

# CORAC Newsletter

“For every member, an action”

February 25, 2022



As I write this on Thursday, the People’s Convoy has rolled from Barstow, California to Kingman, Arizona, with an enthusiastic send-off and many supporters on the route. By the time this newsletter is published on Friday, the Convoy will be two days and a thousand miles in. If you want current news about the convoy, *don’t* get your news from the mainstream. See the Convoy section of this newsletter for links to updates. The elites have multiple distractions playing out to keep you from noticing that the vaccines are a murderous failure; that Canadians are still standing up to tyranny even after suffering blows; and that American truckers have picked up the baton of freedom from our northern brothers. Keep your attention on what you can affect.

*- Sheryl Collmer, editor*



## *From the cockpit of the Subaru:*

*Charlie traverses the country at the wheel of his trusty 2002 Outback, ably maintained by loving friends and guardian angels, to speak personally to crowds from one coast to the other. Check the website for his upcoming visits: <https://corac.col/meetings/#dates-and-details>*

### ***Workers of the World, Unite!***

The American truckers Freedom Convoy left Barstow, California on Wednesday this week. This issue of our newsletter will give you lots of information about that convoy and the route it will be taking across America. Check in with your Regional Coordinator on what you can do to show your support for those who are bravely putting it on the line to demand that public officials remember they are honored to be servants; not privileged to be masters.

Never underestimate how much strength we have when we work together under God. Early this week, Canadian officials quietly started to try to walk back their act of freezing and seizing protesters bank accounts. Seems five Canadian banks shut down operations altogether rather than risk the ruinous bank runs that Justin Trudeau’s ruinous emergency act was triggering. Yep, the Canadian government sought to harshly punish anyone who dared to have a different opinion from that which the government allowed and instead has risked tanking their entire banking industry. Couldn’t happen to a nicer bunch of tyrants.

When one bee starts buzzing you, it is simple to swat it away as a nuisance. If a million bees start swarming you, you had best run and take cover. That is what has happened in Canada – and that story is not over yet, even though the Parliament despicably confirmed Canada’s descent into tyranny.

Shockingly, a poll commissioned by the Daily Wire, showed that only one group in America supports Canada’s act of war against its own people: Democrats. The left in America supports Justin Trudeau’s handling of the protesters by a whopping 65%. I suppose that shouldn’t be shocking, given that Democrats supported putting people who would not take the Covid shot into camps and seizing their children. But man, this sure isn’t the Democratic Party of John Kennedy anymore.

Astonishingly to me, a full 8% of Republicans supported the descent into tyranny. I’m guessing the pollsters accidentally called the Lincoln Project’s headquarters. What a hideous thing for that despicable group – to name itself after the president who ended slavery while that group supports renewing it, only for all the people who are not part of the ruling class. Amazing that in this “Looking Glass America” the thug groups like to call themselves their exact opposites: the fascists call themselves antifascists and the people who want serfdom for all but a few adopt the name of the president who worked to end any form of serfdom in America. I guess they have convinced themselves that the folksies they so loathe are stupid. Truth is, they remind me of toddlers who think that, if they cover their eyes, you can’t see them.

In any case, 55% of the people polled condemned Trudeau’s attack on freedom. Thank heavens, but that number is way too low – mainly because of the robust support for tyrannical methods by Democrats.

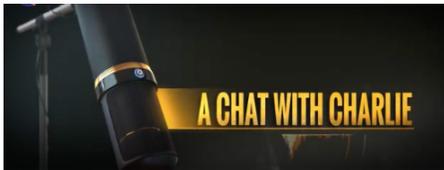
There was one segment of the polled group which condemned the Canadian overreach unanimously: people between the ages of 24-35. That should send shivers down the spines of all the authoritarians in America. The left has always counted on the

support of younger people. Their antics have now earned them the unanimous contempt of younger people. So much for the “emerging” permanent Democrat majority.

I hope to see CORAC people showing up in force to support the truckers throughout their route across America. Showing up to a big protest has huge consequences. It heartens the faithful – because courage is contagious. Bring signs. If supplies are needed, work together with others in your region to help get them, so our heroes can keep on trucking. Make it clear to all the aspiring tyrants in America that we will not be ruled – and that we will toss all the petty authoritarians to the curb (and, hopefully, to prison).

Freedom lovers of the world, unite!

*Charlie Johnston*



### Latest weekly Charliecast: [Make Americans Free Again](#)

Fabulous interview with Pam Popper, a fireball and straight talker, an internationally recognized expert on nutrition, medicine and health, and a practical warrior for setting our country at rights again. Aptly named, she really does make things POP! Highly recommended.



More about Pam and her organization here:

<https://makeamericansfreeagain.com>

See all the CORAC [podcasts](#) here:

<https://corac.co/newsroom/#regular-podcasts>

## Action Items

Every CORAC member is an active-duty soldier in the army of God. Make something happen!

## THE PEOPLES CONVOY

Many convoys sprang up in the US after Canada lit the flame, but the most prominent one with the greatest support is [The People's Convoy](#). Visit their website to stay current on news. This group is partnered with [The Unity Project](#) (Dr. Robert Malone, Dr. Peter McCullough, Dr. Paul Alexander, Dr. Pierre Kory), [Children's Health Defense](#) (Robert Kennedy Jr.) [Front-Line Critical Care Alliance](#) (where we got those great protocols for treating early COVID), [US Freedom Flyers](#), [Thomas Renz](#) (attorney for medical freedom) and the [Epoch Times](#).

