

# CORAC Newsletter

Region 8

October 1, 2021



Our prior newsletters have a home on the CORAC website: <https://corac.co/2021/09/05/region-8-newsletter/>

If you can't access them, please let me know. [Sclare27@aol.com](mailto:Sclare27@aol.com)

- Sheryl Collmer, editor

## RC Report

From our regional coordinators, Ed and Michelle



Greetings. I hope this finds you well. Every other week I scratch my head and wonder “what do I write about this time?” Sometimes I ‘know’ and sometimes it takes thought and prayer. In part, it depends on the news cycle.

Afghanistan is in the rearview mirror, inflation is in the background, 15,000 Haitians have been sprinkled throughout the middle of the country [red states] and the headlines are about the border patrol whipping migrants. COVID death rates and case rates seem to be coming down but pressure on the unvaxxed is rising. Yesterday's health care heroes are being fired if they aren't vaxxed. Biden is telling the unvaxxed that we are the problem and a danger to others.

On the positive side, Michelle and I went to the Texas Right to Live gala last week. What an honor it was to shake hands with Fr. James Altman. He is an inspiration! Listening to the presentations, it hit me just how important the Heartbeat Bill is in our fight against evil. It will prevent 90% of Texas abortions. Many less restrictive laws have been passed in the country, only to be overturned by Federal judges, but the Supreme Court declined to stay the law, so it became effective on September 1. The Left is screaming, but as WWII bomber pilots used to say, “If you're aren't catching flak, you're not over the target.”

But let's get to our “state of the region” report. Region 8 is up to 152 members, and growing. We need your help.

To quote Charlie's letter of 9/28/21:

“Applying my next right step philosophy, I told them [regional coordinators] their primary job was to reach out to others in their region... Remember, we are never alone when we go forth, under God, doing the little we can in His service and not fretting too much over what we cannot do.”

We are asking you to take the next right step and consider being a local coordinator. The region breaks down as follows: Texas – 111 members, Louisiana – 32, Oklahoma – 4 and in Arkansas – 1 (Hang in there, Crewdog!) In Louisiana, Ray & Christy Bodenheimer are doing a wonderful job as state coordinators.

Our big challenge is Texas. It breaks down as follows:

- Dallas/Fort Worth – 43 members
- Houston – 38
- San Antonio – 10
- Tyler – 7

The remainder are singles and small groups throughout Texas.

Charlie continually emphasizes that the storm is here. He likens it to watching a train wreck – there is nothing we can do but gather the ambulances. Without your help, we won't be ready to do that.

We must have people step up in the above areas. No previous experience is required; all you do is stay in contact with members in your area by phone and email. As relationships are built, bonding will occur and local meetings, potlucks (referred to in some regions as ‘storm meetings’) and prayer groups will follow. If you have a friend in CORAC, you can work together to split the workload.

Looking at the state of the world today – sometimes it may seem impossible that anyone can make a difference. Seems much safer to stay home and be quiet. But keep in mind two things:

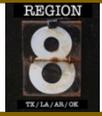
- We have God on our side (I've read the Book and we win in the end.)
- Charlie's philosophy is to ‘be a sign of hope, acknowledge God and take the next right step.’

For me the next right step is to challenge you to be a local coordinator. For you, perhaps the next right step is to pick up the phone and say hello to the members in your area and begin forming community. Won't you take that step and get in touch with us?

Ed and Michelle Haren  
[Coracregion8@gmail.com](mailto:Coracregion8@gmail.com)

## Region 8

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



Our next Zoom call is this Tuesday, October 5 at 6:00, and the topic is **COVID RECOVERY**. Our esteemed member, Sue Cyr, has dealt with active treatment and long-haul recovery of a COVID patient. She will focus on supplements to take for COVID prevention, and prompt treatment if COVID-infected.

The official meeting is limited to 40 minutes. However, when the official meeting is cut off, you can click again on the meeting link and rejoin the meeting. Therefore, if you wish, join the after-meeting to continue discussion. Note this after meeting may not be recorded (but we'll try.)

Guests are welcome to join this call. This is very important information that we want to share far and wide.

<https://zoom.us/j/95311165712?pwd=VXFEDV21zcUNjaGRNOS92Q2hnSnJzUT09>

Meeting ID: 953 1116 5712 Passcode: CORAC8

See the appendix at the end of this newsletter for a full supply list pertinent to this call.

## CARAVAN FOR COURAGE

By the time you read this, the event may only be hours away. I'm including it as an example of what can be done locally by people who care about something. This is not associated with CORAC as far as I know, but it is EXACTLY what we are meant to be doing on local levels. It doesn't have to change the world; it can even be a futile gesture. Just be brave and do *something*.

## The Catholic Caravan

Invites you to join in...



### A joyful Catholic caravan to Tyler, Texas

to offer prayers of thanksgiving for Bishop Joseph Strickland's faithful shepherding of Christ's flock and his courageous leadership on the issues of life, marriage, conscience rights, religious liberty, etc.

(\*We've heard there will be a special guest, so we've updated the time!)

**Saturday, October 2, 2021**

Feast of the Holy Guardian Angels

Decorate your cars with words of thanks and bring posters!

### Decorate your cars with words of thanks and bring posters!

**Gather for Mass:** \*Updated Time\* 8:00 a.m. at Christ the King Catholic Church, Dallas

**Depart Dallas after Mass:** \*Updated Time\* 9:00 a.m. and drive in caravan to Tyler

**Arrive:** 11:30 \*Updated Time\*, Cathedral of the Immaculate Conception, Tyler (423 Broadway Ave., Tyler, TX 75702)

\*For those who can't join us for Mass in Dallas, meet us at the Cathedral in Tyler at 11:30am.

