

Weekly Newsletter

March 16, 2026



Republic for the united States of America

Register as a new member/elector and volunteer to fill an open seat.

www.RepublicForUSA.org

And, you can sign up for this newsletter directly at the link below:

<https://lp.constantcontactpages.com/sl/cuuLuch>

Letters (and Videos) to the Editor:

We are asking our members to submit short (1 page or less) articles written about a subject relevant to the Republic, or short videos discussing such a subject. Please submit your ideas at

RRB.admin@republicoftheunitedstates.org

The Dangers of AI (Artificial Intelligence)

You have probably heard about AI, or Artificial Intelligence. These are sophisticated computer programs with the ability to synthesize enormous amounts of data and provide a summary or a conclusion about the information. However, who is doing the programming? And with what motives? There are several AI programs already available to the general public (Grok, ChatGPT, others) that do NOT have your best interests in mind, because of their programmers. That is the danger you need to be aware of, while you also explore the usefulness of some aspects of the technology.

AI chatbots are systems deliberately trained with adversarial data and prompts. These pose a rapidly emerging technological threat to the Republic's foundations. Models can be heavily influenced by corrupted training data and system prompts to produce outputs that favor unpatriotic narratives. Adversaries can fine-tune or prompt AI to generate content that systematically attacks key pillars: for example, the 1 Statute 50 territorial re-inhabitation process, the requirement of 30,000 electors, the authority of presidential appointments, or the necessity of unified action. Public Notice RR950286827RuSA Supplement warns of “parallel structures” and “nation-state” claims that lack lawful standing. AI can amplify these issues by producing seemingly authoritative “analyses” that question the Republic’s framework, exaggerate minor disagreements, or promote independent actions as “more constitutional.”

Such outputs create confusion among members, erode trust in leadership, and sow discord by framing the lawful process as “dictatorial” or “unnecessary.” Because AI responses can appear neutral and well-reasoned, they are highly effective at influencing undecided members. The danger is compounded when AI is trained on datasets hostile to republican restoration or prompted to emphasize “nation-state” or splinter group narratives. Republic members must exercise careful discernment. You need to treat AI outputs as only tools, not oracles, and always measure the output against foundational documents. Vigilance against weaponized AI is now a constitutional imperative to protect the Republic’s integrity.

Health Corner - Did You Know?

(not medical advice, for research purposes only)

Vitamin D deficiency: Did you know that most Americans are Vitamin D deficient? We are lied to about how the sun is bad for our health, and we spend most of our time indoors at desk jobs. Our best source of Vitamin D is skin exposure to the sun.

First, what are the symptoms of Vitamin D deficiency?

- **Depression or Mood Changes:** low levels have been associated with depression and other mood disorders.
- **Muscle Weakness or Bone Pain:** Vitamin D is crucial for calcium absorption and bone and muscle health.
- **Weakened Immune System:** Recurrent infections or illnesses such as cancer could indicate a deficiency, as Vitamin D helps regulate the immune system.
- **Poor Sleep Quality:** Some studies suggest a link between Vitamin D deficiency and sleep disorders.
- **Fatigue or Tiredness:** Vitamin D plays a role in energy levels.

- **Wound Healing Problems:** Slow healing of wounds or cuts can be a sign that your body is not getting enough Vitamin D.
- **Poor Brain Health and Cognitive Impairment:** Low Vitamin D levels have been linked to an increased risk of dementia and cognitive decline.

Next, how do you solve a Vitamin D deficiency?

- **Sunlight Exposure:** The body produces vitamin D when exposed to ultraviolet B (UVB) rays from sunlight. Spend around 30 minutes per day in direct sunlight with a significant portion of your skin exposed. If you have darker skin, you may need to double this time. However, be cautious about the time of day, duration, and your skin type to avoid sunburn and skin damage. One theory is that you lower your chance of sunburn if you do NOT wear sunglasses or anything that blocks your eyes' exposure to the bright light.
- **Supplementation:** If sunlight exposure is limited or not possible, consider taking a vitamin D supplement. The minimum daily intake for adults is 4000 IU, but deficient people will require higher doses, such as 5,000 to 10,000 IU per day, to reach sufficient levels.
- **Diet:** A balanced diet can help maintain adequate vitamin D levels. Foods naturally rich in vitamin D include fatty fish (salmon, tuna, mackerel), egg yolks, liver, and plant-based alternatives such as mushrooms exposed to sunlight. One good source is cod liver oil, a family staple about 100 years ago.

Finally, did you know that there are 2 forms of Vitamin D supplementation? They are called Vitamin D3 and Vitamin D2. Vitamin D3 is the typical form that you find in a health food store. Vitamin D2 is a vegan form. Both will raise Vitamin D blood levels, but some people are intolerant of one form or the other. Differences between Vitamin D2 and D3:

- **Source:** Vitamin D2 (ergocalciferol) is synthesized by plants and fungi exposed to sunlight, while vitamin D3 (cholecalciferol) is produced by the body in response to sun exposure.
- **Structure:** Vitamin D2 has an extra double bond in its chemical structure compared to vitamin D3.
- **Bioavailability and Effectiveness:** Vitamin D3 is more potent and has higher bioavailability than vitamin D2. This means that vitamin D3 is better at raising and maintaining blood levels of vitamin D, and it's more effective in treating and preventing vitamin D deficiency.

