

CORAC Newsletter

Region 8

September 3, 2021

Sheryl Collmer, editor



These last six months of newsletters have attempted to inform and instruct our Region 8 members, mostly on preparedness and medical topics. Any veteran preppers are way past anything I might say at this point. But if you've put off preparing, get crackin! Seriously, you should have your water, food, power, comm and medical plans pretty well thought out by now. Have at least these bases covered:

- **Water** storage and a purification method (See Appendix for reprint from April 23 newsletter)
- Non-perishable **food** for a bare *minimum* of three days per person (See Appendix / July 9 newsletter)
- An AM/FM **radio** with extra batteries or a crank-style radio (See Appendix / July 9 newsletter)
- **First aid** kit (See Appendix / May 21 newsletter)
- Ivermectin and nutraceuticals, for **COVID prevention** and treatment (See Health section, this newsletter)
- Portable **battery** for short-term power outages (See Sustainability section, this newsletter)

If anyone needs a copy of a past newsletter, please let me know. Sclare27@aol.com

RC Report

From our regional coordinators, Ed and Michelle



Greetings,

After Hurricane Ida hit Louisiana on Monday, I tried to get a text through to Michelle's sister in New Orleans and to the CORAC state coordinators in Louisiana, the Bodenheimers in Abita Springs.* It hits me how much I've gotten used to being "in touch" with people. Many years ago when I was in my 20's, I lived in New Orleans and used to call home to my folks in East Tennessee. Couldn't talk more than a few minutes and my Dad would say "...well, I better let you go - this is long distance". We wrote a few letters and saw them about twice a year.

Fast forward to the cell phone era. Initially the bills were horrendous [remember roaming charges?]. But relatively quickly the unlimited plans came into play and very quickly, being able to make a phone call on your mobile was just another feature along with texting, apps, the internet etc.

Now my 'out of state' kids and I are exchanging phone calls. The cost is nil but there's a new wrinkle. When I called their home on the landline - I got to talk first to whoever answered the phone. But with mobile phones - if I call my son - I get my son or his voice mail. The only way I get his wife is by calling her mobile. And of course, the grandkids never answer the phone. The idea of random communication is basically a thing of the past...

Back to the present -after years of being conditioned to be able to get in touch with anyone - anytime - anywhere, it felt uncomfortable to be here completely out of touch with loved ones. I tell myself they are probably OK. Our last text exchange was just before midnight last Sunday night and though they had lost some roofing and a small tree - they indicated the storm seemed to be abating. But still you worry...

It's ironic, last week we were discussing a phone tree for region 8. As we talked it made me think that in the event of a sudden emergency - it would be great to be able to notify our members immediately. Although a phone tree might be a good community building exercise - available mass texting technology makes much more sense as a method to reach out to most of our membership in the quickest way possible.

In the spirit of prudent preparations, we are looking into contracting for a mass texting service for Region 8. Sixteen years ago, Katrina hit Louisiana. Though phone calls wouldn't go through - it was possible in a lot of cases to exchange texts.

Though we had advance notice of hurricane Ida, it seems there may be a 'storm' coming which we need to prepare for. It appears inevitable - but is entirely unpredictable as to when/where or how.

How important is this? To quote Charlie's last missive:

If you have contemplated an emergency plan in case things do go south, now is a good time to review it. Whatever prudent preparations you have in mind, we are very close to the point where it is no longer a drill. Keep in mind that whatever you plan, no matter how elegantly simple, God may choose to thwart it to test whether you trust in Him or still in yourself.

<https://assignofhope379.com/2021/08/25/the-fiery-trial-commences/>

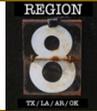
In this light – it is obvious that all CORAC regions might benefit from such a service – we ran this by Charlie and his initial reaction was enthusiastic. We will begin a study and hopefully get the service up and running soon. We will update you as we go forward.

God bless us all,
Ed & Michelle

* Since this letter was started – we have gotten in touch with Michelle's sister the Bodenheimers and other friends. All are ok though with no electricity. And yes – our only means of communication is via text.

Region 8

What's going on in the "South Coast" region of CORAC



Our next call is this Tuesday, Sept. 7 at 6:00, and the topic is **EMERGENCY PREPAREDNESS**.



With hurricane IDA, last winter's freeze and the increasing probability of the "storm" ... are you prepared to remain at home? If you have to leave, do you have a destination? Let's talk about it – we all need to share what we know and we all need to learn from others.

PLEASE NOTE: the new time for Region 8 Zoom calls is 6:00 pm on alternate Tuesday evenings.

Our excellent friends at [Texas Right to Life](https://www.lifenews.com/2021/09/01/texas-has-become-the-first-state-in-america-to-ban-abortions/) have overseen the passage of the Texas Heartbeat Act, which prohibits the extermination of babies after a heartbeat is detected, which is the case in virtually all procured abortions. Our heroes!



All are invited to the Texas Right to Life Gala on Saturday, September 18, at the downtown Houston Hyatt hotel. TRTL is comping tickets for CORAC members, and Charlie will host a brunch for CORAC members the following day. Email Laura Bilot at Bilot.lambfam@gmail.com to sign up. You are responsible for your own lodging on Saturday night. These galas are truly magnificent, and this year will be especially celebratory.

If you can't attend the gala, please consider making a donation to this important work. The victories achieved in Texas will spread to the rest of the country. We are Ground Zero in this battle. <https://www.texasrighttolife.com/donate>

Communications

Keeping in touch when channels are unreliable



See Appendix for Dr. Bill Hammer's (Reg 7) instructions on how to get your handheld transceiver working. Many of our members are getting the Baofeng or Yaesu HT's; just be aware that you need your FCC technicians license to operate one.

Marie Maclean (Reg 2) and Tina Barry (Reg 12) recommend this website for getting your technician's licensing test done quickly and efficiently: <https://www.hamradiolicenseexam.com>

Sustainable Living and Survival Skills

Home skills for self-sufficiency



PORTABLE POWER STATIONS

These are great to have on hand for any situation, regardless of the state of the world. I always keep one in the trunk of my car for jump starts, and I have one in the house for power outages. You top up their charge from a household outlet about once a month. The Jackery shown here carries 240 watt hours; the average smartphone requires 12 watt hours for a full charge, so that is around 20 charges. These are only a short-term solution but they are handy in so many situations, and are relatively low-cost. The models shown here are from Amazon. You can go way fancier, with many more features if you desire. Note that these are *not* generators; they are batteries.