**Prayers of Thanksgiving:** 11:45p.m.: The Rosary, Litany to the Holy Angels, The Angelus, and a concluding song: "Holy God We Praise Thy Name"

**Enjoy lunch together at:** Stanley's Famous Pit BBQ, 525 S. Beckham Ave., Tyler, TX

**Depart Tyler:** after lunch

RSVP & Questions: Heidi at [hmaher@sbcglobal.net](mailto:hmaher@sbcglobal.net)



## Communications

Keeping in touch when channels are unreliable

### SIGNAL

In a recent meeting, Charlie strongly encouraged all regions to set up a Signal network. Signal is a free app and the only requirement is a smart phone. Signal allows us to quickly send out a mass text to everyone who subscribes to our group (CORACreg8). It is much more efficient than a 'phone tree' which depends on everyone passing on the message to the next person in the chain.

The only anticipated use for Signal would be to send out urgent messages. Normal communications will be via email. This will allow us to immediately pass on vital information to every member who participates. Hopefully we will never need it, but it would be reassuring to know that you can be notified.



To participate, all you need to do is:

- Download the SIGNAL app either at your phone's app store or the website <https://Signal.org>
- Send Ed a text at 281-381-5093 in SIGNAL saying ENROLL ME.
  - If you can't send it in SIGNAL – you can send a regular text to the same number, saying ENROLL ME.
- Ed will text you a link which will enroll you in the CORACreg8 group.

You can un-subscribe at any time. If any questions or problems, please contact Ed at [CORACregion8@gmail.com](mailto:CORACregion8@gmail.com).

---

### HAM RADIO

Radio operators, including those who can receive only and those who are thinking about upgrading licensing: Mr. Paul Allred is our HAM representative for Region 8 on the national Communications Team. He is in the process of organizing Region 8 HAM communications. Please get in touch with Paul and let him know what your capabilities (and aspirations) are. You can email Paul at [paulallred@msn.com](mailto:paulallred@msn.com).

---

### ANTENNAE

For those who have invested in a shortwave radio but have not been able to receive, we will post some recommendations in the next newsletter about antennae. A good antenna is the missing link, and we are researching how to get the most bang for your radio buck. Stay tuned.

---

### GETTING YOUR HANDHELD TRANCEIVER TO WORK

This is a new document posted by Dr. Bill Hammer in Region 7. He is a newly-minted radio operator, so he speaks in terms that are appropriate for other newbies. This presentation has been specifically designed to be *simple*.  
<https://corac.co/2021/09/29/getting-your-ht-to-work/>

## Health & Wellness

Staying robust in trying times



### THE SCIENCE OF NON-VACCINATION

If you've been discouraged by people dissing you for declining the Vaxxx, you will enjoy the science in this interview with Gert Vanden Bossche and Dr. Robert Malone, in which the population of non-vaccinated people are proposed to be the hope of world health. "[Meeting of the COVID Giants](#)" is nearly two hours long, but if you're a biology nerd, you'll love it. Both of these highly educated and experienced scientists are softer on the Vaxxx than I would be (I don't think its risks are reasonable for *any* age or health group), but they nevertheless state the danger to world health of mass vaccination in the middle of a pandemic.

If you just want to hear the part where it turns out that you're a hero rather than a danger to society, start at 27:50, but I recommend the entire video. We all need some education in virology and evolutionary biology. The "giants" have gone to great trouble to make their theses understandable for listeners.  
<https://www.youtube.com/watch?v=qP31cfD3YOY&t=1030s>



## NATURAL SELECTION

In the above video, Dr. Robert Malone laments the lack of basic education about viral evolution and natural selection. It's hard to understand what's happening with the virus without some basic knowledge. So here we go.

In a world of limited resources (ours), the organisms that survive are those most adapted to the environment. For example, if you put a tray full of bacteria into a refrigerator, the organisms that would survive to reproduce would be the ones that adapted well to cold. Over a sufficient period of time, you would take the tray out of the refrigerator and it would then contain a population of organisms able to survive at 40°. The unadapted would have died off, while the adapted would have reproduced.

This phenomena is valid only for populations, not individuals. Some unadapted individuals may survive and some adapted individuals may die, but the *population over time* will change. In the world of micro-organisms, which reproduce rapidly, it is easier to observe how this works.

The video above is speaking at the population level. There may be unvaccinated individuals who never contract COVID disease, but unvaxxed individuals who get COVID are, in a sense, "absorbing" the virus without forcing it to "specialize" in one particular form of the virus in the way the vaccines do. At the population level, this reduces evolutionary pressure on the virus to mutate and also allows the virus to gradually decrease in virulence. This is how genuine herd immunity is achieved.

On the other hand, when a "leaky" vaxxx (by admission, the current vaxxes are not meant to prevent infection) is administered, those vaxxed individuals who do get COVID have antibodies that put evolutionary pressure on the virus to mutate. That can short-circuit the normal tendency toward easier transmission and lower virulence.

A virus can only reproduce itself by infecting a living cell. Viruses "commandeer" the host cell, like Captain Kirk taking the bridge, and order it to make more viruses, basically retooling it to become a virus factory. As more and more viruses are churned out of cells, the host (you) begins to feel symptoms of illness.

Remember that a virus is only successful if it reproduces itself. COVID cases start with infection on Day 1, multiplication in an unvaxxed, non-immune patient on Days 1-5, with symptoms beginning on Day 6 at which point the patient becomes capable of transmitting the virus to others. By Day 10, the virus is largely if not completely eliminated from the patient's body. Unvaxxed patients cannot transmit the virus unless and until they become symptomatic. If they stay at home away from family, friends and co-workers, the transmission process will end.

However, when vaxxed people become infected, they build up enormous populations of virus in their bodies without becoming symptomatic. Thus they are an active and unknown danger to everyone around them, both vaxxed and unvaxxed, because they don't know they have the disease.