Because most people do not work or play outdoors very much, a supplement may be one option to ensure your blood levels of Vitamin D are at least 40 ng/ml, but the desired level is 60 to 80 ng/ml for better health. Be well, everyone!

For research purposes only.

Republic Humanitarian Efforts:

We need your help to deliver the refill water filters to the North Carolina hurricane areas. Please consider a donation to pay for the filter and transportation costs, via the Republic website:

<https://members.republicfortheunitedstatesofamerica.org/donate>

VIDEO: [Delivering Life-Saving Water Filters to Hurricane-Affected Free States](#)

Republic for the united States of America in cooperation with Hopestone Ministries, Flight for Life, and Thee Carpenter's Workshop

Republic merchandise:

Interested in Republic themed merchandise?
Check out the online store that handles that!

<https://www.onceinabluemoon.shop/>

Republic Leaders' interviews:

Michael Jaco and Sandy Miarecki, Mar 13, 2026

<https://www.youtube.com/watch?v=e7kk0Jcb1-c>

Eli Weber and Republic Members, Mar 12, 2026:

<https://rumble.com/v770w40-the-republic.-rusa.-public-arrests-coming.html>

Try exploring Pres Geiger's Odysee channel for interesting videos:

<https://odysee.com/@PresidentGeiger:c>

Dear Republic Patriots, we created a new video, "If you know, you know," linked below, that tells the story of an individual who used to be in the Republic. You will figure out who the video is about pretty quickly.

<https://odysee.com/If-You-Know,-You-Know--The-Rise,-Fall---Warning:4>

<https://truthsocial.com/@PresidentGeiger/116183024155896612>

***Please sign up as a Republic elector at the Republic website:**
<https://www.republicforusa.org>

Anyone can also sign up for this newsletter directly at the link below:
<https://lp.constantcontactpages.com/sl/cuuLuch>

Weekly Schedule of Conference Calls:

Judicial Training Call (Justice Roger Waters)

Live **SUNDAY EVENINGS** 7:00 pm Eastern / 4:00 pm Pacific

Announced in Wire app each week.

Archive of previous calls:

<https://republicfortheunitedstatesofamerica.org/republic-news-network/judicial-calls/>

National Prayer Call (Acting Chaplain Mike Shuttlesworth)

Live **MONDAY EVENINGS** 8:30 pm Eastern / 5:30 pm Pacific

Call Number: 717-908-1975
code 5372254#

Playback: 667-770-1305
code 5372254#

Archive of previous calls:

<https://republicfortheunitedstatesofamerica.org/category/prayer-call/>

House of Representatives Call (for House Reps only, recording open to all)

TUESDAY EVENINGS at 9:00 pm Eastern/6:00 pm Pacific *per scheduled calendar

Playback: (717) 908-1837
Code: 908112#

Archive of previous calls:

<https://republicfortheunitedstatesofamerica.org/category/horg/>

Training Call for Officials and Members

TUESDAY EVENINGS at 6:30 – 8 pm Eastern

Announced in Wire app each week.

<https://join.freeconferencecall.com/sandy10m>

Archive of previous calls:

<https://republicfortheunitedstatesofamerica.org/republicnewsradio101-internet-radio/republic-training-calls/>

Maintaining Republic Parallel Status

"So, having documented the key instances where it was necessary for the Interim Government to give Lawful notice to the *de facto* UNITED STATES corporation, and acknowledging that we continue to operate parallel to said corporation, we see no current requirement to give further notice. Let it be known that any agent (or officer of the Republic), unless authorized by the President in writing, has no Lawful authority from the Republic to serve notice on *de facto* officers on behalf of the Republic; and, if they do so, then they are acting in their own private capacity and DO NOT represent the Republic."

Social Media: Tell your friends about Your American Republic:

- [Odysee Channel @PresidentGeiger](#)
- [Facebook Page/news items](#)
- [Facebook Page with media/videos](#)
- [Telegram Page "Re-Inhabited Republic"](#)
- [Twitter @PresidentGeiger](#)

The Time is Now to Help Rebuild the Republic – Help spread the word

Tell your friends and family to contact us by email:
RRB.admin@republicoftheunitedstates.org

[Read and Recommend](#)

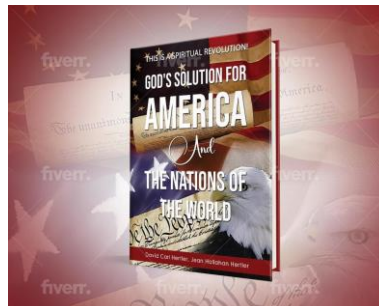
Re-Inhabited: Republic for the United States of America

Vol. I "America's Truthful History" - how we got a Republic and how we lost it

Vol. II "The Story of the Re-inhabitation" - how we got the Republic back



God's Solution for America and the Nations of the World:
This is a Spiritual Revolution!



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