This group is working with local governments to respect the law and keep everyone safe. The convoy will stop short of actually entering Washington DC, to avoid any incidents like the January 6 debacle. I believe most of the other smaller convoys will end up folding themselves into this one. The proposed schedule:

Day 1	Wed 2/23	Barstow CA	Kingman AZ	200 miles
Day 2	Thu 2/24	Kingman AZ	Lupton AZ	300 miles
Day 3	Fri 2/25	Lupton AZ	Glenrio TX	375 miles
Day 4	Sat 2/26	Glenrio TX	Elk City OK	220 miles
Day 5	Sun 2/27	Elk City OK	Vinita OK	280 miles
Day 6	Mon 2/28	Vinita OK	Sullivan MO	275 miles
Day 7	Tue 3/1	Sullivan MO	Indianapolis IN	290 miles
Day 8	Wed 3/2	Rest day	Indianapolis IN	-
Day 9	Thu 3/3	Indianapolis	Cambridge OH	270 miles
Day 10	Fri 3/4	Cambridge	Hagerstown MD	260 miles
Day 11	Sat 3/5	Hagerstown	DC Beltway	60 miles

**DONATE:** The Canadian government did a good job scaring everyone with their vengeful overreach. Nevertheless, I opted to [donate online](#); if I let fear of tyranny prevent me from supporting one of the more hopeful approaches to *stop* tyranny... then the battle is lost before it begins. Fear is what the elite have been using for two years to control us.

If you cannot bring yourself to donate online, there is the option of mailing checks or gift cards to a physical address: American Foundation for Civil Liberties and Freedom, 6528 E 101st St – Ste D1, #399 Tulsa, OK 74133. Do it promptly, because as of today, mercy sakes alive, looks like we got ourselves a convoy!

### FOLLOW ONLINE:

Most reliable news is on their [website](#).

Most up-to-date news is on [Telegram](#) or [Gab](#) (but steel yourself for some salty language from other followers.) There are already videos up on Telegram showing the sendoff from Barstow and trucks' arrival in Kingman. Americans have learned from our brothers and sisters in Canada: they are lining the highways and bridges with signs and flags.

### PARTICIPATE:

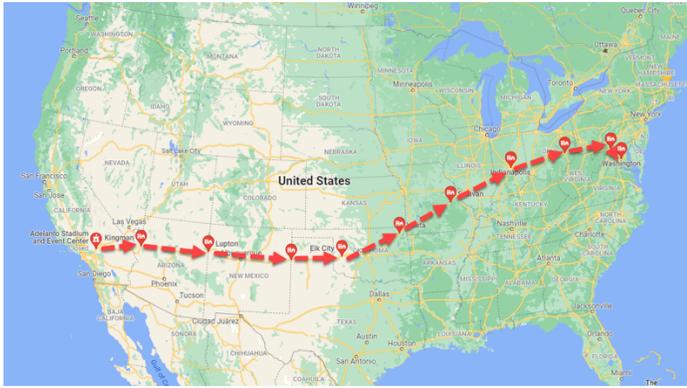
Yes, you! No matter where you are, you are probably not too far from an interstate highway. It doesn't even matter which one because they will all be full of drivers who *wish* they could be embedded in the big convoy, but can't be. If you stand (safely) on any interstate overpass with an American flag, you give all those drivers a chance to honk and wave and feel like they get to take part after all. You will be exhilarated by the enthusiasm you get!

We stood with flags over I-20 last weekend to great response; the enthusiasm will be even bigger now that the Convoy has begun.

If the main convoy is coming through your region, contact your CORAC regional coordinators for specific information. Check the map and keep an eye on the [website](#) to be aware of any changes.



If you plan to be present at any of the points of the Convoy, please see **Appendix** for supplies and helpful hints.



Find this map at: <https://thepeoplesconvoy.org>

I've heard people saying it would be better for everyone to stay home. Really? If we don't find a way to stand up and publicly say NO, the globalists will just keep coming. Do people think they will be nice to us if we're nice to them? That is a profound misunderstanding of the nature of evil. Passivity on the part of the controlled just encourages greater degrees of control. See Neville Chamberlain and his policy of appeasing the Nazis. Epic fail.

Furthermore, look at the people who've put their livelihoods and reputations on the line just to get the truth and decent medical treatment to us. Dr. Malone and Dr. McCullough, among others, have lost everything they've worked their whole professional lives to achieve but self-respect and fidelity to the healing tradition. Consider the truckers who are foregoing two week's earnings to join the convoy. Lawyers working for free. Honest media who are embedded in the convoy, away from home and family. We owe them a huge debt. How can we repay them?

Answer: Donate, Follow, Participate.

## AMERICA PRAYS

Many "America Prays" groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. Grab a friend and a flag and just get on down to your local public space to pray the Rosary for our country, and especially for the children. Speaking of which...



## SAVE THE CHILDREN

The FDA postponed the hearing at which they were to authorize the Vaxxx for children aged 6 months to four years. They say it was to have more time to look at giving young children 3 doses instead of just 2, but I'd wager it was the effect of our hundreds of thousands of emails saying, "ABSOLUTELY NOT!" Thank you to everyone who wrote emails to the committee members. A new meeting date has not yet been announced, so stay tuned and be ready to do the email campaign again.