Portable Power Station 300W, VTORCE 296Wh Solar Generator with PD100W USB Quick Charge / 110V AC Outlets / DC Ports and LED Flashlight, Emergency Backup Lithium Battery for Home Outdoor Travel Camping
Brand: VTORCE
30 ratings
\$119.99 (15%)
List Price: \$299.99 Details
Price: \$229.99 -prime & FREE Returns
You Save: \$60.00 (21%)



Jackery Portable Power Station Explorer 240, 240Wh Backup Lithium Battery, 110V/200W Pure Sine Wave AC Outlet, Solar Generator (Solar Panel Not Included) for Outdoors Camping Travel Hunting Emergency
Visit the Jackery Store
9,846 ratings
Answers Chosen for "portable power station"
\$169.99 (15%)
List Price: \$199.99 Details
With Deal: \$169.99 Prime FREE Delivery & FREE Returns
You Save: \$30.00 (15%)



Schumacher Rechargeable AGM Jump Starter for Gas Diesel Vehicles - 800 Amps with Air Compressor and 12V DC/USB Power Station
Visit the Schumacher Store
2,814 ratings
355 answered questions
Price: \$86.12 -prime
Get \$40 off instantly. Pay \$26.12 \$86.52 upon approval for the Amazon Prime Store Card. No annual fee. Eligible for Amazon Prime donation.
Size: 800 Peak Amps
800 Peak Amps

Note: Between Wednesday and this morning, these units have gone up about \$30 in price. We are not the only ones noticing that things are getting dicier.

Health & Wellness

Staying robust in trying times



The vaccine is failing in the UK and Israel, per Dr. Peter McCullough

<https://rumble.com/vlzr0-dr-peter-mccullough-the-vaccine-is-failing-in-the-uk-and-israel-offbeat-bu.html>

CDC committing large-scale medical fraud, hiding COVID cases among the vaccinated

<https://dreddymd.com/2021/07/25/yale-doctor-calls-out-cdc-for-committing-large-scale-medical-fraud-and-hiding-covid-cases-among-the-vaccinated/>

Why the COVID-19 injections do not prevent either severe infection or death

[https://www.cell.com/immunity/fulltext/S1074-7613\(20\)30447-7](https://www.cell.com/immunity/fulltext/S1074-7613(20)30447-7)

First-hand ICU story, what to demand, what to refuse

<https://rumble.com/vktdpt-our-first-hand-icu-story-what-is-actually-killing-people-in-the-hospital.html>

“FDA Approval”, the mainstream media and the little trick

<https://factcheckvaccine.com/2021/08/dr-robert-malone-inventor-of-mrna-vaccine-fda-approval-mainstream-media-and-the-little-trick/>

Microscopic blood clots in those who have been vaccinated

<https://citizenfreepress.com/column-1/dr-charles-hoffe-issues-vaccine-warning/>

Dr. Robert Malone, on booster shots and the shattered medical consensus

https://www.theepochtimes.com/dr-robert-malone-mrna-vaccine-inventor-on-latest-covid-19-data-booster-shots-and-the-shattered-scientific-consensus_3979206.html?utm_source=ATLNewsletter&utm_medium=email&utm_campaign=2021-02-19

Full comment submitted to CDC by Steve Kirsch

https://downloads.regulations.gov/CDC-2021-0089-0024/attachment_3.pdf

(Clicking on the link will download the complete letter)

STOP THE SHOT CONFERENCE – PART 3

LifeSiteNews has been rolling out an excellent “Stop the Shot” series.

Part 1: The Rest of the Story

<https://www.lifesitenews.com/conference-stop-the-shot/>

Part 2: Fertility Risks of the Shot

<https://www.lifesitenews.com/conference-stop-the-shot/stop-the-shot-8-19/>

(Note that you have to fast forward to the one-hour mark)

Part 3: Vaccine Injuries and FDA “Approval”

<https://www.lifesitenews.com/conference-stop-the-shot/stop-the-shot-part-3/>

(Note that you have to fast forward to 20-minute mark)

RENOWNED DOCTORS DISCUSS POTENTIAL
FERTILITY RISKS RELATED TO COVID SHOT

AUGUST 19, 2021 at 12PM EST
by Truth For Health Foundation, hosted on LifeSiteNews.com

**STOP THE
SHOT!**



COVID RECOVERY STORY OF REGION 8 MEMBERS

Our Region 8 member, Suzie and John are both 67, with co-morbidities, and recently recovered from COVID. Here is Suzie’s story:

I contracted Covid on July 17, 2021. It took 11 days, but I am fully recovered thanks to prayer and early treatment protocol, i.e. Ivermectin, Fluvoxamine, Azithromycin, prednisone, Budesonide, aspirin, Melatonin, Vitamin D3 (mega dose 50,000iu daily during the duration of symptoms...like Dr. Stock talks about and SteveBC suggests), Vitamin C, Vitamin B (Thiamine), NAC, Selenium, Quercetin, zinc, H2O2 nebulizer treatments (as recommended by Dr. Mercola and SteveBC).

SteveBC:

<https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/>

Dr. Mercola:

<https://media.mercola.com/ImageServer/Public/2021/April/PDF/nebulized-hydrogen-peroxide-pdf.pdf>

FLCCC:

<https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>

I started therapies as soon as the symptoms showed up. I didn’t wait for the results of a test. I had all medications and nebulizers on hand to start immediately. As SteveBC says, “Immediacy is Life!”

We have not nor will we ever get the experimental Covid jabs. I have my vitamin D level checked via blood test routinely. I consistently measure in the high 90’s or sometimes higher. This had a great impact on me staying out of the hospital. I take large amounts of Vitamin D3 daily. This is something cheap and easy for everyone to do now. Optimum level to stay out of the hospital from Covid is 60ng/mL to 80ng/mL. Supplement until you get it up to optimum level.

Prior to our getting Covid, we were on preventative regimens of hydroxychloroquine with all the supplements like Quercetin, Zinc, Vitamin D3, Vitamin C, NAC, etc, since last year March 2020, then more recently, Ivermectin and supplements that are recommended by FLCCC, Dr. Zelenko, Frontline Doctors, and SteveBC. And we still got Covid.