The Goldilocks outcome\* ("just right") is for unvaxxed people to build up their general health, get the natural virus, treat it immediately and effectively, and become truly, broadly, naturally and long-lastingly immune. Researchers have found that people who recovered from SARS-CoV-1 in 2003 *still* have immunity 17 years later, and it's broad enough to cover SARS-CoV-2. Natural immunity protects against viral mutations, while the vaxx causes a narrow and short-lived immunity to one particular form of the virus, leaving the host unguarded against variants (the reason for the dreaded booster shots.)

If enough of a population gains broad immunity, it will slow the virus down. That was the hope for the vaxx, and it is still what the media is telling people, but broad immunity only comes from infection and recovery. So be grateful if you didn't receive the vaxx, and be prepared to fight the infection if you get it. How can I say it nicely? It's insane to not be prepared.

The worst possible scenario is to *not* get vaxxed and *not* be ready to treat yourself at home. The prejudice against unvaxxed people is real, and you do *not* want to be a victim of it in the hospital.

Thanks to Steve Baker (Region 13) and Kathy Scharplaz (Region 10) for input and clarification of this information. Steve has a good deal of helpful information on his website <https://stevesfrontporch.com>. I just subscribed to his blog because he is doing a great job of thinking and analyzing the current situations that perplex us.

Other sources were:

<https://www.smithsonianmag.com/science-nature/how-viruses-evolve-180975343/>

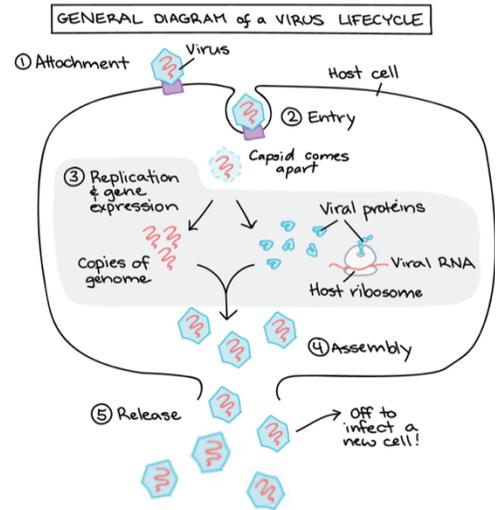
<https://www.khanacademy.org/science/biology/biology-of-viruses/virus-biology/a/intro-to-viruses>

For visual learners, here's a diagram from the Khan Academy:

Effective medications and supplements disrupt various stages of this process. For example, zinc appears to [inhibit viral replication](#) inside the cell. Quercetin appears to magnify zinc's capacity to inhibit replication. Vitamin D seems to modulate the [cytokine storm](#), which is the exaggerated immune response that is so dangerous.

One drug on the horizon that offers possibilities of blocking entry of the virus into the cell is undergoing clinical trial. Camostat mesylate disrupts the binding of the spike protein to the ACE-2 receptors of the cell. It reduced mortality in mice from SARS-CoV infection by 70%.

A trial to watch: <https://med.uky.edu/news/uk-launches-clinical-trial-evaluate-novel-treatments-covid-19>. It will compare the efficacy of ivermectin, azithromycin and camostat mesylate.



## **LINKS WORTH CHECKING**

ALL THINGS COVID – a really exhaustive list of myriads of issues related to COVID

<https://lcaction.org/vaccine#immunity>

VAXXX AUTOPSY – Dr. Ryan Cole, a clinical pathologist, reveals what autopsies are showing in vaxxed bodies and wonders why in the heck there isn't a massive effort to find out what went wrong in post-vaxxx deaths.

[https://ugetube.com/watch/dr-ryan-cole-c-19-vaxx-effects-autopsies-summer-session-mp4\\_8uE6Yjuxz4GP3if.html](https://ugetube.com/watch/dr-ryan-cole-c-19-vaxx-effects-autopsies-summer-session-mp4_8uE6Yjuxz4GP3if.html)

THE TESTIMONIES PROJECT – a compilation of witnesses who have suffered adverse vaxxx events

<https://www.vaxtestimonies.org/en/>

THE ROME DECLARATION – statement signed by 8,000 physicians calling for restoration of trust between doctors and patients and the end of political intrusion into medicine

<https://doctorsandscientistsdeclaration.org>

THE SPARTACUS LETTER – letter from an anonymous scientist detailing the criminal conspiracy that is destroying much of the world. "You will not destroy America and the Free World. You will not have your New World Order."

<https://www.tierneyrealnewsnetwork.com/post/you-will-not-destroy-america-and-the-free-world-you-will-not-have-your-new-world-order>

IT'S GENE THERAPY, NOT A VACCINE – interview with Dr. David Martin in January 2021, well before we even knew how widespread the post-vaxxx adverse events would be.

<https://www.westonaprice.org/podcast/its-gene-therapy-not-a-vaccine/>

VAXXED THREE TIMES MORE LIKELY TO DIE FROM DELTA – Just released in England, where the numbers are not as censored as they are here in the US

<https://newsrescue.com/latest-uk-data-vaccinated-people-3-times-more-likely-to-die-from-delta-variant-than-unvaccinated/>

---

## **REGION 8 REP TO NATIONAL HEALTH & WELLNESS TEAM**

The Region 8 representative to the national Health & Wellness Committee is Ms. Sheri Dunn. If you have/had a medical background [nurse, EMT, doctor, familiar with homeopathy etc.] or if you want to learn, especially with the scourge of COVID, consider participating in the Region 8 Health & Wellness committee which Sheri is forming.

Just get in touch with Sheri at [summerchick0923@gmail.com](mailto:summerchick0923@gmail.com)

# Sustainable Living and Survival Skills

Home skills for self-sufficiency



The time when “preppers” were on the fringe is over; prepping is mainstream now. Every household needs to be preparing for supply and power outages. The evidence is everywhere. We’ve seen the photos of ships standing offshore of Long Beach, California, unable to unload, and the same problem exists on the Atlantic coast.