## SCHOOL BOARDS

Find your local school board on the internet and attend meetings. You'll know what to do from there. Here in Tyler, the interested parties have been able to speak civilly and effectively with well-intentioned school board members and remove offending material from school libraries with no fireworks whatsoever. But if your school board is more recalcitrant, consider the use of surety bonds as a tool to bring school boards back to their true mission. See the strategy here:

<https://welovetrump.com/2022/02/03/watch-what-are-surety-bonds-is-this-the-blueprint-to-finally-defeat-corrupt-school-boards-other-tyrants/>

Read a success story here:

<https://welovetrump.com/2022/02/05/surety-bond-success-story-ohio-father-forces-school-board-to-end-mask-mandate-on-children/>

## J6 PROJECT

We The People Convention held a “Justice for J6” Rally on February 23.

You can watch the replay here:

<https://wethepeopleconvention.org/articles/Video-JusticeforJ6-Rally>



There are still 14,000 hours of unreleased video evidence from January 6 that could prove exculpatory. There's a good chance it shows J6'ers who are innocent of criminal acts, and possibly even heroic. Meet the patriots here:

<https://www.patriotfreedomproject.com/the-16ers>

## Communications

Keeping in touch when channels are unreliable

**CORAC Radio Net Broadcast, every Sunday 7:30 pm - 9:30 pm**

Each broadcast will start out with an introduction, the reading of a chosen scripture, sharing CORAC news of interest, then opening the net for anyone who desires to check-in. To check-in, you have to have an HF radio with transmission capabilities, and a general amateur radio license. All unlicensed members are invited to listen to the CORAC net using a shortwave radio. If you can hear the transmission, please post your comments in the CORAC Communications Forum. There is no set time limit, and people checking in are free to discuss any issues concerning CORAC, faith, family, and freedom.



1st Broadcast 7:30 PM Eastern, 6:30 PM Central, 5:30 PM Mountain, and 4:30 PM Pacific. Frequency: 7.284 MHz  
2nd Broadcast 8:00 PM Eastern, 7:00 PM Central, 6:00 PM Mountain, and 5:00 PM Pacific. Frequency: 3.980 MHz

Communications Team comment page here: <https://corac.co/2021/06/01/communications-team-general-discussion/>

## Health & Wellness

Staying robust in trying times

Due to enormous interest, the Health & Wellness team is again offering classes! See the [online calendar](#) for more details.

SUN  
27 February 27 @ 3:00 pm - 5:00 pm

### Basic Tincture Class (Weekly – 7 Sessions)

Zoom

This is a basic tincture class that will be held via zoom, every Sunday afternoon (3pm ET, 4pm CT, 5pm MST, 6pm PT), for seven weeks. If you wish to be a participant please send complete the form below (note: you must be a registered CORAC member to attend. [Click Here if you need to register \[...\]](#))



**Basic Tinctures** (7 week course) begins Sunday, February 27 3:00 to 5:00 pm. You must be a registered CORAC member to sign up. Complete the form for the class [here](#).

SAT  
12 March 12 @ 5:00 pm - 6:30 pm

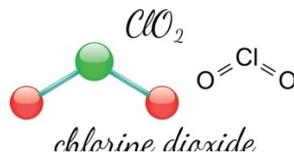
### Homeopathy – Gateway 1 Study Group

Zoom

4 week study group will be offered Saturdays March 12, 19, 26 & April 25:00PM - 6:30PM PST Gateway 1 Study Group is open to all regions. Please invite others. Required book [...]



**Homeopathy 1** (4 week course) begins Saturday, March 12, 5:00 to 6:30 pm. Sign up for the class [here](#). Don't postpone because you need to order the study guide and it can take up to 2 weeks to be delivered.



In 2020, Trump was reported to have told people to drink bleach. What he [actually said](#) was, “And then I see the disinfectant, where it knocks it out in one minute, and is there a way you can do something like that by injection inside, or almost a cleaning. Because you see it gets in the lungs, and it does a tremendous number on the lungs. So it'd be interesting to check that.” Trump is entertaining, but no one would ever claim he was a scientist.

Shortly before that fateful press conference on April 23rd 2020, Trump had seen the claims of a chlorine dioxide formulation for medical use. He said he was impressed with the use of small-dose water-soluble ClO<sub>2</sub> in attacking the COVID virus. He was then viciously attacked for allegedly telling people to “drink bleach.” (Incidentally, bleach is sodium hypochlorite, not chlorine dioxide.)

Then in 2021, the [Journal of Molecular and Genetic Medicine](#) published this:

Statistics from Bolivia where the use of water-solubilized chlorine dioxide (ClO<sub>2</sub>) for the prevention and treatment of COVID-19 was approved by law in early August 2020, demonstrate a marked reduction in cases and deaths in that country. From a peak of 2,031 daily cases on August 20, 2020, cases dropped to 147 daily cases on October 21, 2020 – a 93% decrease.

Which brings us to 2022, and several CORAC members reporting good results with chlorine dioxide. It is beyond the scope of this newsletter to evaluate chlorine dioxide, but the Health and Wellness Committee has taken it under study and will report back. In the meantime, if you decide to try it, please research possible side effects, proper solution mixing procedure and recommended dosing to avoid oxidative damage. This remedy requires some caution.