Dr. Stock addresses the reasons in this video. It’s the viral load shedding spike protein from the vaccinated probably causing the surge in the Covid cases of both vaccinated and the unvaccinated.

<https://www.bitchute.com/video/4C19PIU6B8mt/>

The research studies referred to in the video can be found here in PDF form:

https://hancockcountypatriots.blogspot.com/2021/08/dr-dan-stocks-presentation-to-mt-vernon.html?fbclid=IwAR29JWYbSeqDn3VS33acWq7p7jO8Gpubns4ztwGrZ_zX19Hr91RzgrWYftk

It is my understanding that Quercetin acts as an ionophore like HCQ in allowing zinc access into the cells to disrupt the virus. Quercetin or HCQ is the gun, and Zinc is the bullet. There may be different characteristics of HCQ or Quercetin in their treatment of Covid, but essentially they are basically the same in terms of acting as an ionophore for

Zinc. So if you can't get the HCQ, get Quercetin. The FLCCC recommends Quercetin and Zinc now, with Ivermectin for preventative and early Covid treatment.

Prescription Budesonide nebulizer treatments do the most help in getting down deep into your lungs to treat the pulmonary effects of Covid. If you can't get the Budesonide nebulizer treatments, then look into Dr. Mercola's hydrogen peroxide treatments. (See above)

My husband and I did exactly the same treatments, supplement dosages, and medications. I was two days ahead of him in terms of symptoms. My guess is his former thirty-year smoking habit that is the difference, even though he stopped smoking in 1996.

I think also the addition of Fluvoxamine helped me immensely. It is recommended by the FLCCC early treatment protocol. Dr. Pierre Kory of the FLCCC and Steve Kirsch of TrialSiteNews said that Fluvoxamine can pass through the blood brain barrier, whereas Ivermectin cannot, and it is a strong anti-inflammatory and eliminates the brain fog that people have during Covid. My first symptom was the brain fog. This brain fog told me I had Covid and not just a regular flu or cold. It is the same brain fog I had when I was 35 with chicken pox. I'll never forget it. And even though Fluvoxamine is a SSCI, it is a small dose, and it is for only 10 to 14 days at the onset of symptoms. This medication made a big difference for me.

The medication that has made a difference for my husband's breathing and shortness of breath has been Albuterol nebulizer treatments. His doctor prescribed Albuterol treatments when the Budesonide and H₂O₂ treatments became ineffective. He's still doing these treatments still every day.

The best steps anyone can take, IMHO, is to get the medications, nebulizers, food grade hydrogen peroxide, and supplements **NOW**. Start taking the preventative doses, have one's Vitamin D level checked, and get it up higher than 60ng/mL, at least.)

VITAMIN D

Vitamin D is one the primary determinants of severity of disease. Some essential points:

- Best way to get Vitamin D is through sunlight. You should spend around 20 minutes per day in the sun, late morning ideal for us Southerners, without sunscreen. Yep, without sunscreen. Lighter skin gets the benefit faster; darker skin takes longer.
- Supplemental Vitamin D₃ should be taken with the major meal of the day. This matters for optimal absorption. Since Vitamin D is fat-soluble, you need some healthy fat in that meal, like olive oil or avocado.
- Vitamin K, magnesium, and zinc all help with D absorption. You can get combo formulations, like D₃+K₂ in one capsule.
- Nutritional sources of Vitamin D: salmon, tuna, eggs, butter, shrimp, oysters, beef livers.
- You can get a blood test for D levels at your next checkup. Or, if you are avoiding medical institutions for the moment, you can get independent blood tests at places like <https://www.healthtestingcenters.com> without a doctor's order. (See Appendix for reprint of May 7 newsletter item)



Really, what's not to love? Eating Shrimp Scampi or Oysters Rockefeller out on the deck in the sunshine, with a Bloody Mary added for the Vitamin C. It's a sacrifice, but do it for your health.

EXEMPTIONS

If you or a loved one is being pressured to get the Vaxxx, check these links:

National Catholic Bioethics Center: <https://www.ncbcenter.org/ncbc-news/vaccineletter>

Bishop Athanasius Schneider: <https://www.livefatima.io/exemption/>

Canon Law Made Easy: <https://canonlawmadeeasy.com/2021/08/26/can-church-officials-require-us-to-get-vaccinated/>

Catherine Austin Fitts: <https://home.solari.com/forms/>

Other Items Of Interest

Random stuff I just felt like sharing



DUE DILIGENCE

Due diligence is the care you must exercise before entering into a transaction. It's things like test driving before you buy a car, having an expert inspection and researching the neighborhood crime rate and shopping competitive mortgage rates before you buy a house. In other words... homework. And if you fail to do a good job researching, it's on you. You live with the consequences.

In this era, when we have been deceived by so many people we ought to be able to trust, government agencies, media, medical establishments, we have to perform our own due diligence. People who simply accept the advice of "experts" not carefully chosen, are at risk. It's an extra burden on us, but if you don't perform your due diligence, you'll have to live with the consequences. Do your homework before you "buy in" on anything.

SAFE PROVIDER LIST

I have been putting together a list of local essential service providers who will be safe to consult in the days ahead. I ask them what their policies are about masks and vaccinations. If they will enforce any future mandates, they're off the list. I ask physicians what their COVID protocols are; if they fail to mention ivermectin or early treatment, they're off the list. Anyone who is brainwashed or leaning towards authoritarianism will not be considered "safe". I encourage you to do the same in your local area. Know your trusted providers ahead of time. Bear in mind that non-white communities tend to be less gullible to the government's pontifications, so check out local minority businesses. Services on my list include:

- Dentist
- Pharmacist
- Internist/GP
- Pediatrician
- OB/GYN
- Grocer
- Chiropractor
- Hardware store
- Plumber
- Farmers market



There are already instances in which providers refuse to serve anyone not fully vaxxed. Even in small-town Tyler, I have personally heard a doctor express the opinion that the unvaxxed deserve whatever they get. Our health care providers are overwhelmed, and will get even more so in the near future. Try to pinpoint a medical practice that understands what's going on and is willing to help you with in-home early treatment protocols, such as Suzie outlined above.