Hundreds of thousands of containers are stuck aboard container ships waiting for a berth or stacked up at terminals waiting to be moved by truck or rail to inland terminals, [warehouses and distribution centers](#). When the boxes do move, they are often snarled at congested [freight rail yards](#) and warehouses that are full to capacity. Bob Biesterfeld, chief executive of [C.H. Robinson Worldwide Inc.](#) the largest freight broker in North America, said shortages of truck drivers and warehouse workers are making shipping delays worse as the need to replenish inventories is at an all-time high.

I’ve noticed some empty shelves at my local WalMart Neighborhood grocery. Shortages seem to be less prominent at the local grocery stores. I have no explanation for that, but I’m happy to shop local whenever I can.



One thing we should have learned from 2020 is to take the prompts of the mainstream media with a huge boulder of salt. Last year, there was a run on Velveeta (which probably functions better as a weather seal around your windows than actual nutrition) just because someone on a morning show recommended it. Beware of such fads. Do your own research and lay in your supplies independent of the scripted monologues on TV.

Recently, NBC’s TODAY Show mentioned possible shortages of water and toilet paper (the perennial favorites) as well as Lunchables, canned food, liquor, sodas, meat and poultry, tuna fish, pasta. I’m still working off my 2020 supply of toilet paper, so I won’t be rushing out to buy more. (On average, one person uses 50 rolls per year, for planning purposes.) I’m also way ahead on the Tito’s vodka I bought last year.

They do have a couple of good hints, though I would pass on the Lunchables, sodas and perishable meats. Canned or pouched tuna and salmon are great, if you like them. Pasta is not a bad idea, but you might get more nutrition per ounce from beans and rice. Just remember that all three require cooking. It’s not a bad idea to plan some comfort food, though.

You can never go wrong with water, though if you are able, I would opt for a rainwater harvesting system and a water purifier over pallets of water jugs in your garage. (See Rainwater Harvesting article in May 21 newsletter.)

One place where labor shortages are taking a significant toll is meat and poultry processing plants, but you simply can’t stock up on much meat when you are anticipating power shortages. You can store beef or turkey jerky and canned fish like tuna and salmon for the time being, or you can order freeze-dried foods or MRE’s. I much prefer the kind of real food I can get at the grocery store, but if you want to store longer-term, you’ll need to order the 30-year shelf life variety. You can spend a lot of money on these things, so be sure you will really eat it before you order!

<https://mypatriotssupply.com>

<https://beprepared.com> (formerly Provident Pantry)

<https://4patriots.com>

You can even order long-term bulk foods from Amazon, though I vastly prefer other suppliers who are smaller, often family-owned, and not part of the tech giants.

---

## WEBSITE FOR SELF DEFENSE

Todd Heaton has been a great resource on personal defense within CORAC. Check out his blog here:

<https://www.humilitasfirst.com/author/heaton342todd/>

## Other Items Of Interest

Random stuff the editor finds intriguing

### SAVE THE CHILDREN

The UK is just one or two steps ahead of us in COVID tyranny. Watch England and Australia to see what they have planned for us. In the UK, the JCVI (Joint Committee on Vaccination and Immunisation) recommended that the Pfizer shot *not* be offered to children over the age of 12, but were overruled by government ministers.

The opposition compiled 13 reasons why children should not be jabbed:

- 1) 86% of Children suffered an Adverse Reaction to the Pfizer Covid-19 Vaccine in the Clinical Trial
- 2) 1 in 9 Children suffered a Severe Adverse Reaction leaving them unable to perform daily activities in the Pfizer Clinical Trial
- 3) Just 9 deaths associated with Covid-19 have occurred in Children since March 2020
- 4) The risk of Children developing serious illness due to Covid-19 is extremely low
- 5) The Pfizer Covid-19 Vaccine is experimental and still in Clinical Trials
- 6) Three Scientific Studies conducted by the UK Government, Oxford University, & CDC, which were published in August have found the Covid-19 Vaccines do not work
- 7) Public Health England Data shows the majority of Covid-19 Deaths are among the Vaccinated and suggests that the Vaccines worsen disease
- 8) There have been at least 1.18 million Adverse Reactions to the Covid-19 Vaccines in the UK alone
- 9) There have been more deaths in 8 months due to the Covid-19 Vaccines than there have been due to all other available Vaccines since the year 2001
- 10) The risk of Myocarditis (Heart Inflammation) in Children due to the Pfizer Vaccine
- 11) Children have died and are dying due to the Covid-19 Vaccines
- 12) Who profits from your Child getting the Covid-19 Vaccine?
- 13) The Joint Committee on Vaccination & Immunisation have refused to recommend the Pfizer vaccine be offered to Children

See detail and supporting evidence for each of these points at: <https://theexpose.uk/2021/09/14/13-reasons-why-you-should-not-allow-your-child-to-get-the-covid-19-vaccine/>

Despite good scientific reasons to spare the children, UK medical officers nevertheless authorized the shot for children ages 12 and up beginning September 13. Since the UK began jabbing children aged 15-19, teen deaths have increased by 47%. The consequences to jabbing 12-14 year-olds will soon become evident. No one expects them to be good.

Be on the watch! We cannot let the government do this to our kids. It's bad enough that they're lying to the adults, but when they threaten our children, there had by golly be some implacable resistance! We have an advantage over our poor brethren in Britain and Australia... we have the Second Amendment.

### PURIFY THE LANGUAGE

I think I've heard the F-word more in the last year than in my whole life to that point. It's a violent word, and therefore highly appropriate to the situation we've been placed in, but it's also a repudiation of the theology of the body. We wish ill on others by turning inside out the nuptial meaning of the human body. Can we come up with a better way to call out evil?

### TELEGRAM

I don't own a television, and wouldn't have time to watch it anyway, but I do find good information on Telegram. It's a messaging app that allows you to join "channels," in addition to texting with friends. Channels are sources of specific information from specific sources, like Patrick Coffin, Project Veritas, We The Media, and Stew Peters. You can select the people you want to hear from, and never hear a thing from the professional liars that populate TV, Facebook and Google. Download the app from your app store, and then search for the people you trust in the alternative media.

