

CORAC Newsletter

Region 8

October 15, 2021



Whether or not you like to do research, the times require that you do your own reading and analysis. It is not the time to rely blindly on authorities. The people I put the most stock in are the ones who say, “Don’t believe me; read it for yourself!”

Do some initial research, then bounce it off others who are reading the same thing. This is the benefit of an organization like CORAC: we can share our insights. In the Communications section of this newsletter, we’re launching a “chat” feature in which members can post observations, insights, research, questions. It can be used as heavily or as lightly as you choose.

Hope to see you in our chat room!

- Sheryl Collmer, editor

RC Report

From our regional coordinators, Ed and Michelle



The first line in a prayer written by Thomas Merton says “My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end...”

Michelle and I went through a difficult time with one of our sons in his teenage years. We were at our lowest, when a 80+ year old priest gave Michelle a copy of the above prayer. Looking back, it was the most fearful and uncertain point in our lives, but also a time in which God was very active in our lives, and we truly felt His presence.

Now I am again filled with uncertainty. Charlie speaks of the storm which is upon us: our institutions are shaky, our traditions are being attacked and we are slowly but surely being silenced. None of us know how this storm will affect us. Like a hurricane or flood, it could pass over your neighborhood or you might have a house with the “blue roof” for a while. Or maybe you will have to rebuild your house completely.

Divisiveness is the plan of the enemy – and our country is becoming more and more divided. We as individuals are more and more isolated. Social media and the ‘scamdemic’ are only serving to accelerate this isolation. And yet the opposition, which also consists of many groups, seems to coalesce into a powerful force of evil. How do they do it? The answer is in the adage “The enemy of my enemy is my friend.” Thus, the far left, the media, big tech, the swamp, ‘racial justice’ warriors, radical environmental activists and academia all can unite. They unite because they agree on one thing: they hate us and what we believe in.

In CORAC, our plan is based on unity. None of us are sure what the storm will bring, or how state coordinators, circle leaders, and committee representatives will help. But we have placed our trust in a structure that should serve the purpose of community, even in changing conditions. So we continue to ask for your participation.

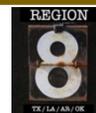
Volunteers have stepped up in Louisiana and Oklahoma to be state coordinators. But Texas is our largest area, and we have no volunteer leader. So we’re going to Plan B, which is smaller local circle leaders. Click on [the map](#) and see who is close to you, and think “Hey, this is do-able, I can be a circle leader!” Those of you who are willing to take the step to be a center of unity for your neighborhood or local area, please contact me at Coracregion8@gmail.com

The last line of the Thomas Merton prayer is “You will never leave me to face my perils alone.” I hope when the storm comes, we will all receive comfort from those words, and from the community we have built, one “next right step” at a time.

God bless us all,
Ed & Michelle
Coracregion8@gmail.com

Region 8

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



Our next Zoom call is this **Tuesday, October 19 at 6:00**, and the topic is **RADIOS**. Our good friend from Region 7, Dr. Bill Hammer, will be the guest speaker, backed up by Region 8's radio expert, Paul Allred.

Because it's a complex topic, we'll spend the next few Zoom calls talking about all things radio.

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. This strategy has been working well.

Guests are welcome to join this call, but please be prepared to identify yourself. When you join the meeting, use your real name, not generic names like "Iphone" or "2148349582." Go into your Zoom settings before the meeting and adjust your profile by setting "Display Name," to your actual name.

If you are asked to identify yourself during the meeting, un-mute your volume by clicking the microphone icon at the bottom of your screen. Mute yourself again by clicking the same icon (it's a toggle switch.)

<https://zoom.us/j/94997667491?pwd=cnU1Z1NNMjdnQnAwL2FucUs3aFZnZz09>

Meeting ID: 949 9766 7491

Passcode: Lzf1f7

ROSARY RALLY DALLAS AREA THIS SATURDAY OCT 16

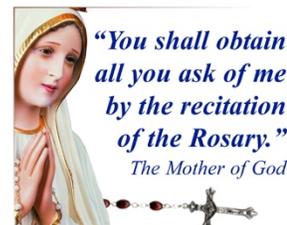
This Saturday, October 16th, *America Needs Fatima* is staging a very big event with about 22,000+ locations across the US - praying and doing reparation for an end to abortion, the intentions of Our Lady, for our country, traditional marriage, etc.