CURRENT VAXXX COUNTS

The website Our World In Data keeps a running count on the Vaxxx, updated daily. The current stats are:
40% of the world's population at least one dose of the Vaxxx
5.4 billion doses administered worldwide, to date
39 million doses administered daily

In the whole world, the country with the most people fully vaxxed is the United States, at 175 million. God help us. You can find these stats in more detail at: <https://ourworldindata.org/covid-vaccinations>

THE GREATEST RESET MOVIE

Trailers here:

https://greatestresetmovie.com/?fbclid=IwAR1BsYYs_ijuh5t6GP9KifWFfle5sxFSpKCqecbH9Ajdy5ZNSKDkR1DI_nY

Prayer

Staying right with God



Dr. Tim Gray on Formed: Make the Lord your source of peace and refuge:
<https://watch.formed.org/videos/daily-reflections-august-31-2021>

Appendices

From April 23 newsletter:

WATER STORAGE FOR EMERGENCIES

Before the Emergency

Store 1 gallon of water per person per day, for drinking, cooking and personal hygiene. A minimum three day supply is recommended by FEMA. Water should be stored in sealable, food-grade containers such as plastic soda bottles and water jugs with screw-on lids. Special water carriers used for camping are also good. Do not use plastic milk jugs.

City water from municipal water sources is already treated so no additional treatment is necessary.

Any questionable water treated should be purified by either adding bleach or by boiling:

- o Bleach: Add two drops pure chlorine bleach per gallon (no fragrance or soap additives)
- o Boil: Bring water to a full rolling boil, boil one minute, and cool.

Store water containers away from cleaning supplies, fertilizer and other products with strong odors, which could be absorbed by the storage containers and transferred to the water. Once the container is opened, use the water rather than re-storing it.

If stored water has a flat taste, pour it back and forth between two containers several times. Water can lose oxygen when stored. Replace (rotate) stored water every six months. I use my old water in the garden, then refill and re-store.

After an Emergency

If you don't have a stored supply of clean water at the time of an emergency, you'll need to seek alternative sources:

- Water heater tank (turn off before draining the tank from the bottom tap)
- Toilet tank (not the bowl)

If there have been warnings that the public water supply isn't safe, turn off the water to your house before using these sources to prevent contamination.

If you are considering outside water, such as rain water, ponds, rivers, springs, the water must be purified. Never drink flood water. Avoid water with floating materials, an odor, or dark color.

Purifying Water

Supplies:

- Food grade containers for storage
- Filters: coffee filters, clean cheese cloth, or pillow case.
- Funnel
- Eye Dropper
- Unscented chlorine bleach (5.25% sodium hypochlorite).
- Large clean pan with lid for boiling water

Filter water first, then boil 3 minutes at a full rolling boil. (5 minutes if altitude over 5,000 feet).

Cover and cool to room temperature.

Add 2 drops bleach per gallon if you will be storing the water.

Store in clean food-grade containers.

Source: OSU Master Food Preserver Program

The Cliff Notes:

- 2 drops bleach to 1 gallon water
- Food-grade containers only
- Rotate every 6 months

From July 9 newsletter:
EMERGENCY FOOD
BUG-OUT BAG

Patrick Flanagan of Region 9 demonstrated his version of the “Bug-Out Bag” at the National Conference. A bug-out bag is meant to be a portable survival kit that you carry in the trunk of your car or keep at the ready in case you have to leave your home in an emergency. I know very well that, under many scenarios, I will have to travel during an emergency, because my elderly mother lives in a different city, so I especially appreciated the wisdom of the Bug-Out Bag.

If you’re new to preparedness, the bug-out bag is a good place to start, because you’ll be collecting the most essential essentials for it, and that will give you a step up in overall planning. Every organization that addresses prep (FEMA, American Red Cross) recommends that all households have three days of essentials put aside.



Start with a sturdy bag, big enough to hold a 3-day supply of food and water, besides all the basic survival gear. Patrick had a military-style bag with many zipped compartments, which makes finding things easier.

Then, load ‘er up:

- 3 days worth of food for each person: in pouches, freeze-dried or MRE’s
- Plastic utensils or a camping eating utensil
- Camelbak or some water container. Camelbaks have flexible pouches (bladders).
- Lifestraw, or iodine tabs... something to purify water. Check camping stores for this.
- Flashlight and extra batteries
- Knife and/or scissors
- Radio and extra batteries
- Lighter or waterproof matches
- Duck tape (always and forever)
- Sewing kit
- Medications (at the least, over-the-counter pain relief, anti-inflammatory and antihistamine)
- Flask of vodka (antiseptic and other uses)
- Hat with neck cover
- Gloves
- Windbreaker or rain poncho
- Sunscreen
- First aid kit (available at any drugstore, or online)
- Compression tape, for injuries
- Headlamp (light on a headband that allows you to have light hands-free)
- Cash
- Thermal blankets
- Sleeping bag
- Bandana
- Parachute cord or good twine (Patrick recommended 550 parachute cord)
- Lip balm
- Bandana
- Compass
- Pens
- Leatherman or other multi-tool
- Rosary and Miraculous Medal
- Personal defense (whatever you are comfortable with, and have practiced on)
- Optional – USB adaptor
- Optional – solar charger
- Optional – mister fan





- Optional – camp stove and fuel (needed for boiling water for purification and for reconstituting freeze-dried food)

Patrick also talked about a Rocket stove, which uses wood for fuel and concentrates the heat to make water boil quickly. They are not cheap, but they have the advantage of not having to pack propane or butane cylinders for fuel. The model available from WalMart.com is \$54. Click the picture to go to that page.

Most of the things on this list, you already have. It's just a matter of gathering them together in one bag for readiness. I personally like to use whatever is on hand and most practical, so instead of buying a special bag, I'll use my old mountain backpack. I have a lot of the other stuff in my camping supplies. And every household has duck tape!

You can order pre-packed dried food pouches from an emergency supply store, though they may not be to your taste. It's cheaper to figure out your own food prep, but the pouches certainly save time. For example, here's a three-day supply for two people, breakfast, lunch and dinner. You pay a bit more for backpacking meals because they are generally higher quality than MRE's or strictly survival meals.