### CURRENT VAXXX COUNTS

45.4% of the world population has gotten at least one shot

6.2 billion doses have been administered world-wide

28 million doses per day are being administered (down by 1.6 million daily from last newsletter)

From Our World In Data at <https://ourworldindata.org/covid-vaccinations>

## Prayer

Staying right with God



### HOLINESS IN REGION 8

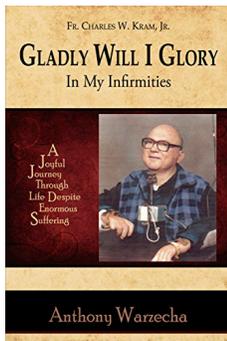
There are people proposed for sainthood in each of the four states of our Region 8. These four people are very different models of holiness, giving us much to imitate in our own lives: a wartime chaplain, a missionary, a profoundly disabled man and a married family man who ministered widely with his wife.

#### TEXAS

**Fr. Charles Kram** was a native Texan, whose cause for beatification is currently under inquiry. See <https://www.fatherkram.com/about-us>

Fr. Kram was struck by polio just before his priestly ordination, resulting in full body paralysis. Without the ability to elevate the host and celebrate the Mass, he was not able to be ordained. Many years later, a bishop petitioned the Vatican for special permission to ordain Charles, and he became a priest at the age of 46, still fully paralyzed. He continued to minister to others through his life of infirmity, one avenue being ham radio. Handicapped and homebound people have long used amateur radio as a way to connect to others. It occurs to me that our Comm team could adopt Fr. Kram as their prayer partner.

You can get the book at [Amazon.com](https://www.amazon.com)

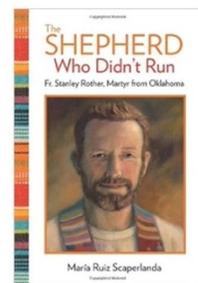


#### OKLAHOMA

**Blessed Stanley Rother** was a native Oklahoman and a priest of the diocese of Oklahoma City. He was posted as a missionary to Guatemala, where he was beloved by the Tz'Ujil people. He worked to improve their conditions and preach the Gospel in the native language. He was targeted by the military for his charitable works, and had the option of returning to Oklahoma. But he would not abandon the sheep. In 1981, he was martyred in the church he served as pastor. He is the first American-born priest and martyr to be beatified.

See more at: <https://www.stanleyrotherproject.org/more-about-fr-stanley>

You can order the book at [catholiccompany.com](https://www.catholiccompany.com)



#### LOUISIANA

**Servant of God Joseph Lafleur** was a volunteer chaplain at Clark Field in the Philippines when World War II broke out. He declined to be evacuated and stayed with his soldiers in one of the most difficult fields of the war. He was captured and spent two years in Japanese POW camps, reputed to be brutal. He spent his captivity ministering to other prisoners. In 1944, the Japanese began to close outlying camps and pull their army in to the Japanese homeland in preparation for invasion. Lafleur was on an unmarked prison ship headed to Japan when his ship was torpedoed. Even as the ship was going down, Fr. Lafleur was helping men escape; 83 men owed their lives to him. Read more at the National Catholic Register <https://www.ncregister.com/news/army-chaplain-s-cause-for-canonization-ramps-up>

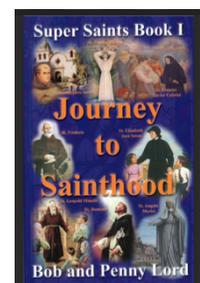
The book is out of print.



#### ARKANSAS

**Bob Lord** is a candidate for sainthood under study. He was one-half of the famous duo of Bob and Penny Lord who appeared often on EWTN. Penny went to eternal life in 2013 and Bob followed in 2016. The two of them ministered widely, wrote books, spoke at conferences and were trusted friends of Mother Angelica. Read more on his [obituary](#) page.

There are no books *about* Bob Lord, but he and Penny wrote [dozens of books](#).



In our time, when we are being so severely tested, all these homegrown holy ones can be our companions in prayer. We don't pray for those in the "saint pipeline" in the same way we pray for the intercession of saints, whom we know positively to be

in Heaven with God. When praying with those souls who are not yet canonized saints, we ask to imitate the virtues so remarkably demonstrated in their lives.

Here is the prayer for the beatification of Fr. Kram. It can be a model for prayers for the others above.

Heavenly Father, I praise and glorify you and give you thanks for all the gifts you have given me.  
Your priest, Fr. Charles Kram, left me a wonderful example of pastoral charity and patient suffering. He is for me a perfect model of your Divine Mercy.

May I accept your divine will in the adversities I now encounter, offering them up in union with the silent suffering of Jesus on the Cross and Mary at the foot of the Cross.

If it be your will, grant the petition I present this day, (your petition),  
and may Fr. Kram be raised to the altar as a saint in Heaven.

I pray this in the name of Jesus Christ, our savior and Lord, in union with the Holy Spirit, one God forever and ever. Amen.

---

I strongly recommend this series for prayer and meditation:

**"Freedom from Anxiety"**, by Catholic Sonja Corbitt, The Bible Study Evangelista.

<https://www.biblestudyevangelista.com>

Begin with Episode 1: "Anxiety is not from God."

<https://www.biblestudyevangelista.com/2021/07/19/01-anxiety-is-not-from-god-freedom-from-anxiety-series/>

You can also find this series in your App Store by searching "Bible Study Evangelista."



## Appendix

### NOTES FROM SUE CYR

These notes are exhaustive but include enough detail to get your through some tough cases. If you are following the prophylactic protocol at FLCCC, getting exercise and sunshine every day and if you treat symptoms *immediately* upon onset, you will hopefully have a mild case which may not require as much work.