Invite your friends and bring your children. This is the perfect opportunity to teach your kids what it means to be an active disciple of Christ, shining the light of God's truth in the public square, and praying for and loving others in an active way.

Rosary Rally

Saturday, October 16th Noon-1:00 pm
outside Irving Mall, 3880 Irving Mall, Irving, TX 75062
(northwest corner of Beltline and 183 service road, park mall corner lot)

Bring a hat, water bottle, American flags, smiles, rosaries, etc.
If you plan to attend, contact Sue 214-685-1079.



REGION 8 CHAT

We are trying out a chat platform. Your participation is completely optional. This is a place to post questions, answers, observations, prayer requests. We hope it will enhance both information and friendships. The platform is secure and uncensored. To join, download the **Telegram app** on your phone, then text Sheryl at 805-550-0056 to let me know you'd like to join the Region 8 chat group. If you want to participate, but don't want to be notified every time someone posts something, you simply click the "Mute" button at the bottom of the Telegram group screen.

This chat group is completely optional, while the Signal group is quite important. Signal is our emergency communication tool (see Communications section on the next page); Telegram is for informal conversation.

Communications

Keeping in touch when channels are unreliable

ANTENNAE

Dr. Bill Hammer of Region 7 has put together a basic how-to guide for antennae, which are the key to good reception. His step-by-step instructions are in the Appendix at the end of this letter. I followed his guide, and now have a functional antenna running from the shortwave radio in my kitchen to a tree in my backyard. SEE APPENDIX.

If you've had trouble tuning into the CORAC Sunday night netcast, try the antenna solution that Bill has outlined. He will be on the Tuesday night Zoom call next week to answer any questions. Huge thanks to Bill for making this subject so understandable!

The instructions also give a link that references any ongoing radio netcasts. For example, if you get your antenna rigged and want to test it out, you don't have to wait until Sunday night. Try one of the frequencies listed as active at any particular moment.



SUNDAY EVENING CORAC NETCASTS

The frequency for CORAC Sunday evening netcasts has been changed to **7.284.10** at 6:30 PM Central Daylight Time.

SIGNAL

All CORAC regions are now using Signal for *time-critical* communications. Normal communications will still be by email, in order to preserve the "urgent" nature of Signal messages. If you get a message in Signal from CORACreg8, you know it's important.

Signal is a free app and the only requirement is a smart phone.

To participate (**highly recommended by Charlie, the Crisis Response Team and all regional coordinators**):

- 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 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 arise, contact Ed at: CORACregion8@gmail.com.

These instructions are for Region 8 members only. If you're not in Region 8, contact your regional coordinator to join the Signal group for your area. If you're not sure who your RC is, email CORACregionX@gmail.com, "X" being your region number. You can find your region number here: <https://corac.co/get-involved/#find-your-region>

If you're not yet a CORAC member, join us at: <https://corac.co>

HAM RADIO

If you're a licensed ham, or close to becoming one, contact Paul Allred at paulallred@msn.com. Paul is our Region 8 representative to the Communications Team, which is developing a plan for nation-wide CORAC radio coverage.

Health & Wellness

Staying robust in trying times



NASAL AND ORAL RINSING

Dr. Peter McCullough is now teaching that nasal and oral rinsing are an essential step in preventing COVID infection. The virus enters your body through nose and mouth, so simple nasal and oral rinsing can flush it back out.

ORAL RINSING is just gargling. [FLCCC recommends twice daily](#). Use either:

- Antiseptic mouthwash, like Scope, ACT, or Crest
- One teaspoon 1% povidone/iodine solution (Betadine) in a cup of water, or
- Listerine

Caution: don't swallow the stuff! Pretend you're at a wine tasting and spit it out.

NASAL RINSING is [recommended by FLCCC](#) for early treatment, but I have heard Dr. McCullough say twice that it's good prophylactic care, so I have been doing it every few days, especially after being in a crowd. Nasal rinsing requires some work, though; it's essential that everything be **sterilized** so that you are not introducing germs into your delicate sinuses.