<https://backpackerspantry.com/products/3-day-emergency-food-supply-meal-kit-2-person-variety>

Another supplier that I like is www.mypatriotssupply.com. They have various combinations of food packs (3-day, 2-week, 3-month) and they also have packs of specific foods (I bought a bucket of various freeze-dried vegetables because veggies are the first thing to forget when you are eating wild, and filling up on energy bars and beef jerky.)



<https://mypatriotssupply.com/products/72-hour-kit-sample-pack>

These meal packs may be great for you if you are short of time. However, you could also put together your own:

SHERYL'S THREE-DAY FOOD PACK

- Instant oatmeal
- Dried fruit (check at any Buc-ees for huge selection)
- Bags of dried kale chips, green beans, okra (check Buc-ees or produce section of many larger stores)
- Granola/fiber bars (many varieties available at the grocery store)
- Packs of nuts, especially almonds and walnuts. Can be added to any dish for extra fat and fiber
- Individual packs of peanut butter and/or almond butter (available in the grocery store)
- Pouches of tuna fish (available anywhere)
- Beef or turkey jerky (Buc-ees has huge selection, but you can get good jerky at WalMart, too)
- Small bottle of olive oil (great for pouring on the dried veggies)
- Dark chocolate bar (keep in Ziploc bag because it melts easily)
- Salt and pepper
- Cinnamon
- Jar of diced garlic (adds savor and is a great anti-inflammatory)
- Jar of Vegemite (has tons of B vitamins which reduce stress, is very savory, and a little goes a long way)
- Chewing gum
- Instant coffee (with powdered cream and sugar, if desired)
- Multivitamin

From the July 9 newsletter:

BASIC RADIO

No matter your technical skill, at the *very least*, you should have an AM radio, with backup power... extra batteries, solar charger or crank charger.



Really basic, really inexpensive (\$30) solar chargers from 4patriots.com. You can get larger panels for more power. Click the picture to go to the page.

Here's a Sangean AM/FM/Weather radio with hand crank and solar panel for \$70. Click the picture to go to the page.



From May 7 newsletter:

VITAMIN D BLOOD TESTING

Vitamin D level is *the* most critical predictor of COVID infection and severity. You could just randomly load up on Vitamin D supplements, 2000 or more IU daily, but a more reliable method is to have your Vitamin D levels tested. Too *much* Vitamin D can cause liver and kidney damage, so some care is advised.

I have gotten somewhat wary of going to a health care provider unnecessarily, as I do not want to be subjected to pressure to get the experimental gene manipulation, nor do I want my chart to designate me a “non-vaxxer.” So I was happy to find www.healthtestingcenters.com. You can get lab results without a doctor's order, and you pay out-of-pocket. The test for D levels alone is \$59-79, depending on the lab you choose, or you can get it as part of a broader panel. Order the test online, then go to a lab center near you to have your blood drawn. Results take several days.

The *bare minimum* healthy blood level of 25-hydroxyvitamin D is 30 ng/ml.



COMMUNICATIONS: WHAT DO I NEED TO KNOW TO GET MY HT TO WORK?

Answer:

1. How to turn your HT on
2. How to set your squelch
3. How to set your frequency
4. How to connect to a repeater

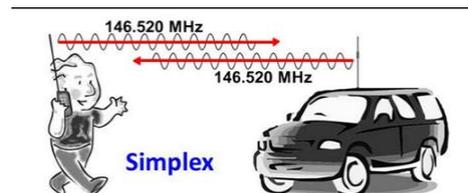
GOALS/OBJECTIVES

- Understand difference between Simplex and Duplex communications with HTs.
- Understand what squelch does.
- Understand difference between carrier and tone squelch.
- Understand what CTCSS & DCS is.
- Understand what a repeater is.
- Know how to access repeater lists.
- Be able to program your HT
 - Yaesu FT-60R
 - Yaesu FT-65R
 - Yaesu FT-70D
 - BaoFeng BF-F8HP
- This article is not inclusive of everything concerning HT programming. This information is simply to "shorten your learning curve".

AMATEUR RADIO COMMUNICATIONS INVOLVE 2 PRIMARY METHODS FOR HTS.

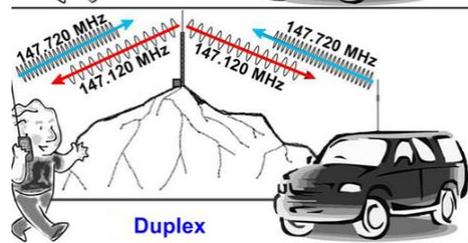
Simplex occurs when two radios are communicating with each other directly on the same frequency. Both radios take turns transmitting and receiving on the same frequency without a repeater or other device in between.

Think of Simplex as one simple step to talk to someone.



Duplex occurs when two radios are transmitting on one frequency and receiving on a different frequency. Both radios take turns transmitting and receiving with a repeater in between.

Think of Duplex as a double step to talk to someone.



SQUELCH

Squelch is a circuit function that acts to suppress annoying background noise when a radio is not receiving a transmission.

TWO TYPES:

1) **Carrier Squelch** operates strictly on the signal strength.

A transceiver mutes the audio when no signal is present.

Should be set before performing Simplex Communications.

If you set carrier squelch for Simplex, this setting automatically carries over to Duplex communications.

- Squelch can be adjusted with a knob, push buttons or a sequence of button presses.
- **Adjusts the threshold at which signals will open (un-mute) the audio channel.**
- **Backing off the control will turn on the audio, and the operator will hear white noise (also called "static" or squelch noise) if there is no signal present.**
- Setting carrier squelch once operates on all frequencies for both simplex and duplex

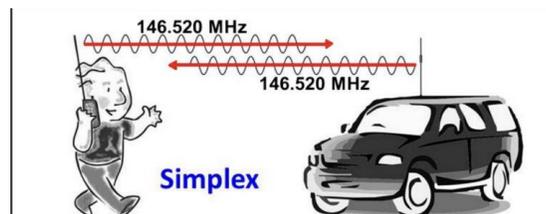
The **usual operation is to adjust the control until the channel just shuts off – then only a small threshold signal is needed to turn on the speaker.** However, if a weak signal is annoying, the operator can adjust the squelch to open only when stronger signals are received.

Benefits

- Simple to use, and easy to set up in the radio.
- Not much technical knowledge required to operate.
- Limited range means less people can pick up the signal.

