

CORAC Newsletter

Region 8

April 9, 2021



This is our third bi-weekly newsletter. It's meant to consolidate all the information you get from CORAC Region 8. The next newsletter will come out on Friday, April 23, 2021. We welcome any comments you may have.

RC Report

Region 8 alerts, from the Regional Coordinators



Greetings Region 8er's!

This has been a hectic couple of weeks trying to get ready for Charlie's Houston presentation. Knowing the right-sized venue is always a challenge. We were planning to use our neighborhood clubhouse, but this morning, after prayer and soul searching, we are stepping out in faith and getting a larger location in Friendswood, south of Houston. It is a converted hangar, so the theme of the Texas talks will be aeronautical, since the Dallas location will be held in a flight museum.

We hope you can make one of the talks in Region 8. Advance notice is appreciated, but not necessary. The contact person for each talk is listed below.

CORAC's first national convention will be held the last weekend in June, close to Rapid City, SD. Details below.

Our Zoom meetings – every other Tuesday – are going well. We are more comfortable with the technology and we've learned to close with prayer at the 40-minute mark, then just chitchat until we are cut off. This keeps our meetings from running overtime, possibly causing busy people not to attend.

Hoping all who can will attend the Houston, Dallas or Covington talks, and bring friends. Michelle and I are hoping to attend all three, and get to meet you.

Yours in Christ,
Ed & Michelle Haren

CHARLIE'S VISIT TO REGION 8

| | | | |
|--------------------------|-------------------------------|---|---|
| Houston (South Texas) | Saturday, April 17 1:00 pm | Leavesley Park Jones Hangar 901 Buckingham Dr. Friendswood | Ed Haren coracregion8@gmail.com |
| Dallas (North Texas) | Friday, April 23 6:00 pm | Frontiers of Flight Museum 6911 Lemmon Ave, Dallas | Sheryl Collmer sclare27@aol.com |
| Covington (South LA) | Wednesday, May 5 6:00 pm | The Teresian Center 18104 St. Joseph Way, Covington | Christy Bodenheimer christybodenheimer@hotmail.com |

You can also check Charlie's schedule here: <https://corac.co/meetings/>

CORAC News

From the national organization and other regions



NATIONAL CONFERENCE – IT’S DEFINITELY HAPPENING! SAVE THE DATE JUNE 25-27

The CORAC national conference “Faith, Family and Freedom” in Rapid City, South Dakota (gateway to Mt. Rushmore) will be June 25-27, 2021. Lodging blocks and meals have been procured, at very reasonable cost. Speakers and vendors are being contracted as you read this. By the next newsletter, we will have a registration link for you. Meanwhile, start making plans, because it’s a done deal!



There will be practical workshops concerning communications, health and wellness, sustainable practices, prayer and education... all in the context of the current uncertainties. Best of all, you will meet other like-minded and like-hearted people who will bolster your hope and confidence in ordinary people stepping up to do what’s needed.

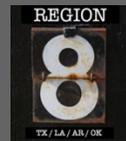
Go to the website to read more about the conference, topics, and lodgings. It’s on the Community Forum under Region 9. <https://corac.co/community/region-9/> Remember that you must login to access the Forum.

Watch the easy Quick-Start Guides if you are unsure how to use the website and community forum.

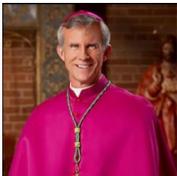
<https://corac.co/help-user/>

Region 8

What’s going on in our region



CATHOLIC FAMILY CONFERENCE – MAY 1



Registration is now open for the conference to be held at the Irving Convention Center on Saturday, May 1. The all-access live pass is \$195, which includes gala dinner, and the virtual family pass is \$40. The conference will feature Bishop Joseph Strickland, Steve Ray, Trent Horn, Ralph Martin and Cardinal George Pell, among others.

<https://mailchi.mp/04fb694adec9/catholic-family-conference-tickets>



STUDENTS AND TEACHERS ARE UNDER SIEGE – APRIL 13

Kristen and Rick Martinez are hosting a meeting in their home on Tuesday, April 13 at 7:00 pm to discuss how to protect school children, as well as their teachers. It will be casual, probably outside, so bring a lawn chair. 1433 Holly Ridge in Keller. Call Kristen for more info 817-907-2582

This is exactly what CORAC members must do... notice a need and take a small step towards a solution.