Get either a squeeze bulb or a Neti pot. The idea is the same with each: you are pouring warm saline solution through one nostril and allowing it to flow back out through the other, carrying any germs. I know, you have to overcome your abhorrence. It's actually feels good when you're finished. All of the options below are about \$10 at the drug store or online.



Here's a 1-minute [demonstration video](#):

<https://www.youtube.com/watch?v=E92qqAftUak&t=64s>

Cautions:

Wash your hands well before starting.

The water must be sterilized, either by boiling or by using distilled water. Don't use untreated tap water.

The solution should be salinized, using packets that may come with your bottle, or the recipe below.

The bulb that goes into your nostril must be sterilized. Wash with soap and water, then wipe down with rubbing alcohol.

Don't insert anything in your nostril that is blunt or pointed. Get something with a soft bulb ending.

Homemade saline solution:

- Boil and cool one cup of water.
- Mix in ½ teaspoon salt (non-iodized is preferred)
- Add pinch of baking soda

It is absolutely essential that all your equipment be sterile. The nasal rinse is really quite easy. Some people have been doing it for years during allergy or cold season, because it really works to clear you out. Just be very careful about sterilizing.

Did I mention sterilization?



FARMER'S MARKETS



In the search for businesses that welcome the patronage of all people without caring about their medical status, farmer's markets stand out. There are so many advantages to the local farmer's market, and they're way more fun than a supermarket anyway. Farmer's markets are win-win. You help the farmers build their own sustainable livelihood; they help you protect your food freshness, variety and independence.

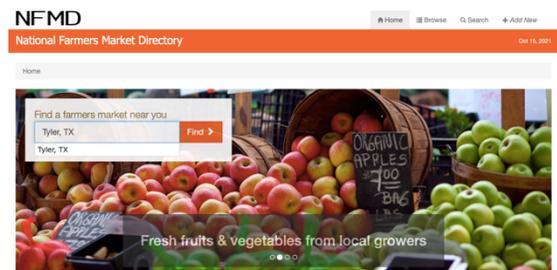
Some advantages of farmer's markets:

- Fun. Kids love farmer's markets! And there is usually someone selling kettle corn.
- Seasonal. God's wise providence is apparent in seasonal fruits and veggies. Berries with antioxidants come into season in the summer, and whaddaya know? they protect skin from summer sun damage. Potatoes and squash come into season in the fall, just in time to provide hearty nutrients for cold weather. Sure, you can get all those items year-round at your local grocery store, but there is a hidden cost to getting produce out of season... shipping, ripeness, preservatives. I think we can trust God's timing over the supermarket chain's.
- Fresh. Much of what you see at the farmer's market just got harvested earlier that morning, or the day before. Without preservatives, farmers have to get it to market immediately.
- Connection. There's just something about talking to the person who grew your food. Some of the overeating problem we have in the US is due to the abstraction of food from its natural context. Notice how much easier it is to overeat CheesIts (resembling no known natural food) than it is to overeat cherries. Our bodies work better when what we eat is identifiable as *food*. That relationship is strengthened the closer we get to the food source.
- Diversity. When we purchase from local farmers directly, we lessen the pressure on them to sell out their land to large corporations. Farmland is accumulating in the hands of entities that want to make genetically-modified organisms our sole food source. As fewer people own more of our land, they can control food production and prices. This is already [massively underway](#) in the US, and one way to buck the trend is to buy from local farmers.
- Independent. Food independence gets more important every day, as more and more US farmland is falling into the [hands of those](#) who do not have our best interests at heart. In fact, farmland is being gobbled up by the same entities that brought us COVID-19 and the Vaxxx. That's not a conspiracy theory; it's provable reality.

Almost every town has a farmer's market. Some of the bigger cities have markets every day of the week. If you have to drive a few miles to get to it, it's still better than the ships and trucks that travel thousands of miles to bring most produce to your supermarket.

