. A collection of white picture frames—brand new
15. Yamaha guitar
16. Seven copies of Robert Fritchie's book Being at One with the Divine
17. A glass sculpture
18. Chinese wall hanging
19. vintage money bags
20. 4 small fanny packs/purses
21. Leather flower shoe decorations from Buenos Aires
22. Size 6 outdoor pants.
23. Maine Trivia game (Adventures in Maine)
24. African wall hanging from Zimbabwe.
25. 2 backpacks
26. A doll's rocking chair
27. Traveling rolling bag for carry on.
28. 7 DVD set—The Truth about Vaccines
29. Silver coin—Maine moose from 7K State Animal series
30. Signed copies of Women's Bodies, Women's Wisdom, The Wisdom of Menopause, Mother Daughter Wisdom, Goddesses Never Age, Dodging Energy Vampires, Making Life Easy – all books by Christiane Northrup, MD
31. A year's Subscription of True North with Dr. Christiane Northrup
32. Couple Drawings suitable for wall hanging
33. 7 Credit card size magnifying glasses with light
34. Hand beaded bracelet from Africa
35. Hand beaded necklace from Africa
36. Small faraday bag for cell phone.