Good place to start is Stephanie Seneff: <https://www.westonaprice.org/health-topics/the-chlorine-dioxide-controversy/>

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Meanwhile, over at the CORAC website, the [Health and Wellness](#) team has some very interesting posts:

Be sure to download the PDF. There are pictures and descriptions of many healthful and medicinal herbs that may be found in the wild where you live, or which can be grown from seed. If buying seed, be sure to get open-pollinated, non-GMO seeds so that you can reproduce your plants from year to year. Check out the links below:



<https://www.stclareseeds.com/garden-help/>

<https://territorialseed.com>

<https://strictlymedicalseeds.com>

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## **VACCINE ADVERSE EVENTS**

The montage on the following pages consists of items from the Telegram channel “They Say It’s Rare.” These are only a small fraction of what was posted in a two-day period. When you start to multiply these damage stories, it begins to appear that insurance companies and hospitals will be vastly overstretched, with collateral damage to employers who lose staff, families who lose productive members, and individuals who would do anything to turn back time and make a different decision.

**Twitter**  
**carla78** 🇺🇸 #deplorablefortrump 🇺🇸  
**@DrSmartbat** I have colleagues who went blind in one eye a half hour after getting the vax, another one had a leg amputated because of a vaccine induced blood clot that blocked circulation to her leg, 18 year olds with endocarditis that can't play sports their senior year after vax  
👁️ 1K 9:20 AM

**Twitter**  
**LIZZIE** ❤️🕊️❤️  
Forrest's just found out his friend at work passed away last night. They were very close and he had 2 kids and a wife ❤️ I don't even need to say why. You can all guess what he had a few weeks ago and it wasn't Covid 🧐👎 Please pray for his family ❤️❤️❤️❤️  
👁️ 1K 11:31 AM

**Twitter**  
**Tess**  
**@trex554** My 28 year old nephew had a stroke and died 3 days after getting the booster shot. He went to emergency but they dismissed his symptoms since he was "to young for a stroke", they told him his dizziness was just Vertigo, and that it's normal to feel "run down" after being jabbed.  
👁️ 816 10:14 AM

**Twitter**  
**Corinne Moore**  
**@JohnWrightLive @doctorbenzene** Wish I could get on with my life. Pericarditis from my first jab along with other diagnoses. Now I can't visit my aging parents, go to restaurants, watch my kids sports unless I continue to get my subsequent shots. Have three young children and am terrified I will die if I do.  
👁️ 1.1K 2:44 PM

COVID-19 vaccine to blame for 24-year-old man's death  
"A rare complication to the COVID-19 vaccine turned deadly for the Watts family of Lockwood. Their son, George Watts Jr., died at just 24-years-old after receiving the Pfizer-BioNTech COVID-19 vaccine."

**LizAnn**  
**@LizAnn622 @grahamwalker** You must be seeing the vaccine injuries? 19 y/o girl in church just had a heart transplant (and waiting on kidney) after vax. Sister developed heart condition after vax. My cousin had GBS and hasn't walked since May. My neighbor's 35 year old cousin found dead in bed. Blood Clot.  
👁️ 1K 3:46 PM

**Twitter**  
**Alpha News**  
Six-year-old Milo Edberg was alert and walking in early December before he got the COVID-19 vaccine. Now, he's confined to a hospital bed, diagnosed with myocarditis, unable to walk.  
[alphanews.org/doctors-said-a...](http://alphanews.org/doctors-said-a...)



**Twitter**  
**Andrew Wells**  
**@FishOnReactor @StanilandDean** Guy who was meant to do some gib stopping for my parents never showed up. Parents rang the guy all day. Turns out he was in hospital with Myocarditis. 2nd pfizer shot. Hearing it from all my trade friends.  
👁️ 1.4K 5:03 PM

**Twitter**  
**Dr Tina Peers**  
Colleagues and I are seeing more and more cases of adverse events, serious illnesses and deaths from the current programme. It is very concerning to us all. We must stop now, look at the huge body of evidence that has amassed and realise that big mistakes have been made.  
👁️ 985 2:58 PM

**Twitter**  
**Make Low Effort Thinkers Think Again**  
**@theysayitsrare** My friend's cousin, wife, and wife's mom all went together to get their first dose of PZR last year. All ended up with shingles within 24 hours. My friend who told me is pro-vax, he didn't understand censorship until he went on google which told him that it's unrelated.  
👁️ 1.2K 12:53 PM

**Twitter**  
**Wake Up UK**  
Kansas woman Jeanie Evans died of an allergic reaction to COVID-19 vaccine, autopsy shows **@theysayitsrare**  
[news.yahoo.com/kansas-woman-j...](http://news.yahoo.com/kansas-woman-j...)