SCHOOL BOARD ELECTIONS

Many local Texas governments have elections on Saturday, May 1. Without principled pro-life, pro-family leaders in local authority, our values will not be upheld. This is especially true in school board elections, where elected boards decide what children will or won’t be taught. [School Board Election Voter Guides are available](#) for many Texas counties.

Check for your county, and share with friends and neighbors.

<https://ivoterguide.com/election?elect=824&partner=txvalue&Type=EmailBlastContent&Id=bca55c19-ccd5-441a-8cf9-83d4a1037dfb>

Louisiana residents, check here: <https://prolifelouisiana.org/elections>

Oklahoma residents, check here: <https://oklahomansunitedforlife.org>

Arkansas residents, check here: <https://artl.org>

I apologize that our news is so Texas-centric. The majority of our members are in Texas right now, but we want to build up the non-Texas groups. Region 8 residents in other states, please submit news or information pertinent to your state.

Health & Wellness

Staying robust in trying times



The long-term purpose of this section is to provide information about whole-person strategies to maintain health when mainstream medical care might become hard to access. But for now, I have to focus on the pandemic and the vaccine, because the disinformation campaign on those subjects is limiting the hard information we need to stay healthy.



Dr. Ryan Cole is the CEO and Medical Director of Cole Diagnostics, conducting over 100,000 Covid-19 lab tests. He has been an MD since 1997, serving his residency at the Mayo Clinic. He spoke to Capital Clarity on March 4. At last glance, the excellent full video could be viewed at: <https://www.bitchute.com/video/DZySZI6urw1j/> but it does keep mysteriously disappearing! Below are my own notes from the video:

THE NUMBER 1 PUBLIC HEALTH MESSAGE THAT WE ARE NOT HEARING



The primary risk factor for severe symptoms related to COVID-19 is Vitamin D deficiency. 80% of those hospitalized for COVID symptoms were found to be Vit D deficient. The “cytokine storm” is what has caused many deaths from COVID, and normal levels of D inhibit the cytokine storm.

Below the 35th parallel (most of Region 8), we can synthesize enough Vit D through our skin in the summertime to be within normal D range, but everyone should supplement D in the wintertime.

Fat reduces Vit D absorption, which is why obesity has been found to be a major correlating factor for severe COVID. Darker pigmented skin reduces D synthesis, which is why race has been correlated with symptomatic COVID. Higher latitudes get less sunshine, and so people farther north tend to be more deficient in D.

It's all about Vitamin D! This has been proven in placebo-controlled trials. Normal levels of D have reduced symptoms of COVID by 90%. Normal levels of D also lower the incidence of certain cancers and depression, so what's not to love about D?

How much D? The most accurate way to determine dosage is to have your blood tested, and supplement up to the normal range. The RDA (recommended daily allowance) of 5 micrograms (200 IU), set 70 years ago, is woefully inadequate. Even Fauci admits to taking 8,000 IU of Vitamin D in the wintertime (though that information has not found its way into public health announcements.)

In addition to supplementing Vitamin D, Dr. Cole recommends reducing carbs and sugar in the diet as they are inflammatory, which makes a body more susceptible to disease.

The “vaccines” are not approved, as they have not successfully passed Phase III and IV clinical trials. They are being distributed to the public under “Emergency Use Authorization” which can only be granted if there is no known treatment for the disease (and there *is* a treatment; see below.) The NIH (National Institute of Health) is responsible for granting approval, and yet the NIH co-holds the Moderna patent! The fox is guarding the henhouse; huge conflict of interest.

The one treatment that has been massively effective is not being mentioned by the media. Ivermectin, an anti-parasitic drug, has been shown to be 99% effective both as treatment and preventative. If this drug were to be widely prescribed, there would be no need for masks, shut-downs, loss of jobs and income, and so-called vaccines that are enriching the pharmaceutical companies. The cost of Ivermectin is several cents per dose. In 100% of the trials worldwide, Ivermectin has been effective.

To get Ivermectin, which many doctors have been prohibited from prescribing for COVID, visit America’s Front Line Doctors, Front Line Critical Care Alliance or myfreedoctor.com online.

What people call “the vaccine” is not a vaccine, but an experimental genetic device. It is not known whether it will cause a cytokine storm in those 80% of Americans who are D-deficient. It is not known if it will cause an autoimmune attack. It is not known if it will destroy the placenta in a pregnant woman. It is not known if pathogenic priming will cause the virus to be fatal when encountered in the wild after having taken the genetic device. It is a giant unknown.

Why are physicians not telling us all this? Doctors tend to be protocol-driven, and most will follow the guidelines being handed down to them from Washington.