If you live in DFW, there's the big permanent farmer's market downtown, with live music, restaurants and vendors every day, year round. But there are also markets in Richardson, Carrollton, Plano, Arlington, Flower Mound, Coppell, Bedford, the Cowtown in Fort Worth, Denton, Grapevine, Frisco, Garland, McKinney... and that's not even a full list! Likewise for the cities like Houston, New Orleans, Oklahoma City and Little Rock.

You can search terms like "Farmers Markets Houston" and come up with lots of options. Or you can go to the National Farmers Market Directory at www.nfmd.org and search by your area. When I searched by Tyler, Texas, I got 16 markets within about 30 miles, with 3 right inside the city limits. Check days and hours, as most smaller markets operate only on certain 'market days' and often only half-days. Some close in the winter. Many of the markets have their own websites.



In short, there *is* a farmer's market near you, wherever you live. Get online and find one.

Shopping at the local farmer's market may seem a small thing, but it can have big consequences. And no farmer is going to ask for your vaxxx card.

Other Items Of Interest

Random stuff I just felt like sharing



40-minute video of Bishop Athanasius Schneider, one of the few bishops in the world to stand strong on the immorality of using abortion-tainted products

<https://remnant-tv.com/video/481/global-darkness-michael-matt-interviews-bishop-schneider-?channelName=RemnantTV>

Here is a free online book recommended by Sue Cyr, who said it made her want to avoid the tiniest sin, and to undertake extra sacrifice and penance in daily life. “The Four Last Things – Death, Judgment, Hell and Heaven” by Fr. Martin Van Cochem, O.S.F.C. who said, “Remember thy last end, and thou shalt never sin.”

<http://www.catholictradition.org/Classics/4last-things.htm>

A new group has sprung up in the image of America’s Front Line Doctors: [America’s Front Line Nurses](#). Their mission is to educate, equip and empower nurses and patients to manage their health care, advocate for safe, ethical options and to maintain individual medical freedom. One of their most exciting features is the ability to ask for an advocate consult! You can join the regularly scheduled Zoom calls and get your questions answered. “Ask An Advocate” Zooms are available every Tuesday and Thursday at 1 pm PST / 3 pm CST / 4 pm EST, according to [the webpage](#). (Note that the times are standard times, which would mean that Region 8 members would tune in at 4 pm until Daylight Savings Time is over.)

Very quietly, the NIH has put Ivermectin on a list of emergency use authorization drugs for COVID. If you or anyone you know is refused Ivermectin in the hospital, show them [this link](#).

As I write this, Australians are about to wake up to Saturday, October 16 and travel to large rallies across the country to protest the police state, privacy invasions, lockdowns and coerced medical treatment. Australian people are suffering tyranny and violence that should scare the whole world. This is a modern, English-speaking, constitutional nation, and yet posting something on Facebook brings armed police to your home. Troops have sprayed crowds with hoses and rubber bullets. Citizens have been beaten in the street for being more than 3 miles from their homes. Pray mightily for the success of the Australian people in throwing off the tyrants. Australia is a test case for the rest of the world.



In the UK, vaccinated people accounted for 82% of COVID deaths, 69% of COVID hospitalizations and 54% of infection “cases” from Sept. 11 to Oct 8, according to official data published by [Public Health Scotland](#). Don’t expect to read it in any US publication. We are the most censored country in the world now, with the possible exception of North Korea.

Remdesiver, which has been the standard treatment in hospitals throughout the ‘plandemic,’ is known to cause [acute kidney failure](#). Some people consider that [murder](#) by the hospitals.

When you get the Telegram app on your phone for the Region 8 Chat group, be sure to also join the **Project Veritas** channel. They are posting undercover videos every few days that show pharmaceutical employees *know* how wrong the Vaxxx is.