**Twitter**  
**"Fortified" not rigged TexasRed**  
**@theysayitsrare** I know of a 22 yr.old SMU student who died in his sleep after vaccine. He felt unwell, saw a doctor and died that same night. I'm not sure the family is making a connection but I'm wondering how many of these cases are out there. So sad.  
👁️ 939 1:51 PM

**Twitter**  
**GinnyGM**  
My nephew's dad has been in the medical administration for a decade. Growing up he seemed smart. College, good career, income. He took the vax. A week later, Rushed by lifeline to save his life. 20 blood clots in his chest. He still trusts vax & says he has to get booster  
👁️ 1.1K 2:57 PM



**Twitter**  
**Atom Jones** 🧡🟡🟢🟠🟤  
**@Cannydc1 @Slinkybrowneyes @colepfief**  
Bruising, clots, neuropathy, heart attacks, pericarditis, myocarditis, partial paralysis, loss of speech, early onset dementia, sterility, skin peeling off uncontrollably, death. My cousin's death immediately followed 2nd Moderna shot and my family will never be the same.  
👁️ 1K 4:02 PM

**Twitter**  
**P P Rose**  
I now know 9 people who have contracted shingles after the booster?? Is that another coincidence? In addition to the increases in heart attacks, blood clots and myocarditis? What's happened to the AstraZeneca vaccine which seems to have disappeared??!  
👁️ 1K 1:11 AM

**Twitter**  
**Lower Voices**  
**@JustinTrudeau** My friend just died of a massive heart attack in front of his kids. 47. No pre-ex conditions. Forced to get job to keep job to take care of his family. Does his life not matter? Or is he collateral damage? He didn't want job but got it because of your mandates. Now what?  
👁️ 913 1:13 AM

**Twitter**  
**Rellie** 🇺🇸  
I lost another friend today. Don't let anyone tell you the vaxx doesn't kill. That's two in two weeks. Five in total.... and that's just people close to me... don't get me started on deaths counted via friends.  
👁️ 1K 5:53 AM

**Twitter**  
**CommonSense**  
**@theysayitsrare** Hearing so much about shingles. My dr said she had >40 cases in the last two weeks, all in young college kids. What has happened in the last month? College kids had to get boosters to return to college.  
👁️ 1.3K 1:11 AM

**Twitter**  
**Sandra D** 🇨🇦  
**@LNathan123 @theysayitsrare** My son had a coworker who bled non stop for 2 months right after the jab and ended up needing a hysterectomy at age 31. This is poison!!!! 🧐  
👁️ 1.1K 1:07 PM

**Twitter**  
**Globus Vigilate**  
@SeppeltDon My son called me a few days ago and told me about another friend who had suddenly developed blood clots. This 21-year-old developed blood clots in his brain shortly after his booster. Another one developed clots in his lungs and is now struggling to fend for his young family. 897 4:55 AM

**Twitter**  
**curious skeptic**  
♥️ my dearest friend has just died. He had been in remission many years. Took the 2nd shot in August. Capillary leakage and Cancer was back by October. Strange clotting in the liver. Dead today. I will never forget. I will fight this evil. 882 4:55 AM

**Twitter**  
**Unapologetic Patriot** 🇺🇸🙏  
We found out last night a dad at school went skiing with his family over the weekend Dropped dead of heart attack in hotel room Had booster before left on trip From what I know he was a healthy man So sad, 2 little girls now don't have their daddy 😞 916 10:44 AM

**Twitter**  
**Thomas Burley**  
@JohnBoweActor My wife had a miscarriage last summer a few days after receiving her first Pfizer jab. We cannot say for certain that the jab caused the miscarriage but I do not believe in coincidences. Personally, I don't think that experimental vaccines should be given to pregnant women. 977 11:44 AM

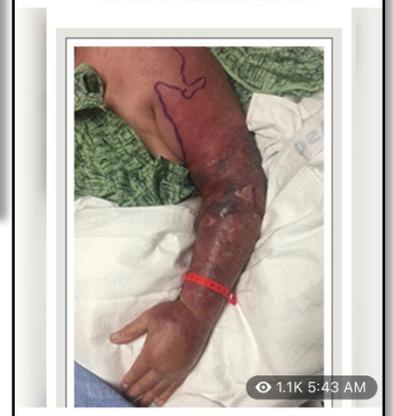
**Twitter**  
**Marcelo**  
I feel very sad for all the vaccine injured folks filling our local hospitals. An employee and friend, known as Roberto, suffered a heart attack days after his most recent booster. I pray for him and his family tonight 🙏 Hope he will make it. 1.1K 1:50 AM

**Twitter**  
**Zyx**  
My wife NY frontline nurse over 20 years never ever got sick until she had a really bad heart reaction right after 2nd Pfizer. She is always out of breath now always tired She is being forced to get booster. She is such a mess mentally now. She won't quit her job I begged her 1.1K 11:07 AM

**Twitter**  
**Dr. Dawn Michael** ❤️  
I was told by a friend of my husbands that is a surgeon, that he has never seen so many blood clots ever in his entire career as a medical doctor. 1.2K 4:44 PM



**Twitter**  
**DrKatPhD** 🧠 typer of typos  
COVID-19 vaccine-induced cellulitis and myositis [ccjm.org/content/88/12/...](https://www.ccm.org/content/88/12/...)