**Early treatment** is *very* important. That means 'right away'. COVID illness is hitting a lot of people and it's important to be taking preventative supplements, AND to be ready to nebulize and take the FLCCC doctors' recommendations for treatment/supplements as soon as you get sick. If you wait a few days, the virus can be growing and taking hold in your lungs and elsewhere. Two of the main concerns with COVID is the damage-causing inflammation and the clotting that happens. Read below to help you get prepared and to cut off COVID / Inflammation / clotting right away.

**SUMMARY OF SUPPLIES TO ORDER --. Most of the notes in yellow on this first Summary of Vitamins are per Steve Baker, <https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/>**

- Nebulizer for lung treatments with food grade hydrogen peroxide, DMSO, colloidal silver, Iodine, baking soda, prescribed meds, etc.
- Pulse Oximeter to monitor oxygen saturation (92 or 93 is concerning and need to get oxygen level up by nebulizing food grade hydrogen peroxide/saline solution or other treatments below.)
- DMSO
- Colloidal Silver
- 3% Food Grade Hydrogen Peroxide
- normal Saline solution (buy small bottle to mix with Hydrogen Peroxide)
- distilled water
- Iodine 5% or 2% Detoxified Iodine Dr. Edward Casey AMAZON 2 bottles \$22 each
- C powder and/or liposomal
- Vitamins D3-K2 Take K2 with MAGNESIUM per Steve Baker
- Ivermectin binds to neutralize and clear spike protein. AB will sell you some Ivermectin shipped here from India, shipped from New Jersey. Text: 973-342-5165 Order: 200 count, 12 mg, \$190 including shipping, no fee for Telemed. Payment by Zelle or check. Receive in 3 or so days. Or get prescription from Dr. Hoover or others - see details below.
- Zinc 100 mg/day elemental zinc picolinate (1x30 mg cap evening)
- Quercetin 250 mg twice a day (1 500 mg cap evening)
- Melatonin 5 mg
- NAC N-Acetyl-Cysteine (Covid and long-haul) 2x600 mg/day 2-3 caps per day [www.swansonvitamin.com](http://www.swansonvitamin.com)
- Acute Immune Benefits DaVinci Labs or Amazon
- Nattokinase Plus [DivinciLabs.com](http://DivinciLabs.com) or Amazon
- Lumbrokinase (10x more powerful as anti-inflammatory than Nattokinase - for long-haul or vaxx repair)
- 1-2x20mg per day for one month after sickness
- Aspirin 325 mg if sick, for anti-coagulant
- Baby aspirin St. Joseph 81 mg preventative anti-coagulant
- Ibuprophen if don't have any natural anti-inflammatory, to prevent virus spreading and causing much damage from inflammation
- Chaga Mushroom powder
- L-Lysine 2500 mg 3x/day to suppress virus at onset of symptoms. If exposed, 2 500 mg 2x/day.
- Mouth wash with cetylpyridinium chloride to prevent / clean virus out of your mouth and throat
- Nasal rinse 3x day to clean virus out of nose (or can make home rinses with food grade hydrogen peroxide / distilled or purified water / drop of iodine / colloidal silver etc.

Other Anti-inflammation options - Sue is going to ask Steve Baker how many of these we should take at once, but also good to know which options are good to choose from things we already have at home.

- Astaxanthin (3x4mg per day) break up eliminate graphene oxide
- White Willow Bark if sick more than 5 days (2 800 mg per day or 6 drops of extract 3-6 times per day) anti-inflammation
- Echinacea formula against virus
- Selenium 200 micrograms day works with NAC to build glutathione stores, anti-inflammatory influence
- Bromelain or Proteolytic Enzymes that contain Bromelain 1-3 caps per day WITHOUT FOOD works with NAC to prevent spikes from binding to ACE2 receptors and might dissolve spike proteins
- Niacin B3 B Complex with 100 mg Thiamine inflammatory 250-500 mg every other day build NAD+ levels Baker, regulate and reduce unneeded inflammatory activity
- Boswellia inflammatory 1-3 caps a day until well Body repair damage to central nervous system. supports a healthy inflammatory response all over body, including lungs, GI tract and brain.
- Milk Thistle Silymarin 1000 mg Anti inflammatory protects liver
- DLPA 500 anti inflammatory
- Lung Tonic heal lungs <https://www.amazon.com/Lung-Tonic-Herbs-Etc-Softgel/dp/B001ED1EPC>

**Long-Haul I-Recover protocol** (recommended amounts by FLCCC) Recommends some tests for damage and different meds. <https://covid19criticalcare.com/covid-19-protocols/i-recover-protocol/>

- Vit C (500 twice daily)
- Omega-3 Fatty Acids (4 gm/daily)
- Melatonin (2-10 mg nightly)
- Vit D3 (2,000-4,000 IU daily)

### Summary of Above Daily Supplements taken on mission trip for long-haul patient

#### **MORNING SUPPLEMENTS**

C powder or Liposomal C (5,000-8,000 mg a day - take throughout the day) (anti-toxin, strengthen immune system)

D3-K2 (10,000+ IU daily) (get blood level up, regulates immune system, stops over-action)

Acute Immune Benefits dropper full several times a day (boosts immune system)

Lumbrokinase (20 mg per day, 1 pill) (powerful anti-clotting)

Chaga Mushroom powder (1/5 teaspoon mixed in water) (Fights off viral infections and strengthens/regulates immune system)

Lung Tonic (1 morning, 1 night) (helps heal lungs)

Omega-3 Fatty Acids (4 gm/daily, 1 morning, 1 night) (FLCCC I-Recover for long-haul to get brain and cell recovered)

Aspirin (1 325 mg) (anti-clotting)

Boswellia (1 350 mg.) (Body repair damage to central nervous system. supports a healthy inflammatory response all over body, including lungs, GI tract and brain)

Probiotic (1 109 mg 100 million) (grows healthy gut bacteria to counteract antibiotic)