CURRENT VAXXX COUNTS

47.3% of the world population has gotten at least one shot (increase of 2% points from last newsletter)

6.61 billion doses have been administered world-wide (increase of 400 million from last newsletter)

22.4 million doses per day are being administered (down by 5.6 million daily from last newsletter)

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

Pfizer whistleblower says vaxxx contains “Luciferase” (hardly surprising) and graphene oxide.
<https://www.lifesitenews.com/news/bombshell-pfizer-whistleblower-says-vaccine-glow-contains-toxic-luciferase-graphene-oxide-compounds/>

When someone asks you why you don't want the Vaxxx... give them 25:

1. Because the Covid-19 vaccination programme has overlooked multiple important safety measures, and many shortcuts have been taken.
2. Because adequate animal testing was NOT carried out.
3. Because they only followed trial participants for two weeks post-jab.
4. Because this is brand-new technology and methodology.
5. Robert Malone; the inventor of mRNA vaccination, is seriously concerned.
6. Big concerns also regarding the spike protein.
7. All major minds on the subject are concerned (and I don't mean Fauci or Whitty (UK). They are not virologists, or vaccinologists, and they also appear to be entirely compromised.)
8. These vaccines have caused more deaths in 8 months than ALL other vaccines combined over the past 20 years.
9. Nobody forced you to have a flu vaccine.
10. The flu jab generally is taken only by the vulnerable and susceptible; no mass vaccination exercise.
11. The entire 'pandemic' is dubious. Deaths WITH COVID, not FROM COVID, using a test that is not diagnostic.
12. The magnitude of adverse reactions is horrifying. So many with clots, heart problems, seizures...
13. Zero long term data.
14. Covid-19 has a 99.98% average recovery rate.
15. Because highly-cited Professor of Medicine, Health Research and Policy, and of Biomedical Data Science at Stanford University School of Medicine, John Ioannidis said in a peer-reviewed WHO-published report that healthy under-60s were at less risk from Covid-19 than the flu.
16. Nobody fires a nurse for not having the flu jab.
17. Nobody says take the flu jab to protect grandma.
18. Nobody incentivises the flu jab with free burgers/ beers/lottery tickets.
19. Because of the fear campaign and falsehoods.
20. Because of the unscientific, blatant hypocrisy amongst the minutiae of decision-makers.
21. Because most people get mild symptoms from COVID, or none at all
22. Because Italy and other countries have banned the Astrazeneca shot for under-60s.
23. Because the Netherlands, Denmark, Sweden and Norway have banned the Moderna shot for under-40s.
24. Because they are trying to force it on children.
25. Because if you took the television and newspapers away, most people wouldn't even be aware of Covid-19.
26. Sorry you asked yet?

Teen deaths in the UK are up 125% of average (more than double) since the vaxxx was rolled out to teenagers.
<https://theexpose.uk/2021/10/13/teen-deaths-125-percent-higher-since-covid-vaccination-ons-data/>

If you begin to doubt yourself about taking the Vaxxx, please watch this video, and share: <https://www.youtube.com/watch?v=gsnJz3wvoIo>

Then see [this article](#) for a complete guide to resisting the Vaxxx push:
<https://thereport.be/article/?u=https%3A%2F%2Fwww.lifesitenews.com%2Fnews%2Fresources-for-americans-pushing-back-against-mandated-coronavirus-vaccines%2F>



Don't lose heart! We are actually winning this battle, as nations all over Europe mount huge resistance protests, lawsuits are being filed, pilots and airline employees have the power to shut down the country until the government desists. Stay the course! And don't trade your long-term health for short-term convenience (which will not last anyway if we don't defeat the people who have planned this hideous mess.

Prayer

Staying right with God



Father David Michael Moses, a diocesan priest in Houston, wrote this prayer while at Holy Trinity Seminary in 2012.

The Litany of Lasts

For all those who are one prayer away from salvation, let this be that Prayer.
For all those who are one prayer away from holiness, let this be that Prayer.
For all those who are one prayer away from finding peace, let this be that Prayer.
For all those who are one prayer away from Heaven, let this be that Prayer.
For all those who are one prayer away from receiving healing, let this be that Prayer.
For all those who are one prayer away from hope, let this be that Prayer.
For all those who are one prayer away from knowing the Truth, let this be that Prayer.
For all those who are one prayer away from embracing their Vocation, let this be that Prayer.
For all those who are one prayer away from accepting Your Forgiveness, let this be that Prayer.
For all those who are one prayer away from sainthood, let this be that Prayer.
For all those who are one prayer away from rejecting Sin, let this be that Prayer.
For all those who are one prayer away from finding You, let this be that Prayer.
God of all that is good, God of order and completion, God of Love and Mercy, for the sake of your Son's sorrowful passion, let this prayer, my prayer, in this moment, be that prayer. Amen.