Limitations

- Line of Sight
- Antenna Height
- Power
- Obstructions
- Terrain
- Vegetation
- Curvature of the Earth



Examples of Simplex National Call Channels

2-Meter Band Calling Frequency (VHF)

146.520 MHz

70-Centimeter Band Calling Frequency (UHF)

446.000 MHz

The above examples may not be the most commonly used in your area. The most common national Simplex call frequencies may vary from county to county or state to state. Do a search for 2M simplex frequencies and for 70cm frequencies by your state and then by your county to discover which are most commonly used in your area.

WEATHER RADIO FREQUENCIES

[NWR Station Listing \(weather.gov\)](http://weather.gov)

Weather radio frequencies are normally Simplex Communications. Use the above link to access your state and your county to locate the frequency for your area.

2) **Tone squelch**, or selective calling, is sometimes used to solve interference problems.

- Where more than one user is on the same channel, tone squelch targets a subset of all receivers.
- Should be set for Duplex Communications.
- Differs for each frequency using a repeater.
- Instead of turning on the receive audio for any signal, the audio turns on only in the presence of the correct selective calling code.
- Similar to the use of a lock on a door. A carrier squelch is unlocked and will let any signal in. Tone squelch (selective calling) locks out all signals except ones with the correct code.

There are four ways to utilize selective calling or tone squelch. We will focus on only two of the ways. HTs, recommended by CORAC, may use one of following two techniques: CTCSS or DCS.

CTCSS

- Stands for Continuous Tone Coded Squelch System.
- CTCSS adds a sub-audible tone into your transmission at a certain frequency.
- Uses analog tones below 300 Hz
- Other radios must have the same CTCSS tone or code set to hear the transmission.
- It will also be heard if the radio has CTCSS and DCS off.
- Different CTCSS codes have different frequencies, and this is how it filters out other people – as long as they have a different CTCSS, or no CTCSS, then your radio will not pass any audio to the speaker.
- CTCSS is often called *PL tone* (for *Private Line*, a trademark of Motorola), or simply *tone squelch*.

DCS

- DCS works the same, apart from it being digital instead.
- Stands for Digitally Coded Squelch.
- It sends a number repeatedly encoded in digital as you speak, in the low frequencies so you do not hear it.
- If someone else transmits on the channel with a different or no DCS, the radio will not unmute.
- If they transmit with the same DCS as you, then your radio will unmute.
- DCS is newer than CTCSS and has more combinations.
- DCS is also referred to as *DPL tone* (for *Digital Private Line*, another trademark of Motorola).

Duplex – Duplex operation means that a radio transmits on one frequency and receives on a different frequency with a repeater in between.

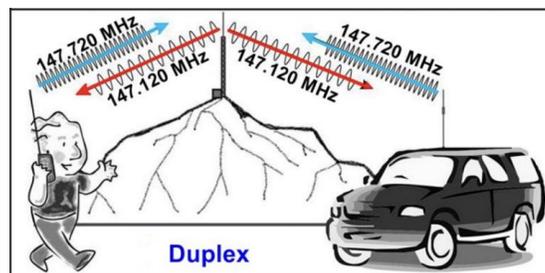
- **Full Duplex** – Operating Duplex with the ability to transmit and receive simultaneously.
- **Half Duplex** – Operating Duplex but having to switch between transmit and receive (aka Semi duplex)

Benefits

- Less occurrence of limitations as with simplex.
- Increases range for communication.

Challenges

- Conversations can be heard by others, who you may not want to hear, at long ranges.
- Repeater systems get congested with traffic.



Repeater

- **Essentially a good set of radios with a really good antenna system**
- A device that links a weak FM radio signal to a stronger VHF signal
- Usually setup in a tall building, a high hill or mountain
- Uses two different frequencies: transmit frequency & receive frequency.
- Repeaters are referred to by their transmit frequency, the frequency a user listens on.
- When a user transmits, the radio automatically changes frequency as required by the repeater's *offset*.



Photos of repeaters

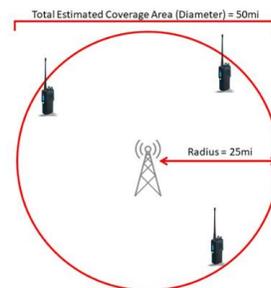
Offset

- The difference between the transmit and receive frequencies.
- Can be a + offset or a - offset
- HTs normally use an offset of 5 MHz (5000 kHz) for the 70 cm/420 MHz band (UHF)
 - + offset example: $425.5 \text{ MHz} + 5 \text{ MHz} = 430.5 \text{ MHz}$
 - - offset example: $425.0 \text{ MHz} - 5 \text{ MHz} = 420.0 \text{ MHz}$
- HTs normally use an offset of 600 kHz (0.6 MHz) for the 2 M/144 MHz band (VHF)
 - + offset example: $145.0 \text{ MHz} + 0.6 \text{ MHz} = 145.600 \text{ MHz}$
 - - offset example: $145.0 \text{ MHz} - 0.6 \text{ MHz} = 144.400 \text{ MHz}$
- Repeater lists will provide whether the offset + or -

Since a repeater is at a centralized location, and can potentially reach out 25+ miles, this can give a total range of over 50 miles, allowing communications over a broad area.

Let's use a circle example to explain range.

If the repeater is at the center of a circle, and the radius is 25 miles, the diameter of the circle is 50 miles. This diameter is the repeater's total range. Meaning if you are on the edge of the repeater's coverage area (the edge of the circle) you can communicate completely to the other edge of the circle approximately 50 miles from your location.



THIS IS SIMPLY AN EXAMPLE.