<https://www.americasfrontlinedoctors.com>

<https://covid19criticalcare.com>

<https://myfreedoctor.com>

Ex-Pfizer VP Concerned About Experimental COVID Vaccine

Former Vice President at Pfizer, Dr. Michael Yeadon, who has over 32 years of experience in pharmaceutical research and development, has penned a letter to the UK’s head of Health and Social Care, expressing his deep concerns over the experimental use of COVID “vaccines” coming to market.

“It’s abundantly clear that the authorities are bent on a course which will result in administering ‘vaccines’ to as many of the population as they can. This is madness, because even if these agents were legitimate, protection is needed only by those at notably elevated risk of death.

There is no medical rationale for it. Knowing as I do that the design of these ‘vaccines’ results, in the expression in the bodies of recipients, expression of the spike protein, which has adverse biological effects of its own which, in some people, are harmful (initiating blood coagulation and activating the immune ‘complement system’), I’m determined to point out that those not at risk from this virus should not be exposed to the risk of unwanted effects from these agents.”

Read full transcript at: <https://www.americasfrontlinedoctors.com/exclusive-former-pfizer-vp-to-aflds-entirely-possible-this-will-be-used-for-massive-scale-depopulation/>

Watch full video at: https://brandnewtube.com/watch/ex-pfizer-vp-concerned-about-experimental-covid-vaccine_WjmMVkNrgHqrZgP.html?lang=type

Communications

Staying in touch when channels are spotty



In the last newsletter, our resident Comm expert, Paul Allred, gave us an overview of some of the radios civilians might use for emergency communications. This time, I asked him whether **CB (Citizen's Band) radios** were still around, and whether we might profitably use them. Here is his interesting answer:

- 1) CB radio is still in use today. It's no longer the "children's band" that it had evolved to in the 'Smokey and the Bandit' era. When I tow my boat from Texas to Michigan in the summer, I have a CB radio in the truck, because many truckers still use CB radio, and it's turned into a mostly semi-professional communications system. Often on the drive it's fairly quiet, but when an accident happens, there's always a few truckers who will give reports on where the problem is, how far the road is backed up, etc.... extremely useful information on the road.
- 2) In my remote retreat, I have a CB radio base station, which has as its primary mission to talk to the truckers (the highway is 7 miles away) coming in and out of the metroplex. It will be a fantastic source of real-time information from truckers about what's going on. The secondary mission of my retreat CB radio is to reach out to others with base stations out in the country, for communications about what's happening.
- 3) SSB CB radios cost a few dollars more, but they can use "skip" to talk all around the country....skip isn't always working, but when it is, there are normally *many* other CB stations on SSB to talk to, and it's another way to have communication.
- 4) CB radio equipment is generally less expensive than Ham Radio equipment, no license/training is needed, and its generally much simpler to operate than Ham Radio.
- 5) There is a wide variety of CB radio equipment available today. You can get a simple "basic" 40-channel CB radio and antenna for \$100, or you can spend \$300 for a higher powered antenna, and it will communicate further.
- 6) Bottom line, CB radio absolutely has a place in prepping, and is enjoyable.

Here are some examples for reference only...I haven't shopped for the best prices.

- a) 40-channel, 4 watt, "basic" radios....all the big brands have models for less than \$100 in this category. Look for a model that has WX receive (NOAA Weather Radio) built in. An example is this unit: <https://www.wearecb.com/president-andy-am-fm-dual-voltage.html>
- b) The more full featured 40ch 4 watt radio with additional features such as built in SWR meter, scanning, etc... which will cost a little more than \$100....such as this unit: <https://www.wearecb.com/johnsonii-cb.html>
- c) SSB Radios....in addition to the regular 40 channels, these radios have the additional SSB (single side band) channels added....this is where you can get into "Skip" and talk around the country when the conditions are right. These cost closer to \$200 to get the additional SSB feature. <https://www.wearecb.com/mckinley-president-deluxe-am-ssb-cb-radio-clone.html>



- d) The "10 Meter" radios.....these radios are not technically CB radios...they come from the factory set up for 10 Meter Amateur radio use....but, for a small fee...usually \$25 or so, the dealer will modify (retune) the radio so it works on CB channels. The reason these "10 Meter" radios are popular is because they put out more than 20x the power of the regular 4 watt CB radio. The brand that is extremely popular with truckers, and which I think are *wonderful*, is the Stryker brand....here's an example of such a radio that has the SSB and 80-90w of power! You will have to spend another \$35-45 on top of the purchase price of this radio to have it "tuned" so it will work on the CB bands, as it does not do so right out of the box. This is the ultimate, and most can get by with less of a radio...but, I love them! <https://www.wearecb.com/stryker-sr-955hpc-10-meter-radio.html>