A Prayer of Unknowing

The prayer of Thomas Merton mentioned by Ed in his opening letter:

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so.
But I believe that the desire to please You does in fact please You.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that, if I do this, You will lead me by the right road, though I may know nothing about it.
Therefore I will trust You always though I may seem to be lost and in the shadow of death.
I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen.

ANTENNAE

COMMUNICATIONS: SHORTWAVE RADIO LISTENING

GOALS/OBJECTIVES

- Understand what a shortwave (SW) radio can pick up and NOT pick up for radio waves.
- Know 3-4 common antennas to use for Shortwave Listening (SWL).
- Understand how to orient your antenna.
- Perform the steps to tune in and listen to a specific frequency.
- Additional resources to practice SWL skills.

WHAT A SHORTWAVE (SW) RADIO CAN PICK UP AND NOT PICK UP FOR RADIO WAVES



Shortwave Radio Listening is not like listening to AM and FM stations in your car.

Commercial AM and FM radio stations are professionally designed for profit, and relatively static free.

Amateur radio stations are designed by amateurs, usually not for profit, and experience static.

Various SW radios can be used, not just the Tecsun PL880 recommended by CORAC. However, the SW radio must have the SSB (Single Side Band) feature.

A shortwave radio can only receive radio signals, it cannot transmit them.

A shortwave radio is a radio that can pick up high frequency (HF) radio waves.

HF radio waves are referred to as the shortwave band of frequencies

Shortwave frequencies are best for long-distance communication over mountains and across the country.

Amateur radio base units are designed for transmission and reception of HF waves.

A base unit can be a mobile (backpack or vehicle) or desktop setup.

A base unit should not be considered a handheld device.



Backpack HF base unit



Vehicle HF base unit



Desktop HF base unit



A SW radio can NOT pick up ultra-high frequency (UHF) or very high frequency (VHF) radio waves.
Handheld transceivers (HTs) transmit VHF & UHF radio waves and are best for line-of-sight communications.



Yaesu FT-60R



Baofeng BF-F8HP

KNOW THE 3-4 COMMON ANTENNA TYPES TO USE FOR SWL

HF radio waves are actually very long radio signal waves although they are called shortwaves.
The adage “the longer your antenna the better” applies to reception of shortwaves.
The telescopic antenna can pick up some HF radio waves but it is short.
It is best to have an antenna as long as possible to receive HF radio waves.

- **The telescopic antenna attached to the top of the radio.**
Fully extend the telescopic antenna
Rotate the antenna at the base to improve reception
- **An Indoor Active Loop Antenna**



Tecsun AN-48X
Indoor Active Loop
AM/LW/SW Radio Antenna
@\$45.00 on Amazon
(attaches inside on a window)

Instructions on proper use come with the product.



- **A SW External Antenna**

- Tecsun PL880 comes with a 15.6 ft SW wire antenna
- Others can be purchased which are longer (23 ft)



XHDATA AN80
Shortwave External Wire
Antenna FM/SW Radio
@\$13.00 on Amazon
23 ft long



Sangean ANT-60
Short Wave Antenna
@\$14.50 on Amazon
23 ft long

Connect the antenna plug end to the socket marked SW ANT on the side of the radio.
Orient the antenna broadside to the transmitting location (Map details below).

- **Homemade long wire antenna (instructions below)**

After months of trying out the above antennas, I have found SWL the most successful with the following antenna. Yet, I have heard from CORAC members who have listened successfully to CORAC's netcasts using the telescopic or external shortwave antennas. It depends upon various factors. SWL is not a situation where "one answer for the question fits all", as much as we would like it to be. My recommendation is to first try the telescopic antenna. If you have problems picking up CORAC's netcasts, then try the SW external antenna included with the TECSUN or either of the above SW External Antennas. If you still have a challenge, make the antenna described below.

The simplest and probably most successful SWL antenna is a single 14 AWG stranded wire connected to the shortwave radio.