#### **NIGHT SUPPLEMENTS**

Zinc (100 mg in evening, 2 50mg pills) (fights off opportunistic virus')

Quercetin (500 mg in evening, 1 pill) (helps zinc get into cells, might help denature spike proteins)

Melatonin (2-10 mg nightly) (Immune system damage, calm overactive immune system)

(2 more C, 1 Lung Tonic, 1 Omega-3)

#### To Prevent Spike Proteins from Vaccinated to Unvaccinated

1) Dandelion Tincture for anti-shedding of spike proteins from vaccinated people

2) Pinus sylvestris essential oil and Pinus sylvestris 200C homeopathic remedy Prevents shedding from vaccinated people

#### **Info about Fighting COVID and getting Ivermectin / using Nebulizer for your Lungs / Supplements**

Quick Tele-med for Ivermectin: \$100 fee for consult + pharmacy fee for meds + out of state help

A pro-life Dallas doctor (25 years in emergency and with patients) will do a tele-med for \$100 and then prescribe

Ivermectin/meds to your local pharmacy - including out of state. First call your pharmacy to confirm they have Ivermectin

and that they will fill prescriptions for Ivermectin. Some pharmacies, especially big national ones like CVS and Walgreens, are not filling Ivermectin prescriptions in some locations for their own reasons.

Dr. Lance Hoover  
469-984-0311

Early treatment is key: <https://childrenshealthdefense.org/defender/rfk-jr-podcast-dr-ryan-cole-pathologist-early-treatment-keydelta-variant/>

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

#### **Dallas Recommended Doctors:**

Dr. Lance Hoover, MD (Ivermectin, etc.) 469-984-0311 \$100 Tele-med 4925 North O'Connor Rd., Ste. 105A, Irving, TX 75062

Dr. Louis Coates, DO (Ivermectin, etc.) 972-496-6937 5915 Murphy Rd, Garland, TX 75048 Will answer calls quickly and see patients quickly.

Dr. Ivette Lozano, MD (Hydroxychloroquine, etc.) 214-660-1616 10425 Garland Rd, Dallas 75218 (Closed 8/26-9/3/21) Seems like she's busy at her clinic.

Dr. Marrow in Irving

Susan Harris with LifeStream in Coppell (Ivermectin, etc) 972-304-6400 Tele-med

#### **Nebulizing treatments, which helps heal the lungs**

**Can do 3 treatments a day, and rotate from Hydrogen Peroxide Food Grade to DMSO to Iodine. Can add few drops of Iodine and/or colloidal silver in them.**

1) **IODINE** 1-2 drops 5% (double if 2% iodine in 3cc (3 ml) normal saline and nebulize) **Summary: 4 drops 2% Iodine in 3ml normal saline** If possible, buy *Detoxified Iodine* by Dr. Edward Casey, ebay (better than Lugols). Nebulizing calls for 5%, so if you can only buy 2%, double the amount. In general, for good health, take 3 drops Iodine in water.

2) **FOOD GRADE HYDROGEN PEROXIDE**, use gloves because can burn skin -- or wash off if burning feeling. Food Grade is important. Diffuse in a diffuser going constantly, dropper full of 35% HP. Breathe in after removing mucus. Mix up bag of normal saline and add HP with minerals Refrigerate HP and use with cool air. Diffuser with HP to oxygenate self, kills virus in lungs and throat (vasodilator, saturates lungs and throat with oxygen) Dilute to 3% by using non-chlorinated water, preferably distilled. Can drink in water at 13% by adding 6 drops in water. Recipe below.

3) **DMSO** - vasodilator, analgesic, anti-inflammatory. Use 70/30 or 60/40 or 50/50 with coconut oil or olive oil. Spray on back of throat to relieve pain. For lungs, spray right on chest and back using 60/40. Will help pull liquid out of lungs. Keep DMSO in glass container. Put a few drops in nebulizer treatments.

4) **SALINE** used for nebulizing

5) **Colloidal Silver** drops can be added to the nebulizer treatments.

6) **Baking soda** - mixture of 3 oz water with 1/4 tsp baking soda in the nebulizer to help break up the mucus and kill bacteria. Make new batch every few days.

**RECIPE TO NEBULIZE FOOD GRADE HYDROGEN PEROXIDE - feel free to add few drops of Iodine, DMSO, and/or Colloidal Silver to this recipe**

Dilute Food Grade Hydrogen Peroxide to 3% using clean, sterile water. (f you have 12% Hydrogen Peroxide, mix 3 parts distilled/pure water with 1 part Hydrogen Peroxide.)

THEN, 3 ml of that diluted mixture is further diluted in 250 ml (1 cup) of normal saline. In other words, add 3 ml of 3% Food Grade Hydrogen Peroxide to 1 cup normal saline (or 1.5 ml 3% Food Grade Hydrogen Peroxide with 1/2 cup of saline).

Finally for Hydrogen Peroxide in Nebulizer, put 3 ml of the saline-diluted mixture into the nebulizer for use.  
Summary: 3 ml nebulized of mixture of 3% HP with 3x amount of saline. Keep in fridge ready to use when needed.

#### RECIPE FOR HELPING EMERGENCY RESPIRATORY/THROAT ILLNESS

High doses of Baking Soda (and high doses of A, C, D-3) (Iodine also helpful)

Swab throat all day DMSO (50 DMSO / 50 olive oil or coconut oil)

Inhaling DMSO in pot of hot water and towel.

Can add tea tree oil and oil of oregano to steaming water

Increase Vit C to 2,000 every hour

Increase Vit D significantly, also sunshine is best

Use Food Grade Hydrogen Peroxide if you have it -- steam, nebulize, inhale, drink 6 drops in water.

50/50 DMSO with coconut oil rub on back/neck

Encourage deep cough to clear and open airway, helps move air into lungs which is critical.