Sustainable Living

Home skills for self-sufficiency



SEEDS

If you plan to save seeds from year to year, it is important to know their characteristics. It's not quite as simple as just drying and saving the seeds from your current crop of vegetables. Here is a glossary to help you discern the differences:

Open-pollinated: These seeds can be saved and re-planted every year to "yield true"; that is, they will produce the same plant from year to year, although there may be some variation depending on what is planted nearby, as cross-pollination by wind or insects can change the traits from season to season.

Heirloom: Open-pollinated varieties that result from natural selection rather than specific hybridization (below, F-1). They are naturally occurring varieties from before the 1960s, when breeders began hybridizing widely. These seeds will "yield true" from year to year.

Hybrid, or F-1: First-generation seeds produced by crossing two pure lines. For example, a breeder may cross an unusually high-yield tomato line with an unusually frost-resistant line, and create an especially productive, hearty tomato. Seeds from F-1 hybrids can be saved and replanted, but they will not "yield true" in the second plantings; that is, they may lose the frost-resistance or the high-yield traits.

GMO (Genetically Modified Organism): The term "genetic modification" covers both natural hybridization (above) and genetic engineering (below). When "GMO" is applied with a negative connotation, it is actually referring to "GE", genetic engineering.

GE (Genetically Engineered): These are seeds produced by high-tech methods to incorporate foreign genes directly into an organism by recombinant DNA techniques. These plants don't occur naturally; they are "engineered" in a lab by human manipulation, and are used by large commercial enterprises.

Learn more at "[Real Gardeners Start From Seed](https://www.reneegarden.com/blogs/gardening-resources/tagged/growing-from-seed)"

<https://www.reneegarden.com/blogs/gardening-resources/tagged/growing-from-seed>

Recommended resources for seeds:



Other Items of Interest

Random items I

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

<https://territorialseed.com>



A story for of redemption for Divine Mercy weekend, “Divine Mercy Inside These Stone Walls.”

“In the darkness and aloneness of a prison cell night after night for the last two of his twenty years in prison, Pornchai has stared down the anxiety of uncertainty, he has struggled for reasons to believe, and he has found them.”

Read the moving story of Pornchai Moontri and Divine Mercy here: <https://mercytothemax.com/book-pm/>

STATEMENT OF CONSCIENCE

A powerful statement of conscience has been published to address the significantly ignored problem of using aborted fetal cells in the so-called “vaccines.” Read, ponder and consider signing the statement of conscience:

<https://mailchi.mp/7742dd12483f/statement-of-conscience-to-awaken-conscience>

WHY I SIGNED THE STATEMENT OF CONSCIENCE

An excellent moral argument regarding the so-called “vaccine” by Michael Pakaluk:

“For Catholic ethicists to assure us solemnly, as some have done, that we can licitly take the “abortion tainted” vaccines, for the reason that our material cooperation with abortions in the past would be “very, very remote,” is philosophical foolishness of the highest order.”

Read the full article here: https://www.crisismagazine.com/2021/why-i-signed-to-awaken-conscience?mc_cid=c99ebdd099&mc_eid=9062d1d759

If you are still feeling that you might want to risk the “vaccine”, for your own reasons, this article from The Catholic Thing may help. It makes no judgment on the questionable scientific merit of the genetic manipulation, but elucidates the moral decision. It should be read in conjunction with the article above.

“Catholic teaching is that the right answer in such cases demands that I evaluate my own circumstances to understand what is prudent, courageous, and just. Our responsibilities and duties vary, and so the prudent answer will vary. But there is an unchanging eternal law, an invisible moral order that is not found in what makes me “comfortable,” which must guide my choice in whatever circumstances I find myself.”

<https://www.thecatholicthing.org/2021/04/09/to-vax-or-not-to-vax/>

Prayer

Staying right with God



Our Lady of the Immaculate Conception, Patroness of the United States of America, please help our country. Help us to return to what is decent, right, and proper. Help us to return to respect for ourselves and others, to truth in dealing with ourselves and others, to self-control and self-discipline, and, especially, to a deep love for your son and his teachings. Protect us from those who would destroy us from within. Our Lady, we place ourselves and our country under your mantle. Pray for us and help us. Amen.

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