**Twitter**  
**Luna Stryker**  
@BlueSlots @BlueSlots same with me. Was perfectly healthy, go to a personal trainer, got 2 Pfizer jabs and now I have pericarditis and major head pressure daily. I can barely function 1.3K 2:47 AM

**Twitter**  
**Ruth Drake**  
@chrisssy79 @KatyKatyshaw @BeckieParnell My friend's nephew, aged 20, died of a heart attack after his jab. Last week I found out about another young lad who also died of a heart attack from his jabs. If I know of 2 people, surely others must do? 927 12:50 AM

**Twitter**  
**Nate Timesamillion**  
Hello friends. Last night I went to the ER with fever, chest pains and shortness of breath. I have Pericarditis, a swelling of the tissue surrounding the heart. The doctor says this may be a reaction to the mRNA booster I received on Saturday. I'm doing fine today, resting up.



**Twitter**  
**Denise**  
A few months back I tweeted that one of our customers young son had suddenly passed. He was a sailor, surfer and amazing lacrosse player at his college prep school. We knew why, but did not pry. Today his Mom verified it... myocarditis. The poison. 😞😞 1.4K 12:33 PM

**Twitter**  
**candaces**  
A horrible thing has happened. My coworker lost his perfectly healthy 8 year old son. He was found dead in his bed two days after taking the vax. How long will this be allowed to go on?? It's so heartbreaking ❤️. Please pray for the family 🙏 984 12:52 AM

**Twitter**  
**Deborah Lee**  
My sister Jamie passed away last night. 46 yrs old, unexpected, autopsy pending. Yes, if wondering, she was vaxed. Please lift up my family in prayer, especially for her husband Jorge and daughter Luci (11)

**Twitter**  
**Firuzi Mehta**  
Yesterday read about the 26 year old girl who dropped dead at her own wedding reception. Today read about the 22 year old nurse who dropped dead whilst on duty. Is no one concerned that young healthy people are dropping dead? Trace the path back and you'll find the vaccine. 1.4K 10:54 AM

**Twitter**  
**Susan McLaren**  
@MarkGraham\_Akl My son is fighting for an MRI as 3 ECGs show nothing. He's had adverse reactions to Pfizer & AZ. Migraines & heart pain since Sept. Mandate at work so had to have 2nd vax. So even ppl who haven't caught covid will be left with longterm health issues as a result of vaccination. 1K 6:06 PM

**Twitter**  
**Kim McNamara**  
@CallieIsHere12 @BrandAdalia @LetsBeeHonest3 My friend's healthy 20 yo daughter died from myocarditis after getting the vaccine. I will never stop crying. 1.6K 2:33 AM

## Sustainable Living and Survival Skills

### Home skills for self-sufficiency

Survivopedia.com has myriads of great ideas. It is written from a worst-case-scenario viewpoint, however, so I can only take it in small doses. But you can find just about any survival topic on the website.

The following article about preserving yourself in a crowd could be valuable across many situations. At the Boston Marathon in 2006, as runners were crowded into corrals, a stampede started when the starting gun went off. A woman went down, and would have likely been seriously injured or killed, but for a fast-thinking man who jerked her upright. No one behind her would have *meant* to hurt her, but in a dense crowd, you cannot resist the movement of the mob.

Best strategy is to stay out of crowds, but it cannot always be avoided. This is good basic survival information:

<https://www.survivopedia.com/how-not-to-die-in-a-human-stampede/>

Another article from Survivopedia.com. This is one that will only be useful under the worst conditions. As long as my tuna fish and beef jerky hold out, I won't be hunting wabbit. Still, it could be helpful at some point, if you have the fortitude to consider the possibility of reaching that point.

<https://www.survivopedia.com/video-winter-survival-making-snares-for-rabbits/>



*CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. He is completely recovered from COVID now.*

With all eyes on truckers this week, I was especially interested to hear Patrick's viewpoint. He will not be in the convoy, as he is a contractor driving a company truck, but he has a front-row seat. He believes that the truckers who are joining the convoy, and forfeiting thousands of dollars in lost income for several weeks, are motivated by a desire to "do their part" to get people's attention and wake them up to the dangers we're facing.

Patrick estimates about half the country still doesn't understand what's going on (threat of tyrannical takeover) and won't get involved, or indeed, won't understand why anyone else would. Truckers are in a unique position, as their work is seen on a daily basis. No one may ever see the cool spreadsheet I created as an accountant, but the whole world sees truckers as they go about their business. Big rigs are visceral; they shake my little Mazda when they lumber by. They are behemoth.

More to the point, they make our lives possible. They deliver food and fuel, to speak to the most essential things. Every business is dependent on truckers for raw materials and finished goods, as well as FedEx, UPS and mail. If trucking stopped, people would have to start paying attention; the rumble in their tummies would force them to.

Truckers, in general, enjoy a life of independence. They can choose their routes and schedules and thus they have an enviable autonomy, in return for doing what most of us couldn't... spending all day alone in a cab, eating convenience food, dealing with distracted drivers and weather conditions on the road for long hours, and then sleeping in a space approximately the size of a prison cell, most of which don't even have bathroom facilities.

As Patrick related, every trucker, at some point, decided to leave a more conventional job and take matters into their own hands to govern their own lives. They are not likely to take kindly to attempts to control their personal lives now, especially with mandates that don't even make sense.

Patrick has mixed feelings about the convoy, expressing concern for the safety of the truckers after seeing the dictator come prancing out in Canada. Those who commit illegal acts against citizens seem to be escaping justice.

Truckers are doing something altruistic and generous for the next ten days. God bless them!