The longer, the better. However, that is not always possible.

There are calculations to determine what you need. ($468 / \text{frequency in MHz}$)

$$468 / 7.28410 = 64.25$$

468 is a "magic HAM number" for calculating antenna lengths.

7.28410 is the CORAC netcast frequency on Sunday nights.

A good receiver antenna is @ 64.25 feet long (64 ft 4 inches). An average antenna is @ 32.125 feet long (32 ft 2 inches).



What is needed to make a SWL long wire antenna?



Southwire
100 ft of 14 AWG
stranded wire
@\$21 on Amazon



Paracord

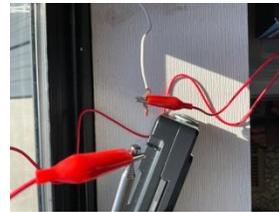


Alligator clips

Instructions:

Two lengths of rope (3-10+ ft) for attaching one end of the wire to your house or a tree, and one end to attach to a tree about 65+ feet away. (I used paracord rope.)

Strip about 1 inch of insulation from one end of the wire. This is the end that will be wrapped around the antenna or connected by alligator clips (one clip to the stripped wire and one clip to the telescopic antenna).



Tie a knot at least 3-5+ ft from the stripped wire end. You need the 3-5+ ft to run into your house, most likely a window, to connect to the telescopic antenna.

Attach a small diameter rope, with a slip knot, behind the knot and away from the stripped wire end. This rope will be attached to your house. Use a semi-circular hook or nail as an anchor on the house to tie the rope to the house.



Tie a knot in the other end of the wire. Use a dab of caulking or silicone over the open insulation end to prevent water from getting to the wire. Attach a small diameter rope, with a slip knot, in front of the knot in the wire. Attach the other end of the rope to a tree and tie it to the tree, so the wire can be extended as long as possible. Keep the previous noted lengths in mind when measuring from knot to knot for the antenna.



Orient the antenna broadside to the transmitting location (Map details below).

The long wire antenna needs to be fairly taut.

Use the rope ends to adjust the snugness of the wire.

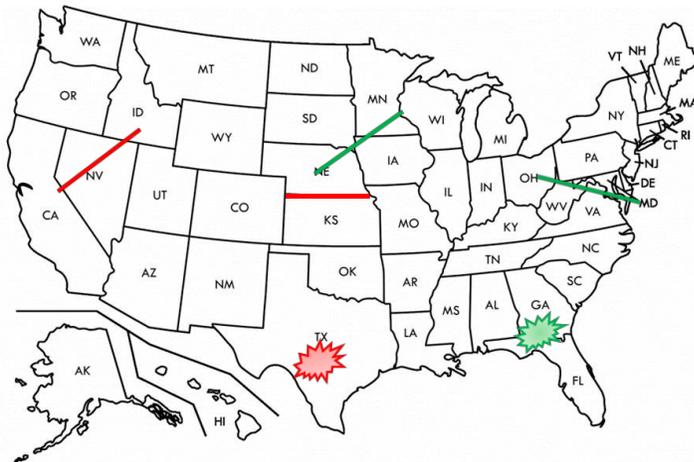
When placing an antenna to listen on shortwave radios, do the following:

- Antennas used indoors will work, dependent on your household's electrical interference.
- It is best to place your antenna outdoors.
- Place an outdoor antenna as high as possible, 10 feet is recommended but 6 feet can work.
- Place the antenna away from buildings, as best as possible, and definitely away from powerlines.
- It may be prudent, if a lightning storm is in your area, to disconnect the stripped wire end of your homemade long wire antenna from the radio and cover the exposed wire with a rubber material. The antenna is not grounded.

ORIENTATION OF YOUR ANTENNA

It must be as close to broadside as possible to the transmitting base station to catch the shortwave.

For example, orientation of the "green antennas" are less likely to catch the shortwave from the "red base station".