**Typical communication distance of an HT is
2-6 miles without a repeater (Simplex),
6-30 miles with a repeater (Duplex).
Greater than 30 miles is possible but unlikely.**

REPEATER LISTS



RadioReference.com

DO NOT NEED A CALLSIGN TO REGISTER

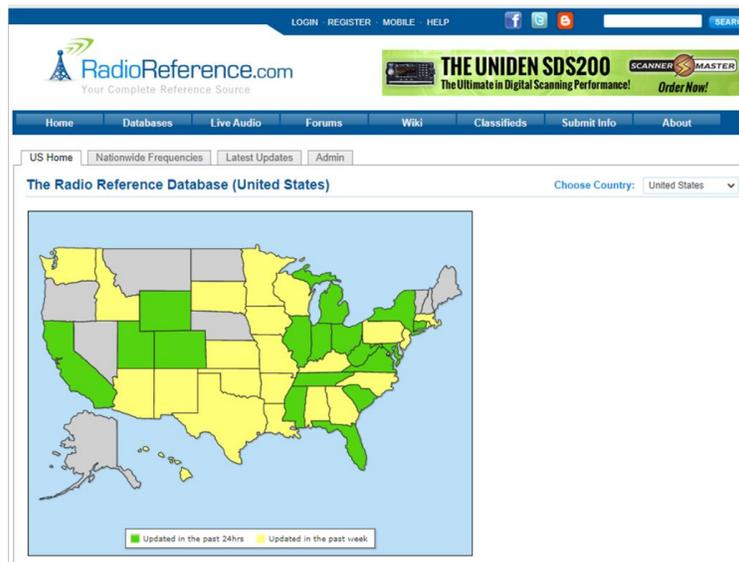
Recommended but not required

To set up an account you need an email address and password

Able to access list of repeaters without being licensed

Go to Databases

Go to Frequency Database



Click on your state

RadioReference.com
Your Complete Reference Source

THE UNIDEN SDS200
The Ultimate in Digital Scanning Performance!

Home Databases Live Audio Forums Wiki Classifieds Submit Info About

US > Iowa > Polk (County) [Des Moines] Last Updated: August 4, 2021, 7:16 pm

County Home Other Agencies Amateur Radio Live Audio Downloads and Reports FCC Licenses Submit Admin

Polk County Iowa

County Quick Jumps

- Polk County
- Des Moines
- Westcom
- Municipalities
- Other Agencies
- Adventerland
- Airports
- Business
- Cabs
- Des Moines International Airport (D)
- Federal
- Hospitals
- Iowa State Fair
- Military
- Schools

Pre-Programmed Scanners Available

- Choose a scanner for this area
- Choose a programmed scanner for this area

Input Frequencies: Hidden Updated in the last 7 days Updated in the last 24 hrs

Click on your county

RadioReference.com
Your Complete Reference Source

THE UNIDEN SDS200
The Ultimate in Digital Scanning Performance!

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US > Iowa > Polk (County) [Des Moines] Last Updated: August 4, 2021, 7:16 pm

County Home Other Agencies Amateur Radio Live Audio Downloads and Reports FCC Licenses Submit Admin

Polk County Iowa - Amateur Radio

Input Frequencies: Hidden Updated in the last 7 days Updated in the last 24 hrs

Polk County Amateur Radio

Repeaters

Frequency	License	Type	Tone Out	Tone In	Alpha Tag	Description	Mode	Tag
29.67000	K2WVWV	RM		103.5 PL	DM 130 Ham	Des Moines - Rv @ 42 & Ingersoll, T1 @ Sherman Hills	FM	Ham
53.25000	N0NXX	RM		110.9 PL	110.9 PL	Grimes 6M	FM	Ham
145.13000	W0AK	RM			DM Ham	Des Moines - Broadview's Hospital	YSF	Ham
145.15000	W0AK	RM	114.8 PL	114.8 PL	DM Ham	Des Moines	FM	Ham
145.25000	W0QFK	RM	114.8 PL	114.8 PL	Shedahl Ham	Shedahl	FM	Ham
145.31000	K0SKY	RM			Alleman Ham	Alleman	YSF	Ham
145.31000	K0SKY	RM	114.8 PL	114.8 PL	Alleman Ham	Alleman	FM	Ham
145.39000	K0SQI	RM	114.8 PL	114.8 PL	STAR 1	Saylor Township	FM	Ham
146.61000	N0NXX	RM	114.8 PL	114.8 PL	Grimes VHF	Grimes	FM	Ham
146.61000	N0NXX	RM	293 NAC	293 NAC	Grimes V P25	Grimes	P25	Ham
146.70000	K0CMTI	RM	114.8 PL	114.8 PL	Johnston Ham	Johnston	FM	Ham
146.82000	W0KVM	RM	203.5 PL	DM 62 ICM		Des Moines Repeater ICM - Lucas State Office Building	FM	Ham
146.82000	W0KVM	RM	114.8 PL	114.8 PL	DM 62	Des Moines Repeater LOCAL - Lucas State Office Building	FM	Ham
146.89500	K0BNFF	RM			Star 2	Saylor Township	YSF	Ham
146.89500	K0BNFF	RM	114.8 PL	114.8 PL	Star 2	Saylor Township	FM	Ham
146.94000	W0AK	RM	114.8 PL	114.8 PL	DM 94	Des Moines - Park and Fleur	FM	Ham
147.16500	K0JAH	RM			Grimes Ham	Grimes	D-STAR	Ham
147.16500	K0CMTI	RM	114.8 PL	114.8 PL	Johnston Ham	Johnston	FM	Ham
147.30000	W0QBP	RM	114.8 PL	114.8 PL	DM 700	Des Moines	FM	Ham
224.54000	N0NXX	RM		114.8 PL	Grimes 220	Grimes	FM	Ham
224.58000	W0DFA	RM		114.8 PL	W0DFA 220	Des Moines - Lucas State Office Building	FM	Ham
442.80000	K0CMTI	RM	151.4 PL	151.4 PL	Johnston Ham	Johnston	FM	Ham
442.80000	N0NXX	RM	151.4 PL	151.4 PL	Grimes Ham	Grimes	FM	Ham
444.05000	K0DSM	RM	151.4 PL	151.4 PL	DM Ham	Des Moines - Broadview's Hospital	FM	Ham
444.10000	K0DSM	RM	151.4 PL	151.4 PL	DM 444-100	Des Moines - Methodist Hospital	FM	Ham
444.17000	K0BNFF	RM			Star 3	Saylor Township	YSF	Ham
444.17000	W0KVM	RM	151.4 PL	151.4 PL	Alleman 575	Alleman	FM	Ham
927.82500	N0NXX	RM	156 DPL	156 DPL	Grimes Ham	Grimes	FMN	Ham
927.90000	K0DRL	RM	023 DPL	023 DPL	W DM Ham	West Des Moines	FMN	Ham
146.43000	BM	CSQ	CSQ	CSQ	Polk ARES 1	ARES 1	FMN	Ham
146.43000	BM	CSQ	CSQ	CSQ	Polk ARES 2	ARES 2	FMN	Ham
147.42000	BM	CSQ	CSQ	CSQ	Polk ARES 3	ARES 3	FMN	Ham
147.57000	BM	CSQ	CSQ	CSQ	Polk ARES 5	ARES 5	FMN	Ham
146.17500	BM	CSQ	CSQ	CSQ	Polk ARES 4	ARES 4	FMN	Ham

- List includes:
- Location of repeater
 - Frequency of repeater
 - Tones: out & in
 - Mode (FM needed)
 - Tag (Ham needed)



Username
Password
 Remember Me
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[Create an account](#)
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- Main Menu
- Home
 - User Profile
 - North American Repeaters
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 - Admin Contact
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Home

Welcome to Repeaterbook.com

Repeaterbook.com

REQUIRES A CALLSIGN TO REGISTER

Able to access a larger list of repeaters

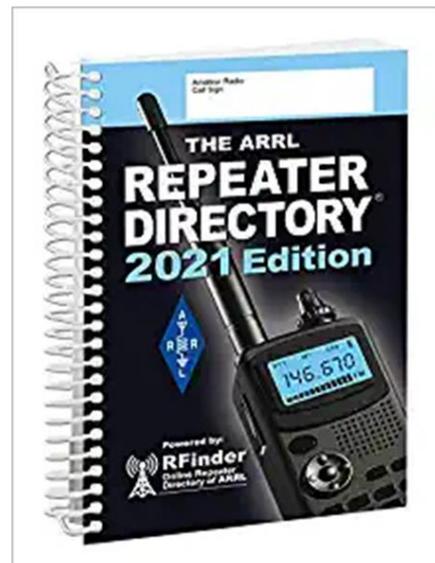
Go to Databases

Go to Frequency Database

Phone app available, without a callsign needed,
for manual programming

ARRL Repeater Directory

- Most complete - worldwide
- Most up-to-date
- Compiled by the state or regional frequency coordinator group
- Contact details for all the local frequency coordinators listed in the front
- Online Subscription available (\$12.99/annually)
- Books available (\$19.95)
 - Spiral bound edition
 - Tiny pocket size



Knowing how to program your HT radio manually is a very important skill to have.

With that said, initial programming is easier and quicker with computer software called CHIRP.

What should you program into your HT?

1. Simplex frequencies for 2M (VHF) & 70cm (UHF) bands
2. NOAA Weather Alerts (for receiving NOT transmitting)
3. Emergency Services (for receiving NOT transmitting)
 - Sheriffs' Department
 - Police Departments
4. Duplex (Repeater) frequencies for 2M (VHF) & 70cm (UHF) bands
5. FRS/GMRS channels/frequencies (for receiving NOT transmitting)

What order should you program channels and frequencies into your HT?

Personal preference. However, the above listing would be a good order.

Be sure to keep a physical record of whatever channels or frequencies you program into your HT.

List of YouTube videos for programming your HT

[How to program the Yaesu FT-60R Transceiver](https://www.youtube.com/watch?v=bc9aGe9OATg)

<https://www.youtube.com/watch?v=bc9aGe9OATg>

Manual programming for the Yaesu FT-60R

[How to Program the Yaesu FT-60R with Chirp](https://www.youtube.com/watch?v=1uQcJ4g0akM)

<https://www.youtube.com/watch?v=1uQcJ4g0akM>

Computer software programming for the Yaesu FT-60R

[Yaesu FT65 Manual Programming, editing, and deleting](https://www.youtube.com/watch?v=9FWg21-JrzQ)

<https://www.youtube.com/watch?v=9FWg21-JrzQ>

Manual programming for the Yaesu FT-65R

[Ham Radio Programming with CHIRP - Latest walk-through tutorial](https://www.youtube.com/watch?v=OjFkxZTqglc)

<https://www.youtube.com/watch?v=OjFkxZTqglc>

No specific video guide for CHIRP programming of the Yaesu FT-65R

WATCH THIS CHIRP TUTORIAL FOR ANY HT RADIO YOU HAVE

[Yaesu FT-70D Manual Programming and Feature overview](https://www.youtube.com/watch?v=5CJ0-gm65DI)

<https://www.youtube.com/watch?v=5CJ0-gm65DI>

Manual programming for the Yaesu FT-70D

[FT-70DR Programming with CHIRP](https://www.youtube.com/watch?v=jH4_wFLsRVE)

https://www.youtube.com/watch?v=jH4_wFLsRVE

Computer software programming for the Yaesu FT-70D

[How To Program The Baofeng UV-5R or BF-F8HP](https://www.youtube.com/watch?v=0mzY5vIH718)

<https://www.youtube.com/watch?v=0mzY5vIH718>

Manual programming of the Baofeng BF-F8HP

[Baofeng for Dummies UV5R+ HAM Radio Tutorial](#)

https://www.youtube.com/watch?v=GoVZ_8f3jPU

Reviews settings of Baofeng radios. Great review if you are just listening and NOT transmitting.

[How To Use CHIRP Software To Program A Baofeng UV-5R & BF-F8HP](#)

https://www.youtube.com/watch?v=0l_kdktZAkI

Excellent video for explanation of CHIRP functions and programming the Baofeng BF-F8HP

BE CERTAIN TO WATCH THE ENTIRE TUTORIAL BEFORE ATTEMPTING TO USE.

[Home - CHIRP \(danplanet.com\)](#)

This is a FREE (donation requested) software program for programing an HT radio. Verify your HT radio is listed on the Home page first before downloading software. If your HT is listed, go to the download tab to access the program to download to your computer.

You should have enough information to program your HT with the following material available on CORAC's website.

1. Radio Basics & Handheld Radios
2. What Do I Need To Know To Get My HT To Work?
3. Programming a Yaesu FT-60R
4. Baofeng BF-F8HP

Be confident and venture into programming your Yaesu or Baofeng radio(s)!

INDEX TO PAST ARTICLES

If you need copies of past newsletters, please let me know. Sclare27@aol.com

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 Big Tech, Texas border, Viganó
 Sign of hope prayer
- Mar 26 COVID toolchest
 Civilian-use radios
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 Statement of conscience re: The Jab
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Multi-use household products
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