## Other Items Of Interest

Random stuff I just felt like sharing

### VAXXX BY THE NUMBERS

- 10.63 billion doses have been administered worldwide, as of Feb. 23, up 3.5% from the last newsletter.
- 62.5 % of the entire world's population has received at least one dose, a 1.5% increase, which means it's mainly boosters, rather than "fresh victims"

As the mandates are dropped and reports of adverse events leak out, we should see all of this slowing down considerably.

Data from: <https://ourworldindata.org/covid-vaccinations>

### RUSSIA / UKRAINE

This is an extremely complex issue, with a long historical background, complicated by corrupt US activity in Ukraine. To reach an informed conclusion about American involvement in Ukraine would take a good deal of study. Here are a few basic sources. I'm not recommending their perspectives, just passing on information for you to do your own research and pondering. Knee-jerk reactions to this situation will completely miss the point

One of the last articles to be published on the subject before the action began:

<https://selfreliancecentral.com/2022/02/23/the-russia-ukraine-crisis-explained/> (published February 23)

Dennis Prager's take on US intervention. Recorded last month, but Prager is always worth a listen.

<https://www.prageru.com/video/ep-223-when-should-america-intervene>

Putin's explication of the historical Ukrainian context, from the horse's mouth

<http://en.kremlin.ru/events/president/news/66181>

Explains the historical tension between NATO and Russia

<https://theconversation.com/ukraine-the-history-behind-russias-claim-that-nato-promised-not-to-expand-to-the-east-177085>

Judicial Watch's Tom Fitton explains the role played by corrupt American influence in the region, specifically the Bidens

<https://www.judicialwatch.org/videos/fitton-biden-corruption-exposed-in-ukraine-and-russia/>

Not to be outdone, the Pelosi family has similar involvement

<https://libertyonenews.com/pelosis-son-busted-ukraine-scandal-explodes-democrat-party-in-shambles/>

### VOCABULARY

**Normie**, *noun*.

(adopted from the Urban Dictionary)

A person gravitating to social standards and accepted practices of the times. Normies are uninterested in ideas not easily accessible or those outside society's current range of acceptance. They tend to adopt "popularity" as the only measure of good or bad. They tend to have a sense of superiority over the minority independent thinkers, and claim that indies are mentally ill or unfit to participate in society. See also "mass formation."

*"Normies in Canada are waking up to the fact that their government has turned on them like a rabid dog."*

*"American normies believe everything they hear from Dr. Fauci, despite clear evidence that his pants are on fire."*

**Red pill**, *noun*.

A free-thinking attitude, formed after waking up from a "normal" life of intellectual sloth and ignorance. Red-pilled people prefer truth, no matter how gritty and painful it may be. The term originates in the movie, "The Matrix," when the character Neo is offered one of two pills. The red pill represents a difficult awakening, one that will require a response. The blue pill signifies luxurious security and blissful ignorance, requiring nothing more than sinking into inertia. Taking the red pill requires courage, and a radical trust in God because what you thought made you safe in the world... doesn't. See also "The Great Awakening."

*When someone close to you has a heart attack or stroke within days of being vaxxed, you get suddenly **red-pilled**.*

*If you believe what you see with your own eyes, rather than what a corporation tells you, you have taken the **red pill**.*

**Emergency**, noun.

Something dangerous or serious, such as an accident, that happens suddenly or unexpectedly and needs fast action in order to avoid harmful results. Well, look around. Do you see anything sudden or unexpected? It's all the same 'ol, same ol' as far as I can tell. By definition, you can't logically call anything that lasts for two years an emergency. If there ever was an emergency, apart from government and hospitals creating conditions that hastened hundreds of thousands of deaths, it's over now.

But Biden wants to extend the "emergency" beyond the two-year point. The National Emergencies Act can be invoked by the President but it can also be revoked by Congress. Although Biden cites deaths from COVID as the reason for prolonging the "emergency," it is clearly aimed at the convoys that are rolling his way.

*A true leader deals with impending issues before they become an **emergency**.  
"There is nothing so strong or safe in an **emergency** as the simple truth."*

(Charles Dickens)

**False flag**, noun or adjective

An intentional misrepresentation, especially a hostile act that is made to appear to have been perpetrated by someone other than the party actually responsible. The term originates from ships flying a flag other than their own to evade identification. Pirates would fly a legitimate flag in order to get close enough to a target ship to launch an attack. Now the term means an operation carried out to be pinned on an enemy organization, to destroy that organization's reputation or to hide illegal activities by misplacing responsibility.

*Some people believe that the January 6 debacle was a **false flag** to rush through the certification of the 2020 electoral votes. Truckers are expecting a **false flag** attack to make the Convoy appear to be dangerous.*

**MORE WORTHWHILE READING**

A perfectly brilliant essay about Trudeau and the truckers, by a Protestant pastor with a gift for words

<https://dougwils.com/books-and-culture/s7-engaging-the-culture/tin-soldiers-and-trudeaus-coming.html>

New series with John-Henry Westin, "Faith and Reason", Episode 1: The New World Order. Features Fr. James Altman

<https://www.lifesitenews.com/video/exposing-the-sinister-connection-between-the-vatican-china-and-the-new-world-order-faith-reason/>

Steve Kirsch interview with Canadian researcher Dr. Byram Bridle. Kirsch is a brilliant researcher; Bridle is the Canadian physician who first obtained the biodistribution studies that showed accumulation of vaxx spike protein.