PERFORM THE STEPS TO TUNE IN & LISTEN TO A SPECIFIC FREQUENCY

- Once your antenna is set up, turn your SW radio on.
- Push the SW button for shortwave.
- Input a frequency, for example 7284 (the display should show 7284)(the SW radio does not display decimals ahead of the first 4 digits).
- Push the USB or LSB button. (the display may now show 7284.00) This focuses on a section of the radio signal.
- Turn the fine-tuning dial from 7284.00 to 7284.10 (the display will show 7284.10)
- USB and LSB may be alternated to discover which captures the radio signal best. One is usually better than the other.



Currently, CORAC is using the 7.284.10 frequency of the 40M band on Sunday nights for its netcast. The times are 7:30 PM EDT, 6:30 PM CDT, 5:30 PM MDT, & 4:30 PM PDT.

CORAC's Communication Team is performing a transmitting relay. One member transmits initially. This is followed by 1-3 additional members located throughout the nation retransmitting the initial message. Listen for 15-20 minutes. The current location of the originating station is in Georgia with relay stations in Texas, Minnesota, and Kansas. More are being added.

Successful shortwave radio listening is dependent on the sun, atmospheric conditions and electrical interference. SWL can be challenging but not impossible. The netcast may be crystal clear or full of static. You may hear a netcast one day and not the next, on the same frequency, due to changing conditions of interference sources. **We need to trust that we will hear what we need to hear when we need to hear it.**

ADDITIONAL RESOURCES TO PRACTICE SWL SKILLS

Below are three netcasts that occur throughout the nation every day. Tune your radio to the frequency listed and practice. I encourage you to check out netlogger.org for additional practice.

The Saltminers Net (originates out of Ohio but not affiliated with CORAC)

40M FQ: 7.284.10

1 hour duration

Begins at 8:00 AM EDT, 7:00 AM CDT, 6:00 AM MDT, 5:00 AM PDT

The SouthCARS Net (originates out of Region 4 but not affiliated with CORAC)

SCARS – South Coast Amateur Radio Service (southcars.com)

40M FQ: 7.251.00

4 hours duration

Begins at 9:00 AM EDT, 8:00 AM CDT, 7:00 AM MDT, & 6:00 AM PDT

The Midcars (originates out of Region 6 but not affiliated with CORAC)

MidCars Amateur Radio Service

40M FQ: 7.258.00

5 ½ hours duration

Begins at 8:30 AM EDT, 7:30 AM CDT, 6:30 AM MDT, & 5:30 AM PDT

This link provides netcasts running “right now” throughout the nation.

[NetLogger - Amateur Radio Logging Program](https://www.netlogger.org/)

<https://www.netlogger.org/>

If you need further help reach out to your Regional Coordinator or your Region's Communications Team Lead. They will assist in whatever way they can. Thank you to those who provided critical feedback on the challenges they were experiencing to make this document possible.



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

- 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

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|---------|--|
| | <ul style="list-style-type: none"> 3-day food supply Basic health practices Type 2 diabetes and autophagy US Grace Force novena |
| Jul 23 | <ul style="list-style-type: none"> Medicinal gardening Don't fear COVID variants Sunday evening CORAC radio practice Multi-use household products Door-to-door Vaxxx campaign Dr. Janet Smith on ethics of lying Eucharistic revival |
| Aug 6 | <ul style="list-style-type: none"> Get radios soon Building resilience Preventative protocols for COVID Open letter to the unvaccinated Stop The Shot conference Vaxxx Exemption forms Legal actions Protests in France Guide to Confession |
| Aug 20 | <ul style="list-style-type: none"> The Green Reset Diaphragmatic breathing Power of fear United Non Compliance Vaxxx exemptions Adverse vaxxx events The Great Reject Surrender Prayer |
| Sept 3 | <ul style="list-style-type: none"> Portable power stations Links to vaxxx articles COVID Recovery of Region 8 members Vitamin D Vaxxx Exemptions Due diligence Safe provider list |
| Sept 17 | <ul style="list-style-type: none"> Signal app COVID protocols Drug patents All-in-one prophylaxis Stay or Go in a Crisis? Young people Drs. Breggin & McCullough Steve Baker, hero Australia's plight Freedom from Anxiety podcast |
| Oct 1 | <ul style="list-style-type: none"> Signal for urgent communications Science of non-vaccination Natural selection |

“Prepping”
Save the children
Holy people from Region 8