CPT (Chest Physical Therapy) or chest pats (cupping the hands and patting around the front and back over the lung areas - look up PT for explanation and method).

#### More Info --

1) Keep hydrated (can add Vitamin C powder to water all day as a type of Vit. C drip or buy liposomal C liquid as good source of Vit. C)

2) Use Oximeter to make sure oxygen level 95% or higher. If dips down to 93 or 92, you're getting into dangerous situation and need to work harder at nebulizing, supplements, etc.

3) Get some sunshine outside for Vit. D, go on short walks to get fresh air and exercise muscles if possible.

4) Eat as able to keep strength up. Eat healthy without processed or junk food, to reduce inflammation. Alkalinize body with lemon juice and/or apple cider vinegar and/or baking soda in water.

5) Probiotic: Recommended to take a 50 Billion probiotic during these treatments, and after, to build healthy gut.

6) Get them on *Acute Immune Benefits* for building their immune system immediately and also on *Nattokinase Plus* for anti-clotting (daily aspirin also helps with anti-clotting). Can buy at <https://www.davincilabs.com/>, or comparable products at local health food store or online.

7) Homeopathic Remedy for Covid to take upon first symptoms.

Get Treatments remedies from:

Maureen Hanson - Texas Society of Homeopathy - or find homeopath in your area.

817-683-6299

8) If can't find Ivermectin here in the states, you can BUY MEDS FROM INDIA because Frontline Doctors and some other Telemed doctors are backlogged (Dr. Lance Hoover above should be able to help you quickly):

Someone recently told me we can buy prescriptions legally via <https://my.indiamart.com/>.

- This contact from IndiaMart is in New Jersey. <https://www.indiamart.com/medihome-pharma/> Person's name: 'AB'  
973-342-5165 200 count, 12 mg, \$190 including shipping, no fee for telemed.

9) Feel free to call me if you need help figuring out the protocol or what to nebulize to open up the lungs.

Sue Cyr

214-685-1079

## INDEX TO PAST ARTICLES

For copies of past newsletters, check the website: <https://corac.co/2021/09/05/region-8-newsletter/>

If you can't access the website, please let me know. [Sclare27@aol.com](mailto:Sclare27@aol.com)

- Mar 12            The Jab, Ivermectin, America's Front-Line Doctors  
                    Gardening, self-sufficiency  
                    Big Tech, Texas border, Viganó  
                    Sign of hope prayer
- Mar 26            COVID toolchest  
                    Civilian-use radios  
                    Raised bed gardening  
                    Statement of conscience re: The Jab  
                    Bishop Strickland
- Apr 9             Vitamin D, Dr. Ryan Cole, Dr Mike Yeadon  
                    CB radios  
                    Seeds  
                    Statement of conscience  
                    Prayer of the Immaculate Conception
- Apr 23            Home remedies, harm from masks, trustworthy doctors  
                    Emergency radios  
                    Water storage and purification  
                    How to access podcasts  
                    Sr. Mary Magdalena
- May 7             Treating blood loss, Vitamin D testing  
                    Shortwave radio  
                    Firearms  
                    Truth Over Fear Summit  
                    Flame of Love prayer
- May 21            First Aid  
                    Rainwater harvesting  
                    Emergency communications  
                    Family Disaster Plan  
                    Math of COVID  
                    Ralph Martin
- Jun 4             Home remedies for possible spike protein "shedding"  
                    Shortwave radio  
                    Emergency sanitation  
                    Antibody Dependent Enhancement, autophagy  
                    The Storm Rosary
- Jun 11            SPECIAL VAXXX ISSUE
- Jun 25            Post-jab options, FLCCC prevention protocol  
                    Ham radio  
                    Basic disaster prep  
                    Letter to bishops  
                    Prepping best practices  
                    Sacred Heart novena
- Jul 9             Vitamin D and Ivermectin  
                    Basic radio  
                    The Bug-Out bag

	<ul style="list-style-type: none"> <li>3-day food supply</li> <li>Basic health practices</li> <li>Type 2 diabetes and autophagy</li> <li>US Grace Force novena</li> </ul>
Jul 23	<ul style="list-style-type: none"> <li>Medicinal gardening</li> <li>Don't fear COVID variants</li> <li>Sunday evening CORAC radio practice</li> <li>Multi-use household products</li> <li>Door-to-door Vaxxx campaign</li> <li>Dr. Janet Smith on ethics of lying</li> <li>Eucharistic revival</li> </ul>
Aug 6	<ul style="list-style-type: none"> <li>Get radios soon</li> <li>Building resilience</li> <li>Preventative protocols for COVID</li> <li>Open letter to the unvaccinated</li> <li>Stop The Shot conference</li> <li>Vaxxx Exemption forms</li> <li>Legal actions</li> <li>Protests in France</li> <li>Guide to Confession</li> </ul>
Aug 20	<ul style="list-style-type: none"> <li>The Green Reset</li> <li>Diaphragmatic breathing</li> <li>Power of fear</li> <li>United Non Compliance</li> <li>Vaxxx exemptions</li> <li>Adverse vaxxx events</li> <li>The Great Reject</li> <li>Surrender Prayer</li> </ul>
Sept 3	<ul style="list-style-type: none"> <li>Portable power stations</li> <li>Links to vaxxx articles</li> <li>COVID Recovery of Region 8 members</li> <li>Vitamin D</li> <li>Vaxxx Exemptions</li> <li>Due diligence</li> <li>Safe provider list</li> </ul>
Sept 17	<ul style="list-style-type: none"> <li>Signal app</li> <li>COVID protocols</li> <li>Drug patents</li> <li>All-in-one prophylaxis</li> <li>Medical links</li> <li>Stay or Go in a Crisis?</li> <li>Fall vegetables</li> <li>Young people</li> <li>Drs. Breggin &amp; McCullough</li> <li>Steve Baker, hero</li> <li>Australia's plight</li> <li>Freedom from Anxiety podcast</li> </ul>