[https://stevekirsch.substack.com/p/my-interview-with-dr-byram-bridle?utm\\_source=url](https://stevekirsch.substack.com/p/my-interview-with-dr-byram-bridle?utm_source=url)

Will hemorrhagic fever be the next pandemic? Chinese whistleblower drops a bombshell and says Chinese Communist Party is already buying up the drug that appears to be most effective against HF.

[https://jdrucker.substack.com/p/exclusive-dr-li-meng-yan-reveals?utm\\_source=substack&utm\\_campaign=post\\_embed&utm\\_medium=web](https://jdrucker.substack.com/p/exclusive-dr-li-meng-yan-reveals?utm_source=substack&utm_campaign=post_embed&utm_medium=web)

800,000 US children aged 5-11 missed school days due to serious adverse vaccine events

<https://dailyexpose.uk/2022/02/23/800k-kids-missed-school-adverse-reaction-covid-jab/>

The vax-pushers' pathetic last stand, a dispatch from an excellent writer, Mark Oshinkie

[https://markoshinskie8de.substack.com/p/the-vax-pushers-pathetic-last-stand?utm\\_source=url](https://markoshinskie8de.substack.com/p/the-vax-pushers-pathetic-last-stand?utm_source=url)

**Prayer**

## Staying right with God

CatholicTradition.org hosts an online book published originally in the 18<sup>th</sup> century, entitled "The Four Last Things: Death, Judgment, Heaven and Hell" by Fr. Martin Von Cochem. Region 8 member Sue said that reading this book made her never want to even come close to sin for the rest of her life!

This would make a good read for your holy hours during Lent this year. You can read it on any device. <http://catholictradition.org/Classics/4last-things.htm>



## Meet a Member

What are members thinking about CORAC these days?

### Danielle Schott, Region 4 (Heart of Dixie)



Danielle was a “founding member,” joining CORAC immediately when Charlie announced its formation in 2020. She’s participated in regional Zooms, personal visits with other CORAC members, including Charlie, and one of the homeopathy classes offered by Health and Wellness.

She’s most interested in **skill-building** opportunities: growing food, medical care if doctors are unavailable, radio communications, sewing. She sees that we need more participative members, who could share a skill with others. She’d also like to see us plug into the growing “parallel economies” as people find ways to work around corrupt industries.

Danielle believes that God wants the world to get **small** again, living closer to the basics. She senses that there is an awakening going on, but that the door may be closing. Everyone will have to choose sides, soon. The remnant will be small, but faithful, like David facing Goliath. She thinks that’s where CORAC has a chance to shine. We have spent the past year building and figuring out what we’re going to do, who we’re going to be. We are on a **trajectory**, and our big moments are still ahead of us.

Take-aways:

- Members with “small living” skills might volunteer to teach a class: sewing, carpentry, gardening.
- Members who are just observing might consider taking a more active role. Everyone has something to offer.
- If you have ideas, contact your regional director. Or just act on them!

Here’s an [initiative](#) out of my hometown, Tyler, Texas. The creator of this site (she’s not a CORAC member, but a great example for us) just up and did this herself. She saw a need, and took action. She gathered the names of farms, ranches, growers, apiaries, artists and craftspeople who serve the East Texas community, published them on a website with links to individual suppliers, and even mapped them out so a user could easily see who is nearby. It’s a complete win-win! Producers find a readier market, consumers have healthier products, and any governments manipulations of the supply chain or food safety will have less effect on our community.

We envision a closed-loop supply chain of production, processing, distribution and consumption that will provide stability in food availability, job opportunities for our friends and neighbors and economic growth for the region.



**ANYONE COULD DO THIS  
IN ANY PART OF THE COUNTRY**

## Appendices

### GOING TO THE CONVOY

**FUEL:** Top off your tank before you get to convoy route to avoid any shortages or long lines to get gas.

**SUPPLIES:** Load your car as though you're taking a long trip, just to have anything that may be needed.

- Warm clothes
- American flags
- Noisemakers (air horns, cowbells)
- Signs, good for parking lots and roadsides. Make them big to be visible. Ideas below.
- Phone charger and extra battery if you've got one
- Extra water and food
- Cash
- First aid kit
- Blanket
- Tool kit with hammer, duct tape, string, scissors... might come in handy

**DRESS:** High-visibility colors like red, orange, neon yellow. If you have a safety vest or headlamp, bring them.

**LADIES:** Don't carry a big purse. Use a passport pouch or backpack instead. Take precautions, as there may be crowds. If you're standing for a long time with flags and signs, a big purse or pack is going to wear you out anyway.

**WEATHER:** Check before you go and remember, your body gets a lot colder standing still than moving.

**SAFETY, SAFETY, SAFETY:** Be watchful, prudent, situationally aware. We can't support the truckers if we're creating emergencies of our own.

**HISTORY:** This convoy may fizzle. Maybe people are too scared and controlled. Maybe America is not ready to wake up. OR... maybe this convoy will grow like crazy. Maybe it's the very thing that WILL wake people up. Maybe it's part of God's plan to bring His people back to Him. One thing I do know is that this convoy is history in the making. It is ordinary people, coming together, to defeat tyranny and hand over a safe, sane homeland to their children.

Some ideas for signs:

