

CORAC Newsletter

I do not ask to see the distant scene; one step enough for me.

October 17, 2022



Read this newsletter in PDF format for greatest clarity. Print out any sections you might want in a power-out situation.



From the cockpit:

CORAC founder Charlie Johnston traverses the country in his trusty Outback to speak personally to crowds from one coast to the other.

Keep It Simple

In order to maintain the illusion of control in times of great stress people tend to concoct elaborate explanations for why things have gone so wrong and to develop equally elaborate and grandiose schemes for how to set them right. All this accomplishes is to internalize a false narrative about what has happened while developing an elegant scenario for how to right it – a scenario doomed to failure from the start.

Peaceful times are like canoeing on a lake. You are in control and can steer wherever you want to go. Tumultuous times are like coming down a violently moving river and shooting the rapids. In the latter times, seeking absolute control is the most likely thing to cause you to capsize. What is important is your ability to see what you face as you face it, and to react to sudden obstacles with dispatch.

I'll be blunt. We are not in the position we are in because of an 800-year-old Masonic conspiracy or because of Vatican II or because of the Bilderbergs. People's minds always want to impute massive, coordinated machinations to powerful, shadowy groups that have spent decades or even centuries preparing and executing their nefarious plans. The simple truth is that this is the human condition. Faith and honor weather tribulation quite well – even growing stronger in the midst of it. It is peace and prosperity that is our Achilles' heel.

During tribulation, people eventually realize that things are too big for them and learn anew to rely on faith to sustain them. Though it is often to their surprise, they discover it works. In prolonged periods of peace and prosperity, ambitious second-rate minds are seduced into believing that they are the architects of it all – and kick God to the curb along with honor and humility. They are invariably shocked when they find that they do, indeed, reap what they sow.

There is an evil mastermind – the satan. Oh, how he delights in seducing those ambitious, second-rate minds into believing that they built the blessings God conferred. (The first fact-check was when the serpent, in the Garden of Eden, told Eve that contrary to what God said, she would NOT die if she ate of the forbidden fruit, but would instead become like God herself. After all these millennia, ambitious, second-raters are still falling for variations on the same theme. And they think themselves smart!)

Over the course of my life, I have been invited into a couple of those big, shadowy secret societies. On each occasion, I have had to struggle to keep from laughing out loud. They are not composed of masterminds, but of willful, scheming, vain mediocrities. They don't know that the only possible outcome of their intrigues is death.

Wisdom is to acknowledge God, see where you are, take the next right step to where you would like to be, and comfort those on the journey with you. Leave the rest to God. This is simple to describe, but brutally difficult for people to live in practice. We all want to know the inside scoop and feel like we are in control.

Keep it simple. Avoid delusions of grandeur and of heroic prowess. Do the little you can that is right in front of you for yourself, the people you love and the people you encounter along your way. When you keep it simple, you invite God to emerge and lead the way. Until you change and adopt the faith and trust of little children in following the Master, you are not

there yet. Keep it simple and, I tell you, God will emerge, He will reveal Himself, and He will rescue you even though you walk through the valley of death.

Acknowledge God, take the next right step, and be a sign of hope to those around you. That really is the sum total of my philosophy. The rest is just detail. Keep it simple.

Charlie Johnston

If communication goes out for any length of time, meet outside your local Church at 9 a.m. on Saturday mornings. Tell friends at Church now, in case you can't then. CORAC teams will be out looking for people to gather in and work with.

CORAC PODCASTS

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

A SIGN OF HOPE BLOG

<https://corac.co/category/a-sign-of-hope/>

CHARLIE'S UPCOMING MEETINGS

<https://corac.co/meetings/#dates-and-details>

Immediatum Operam
Do these things immediately

Get to know your neighbors. Some suggestions here: <https://www.momtastic.com/home/173173-5-ways-to-get-to-know-your-neighbors/>

Prepare to vote. Do not vote early or by mail. Vote in person on November 8. It's our best hope to Defeat the Cheat



VOTE IN PERSON ON ELECTION DAY

Read here 7 steps we can take to save our country from election fraud: <https://www.thegatewaypundit.com/2022/10/2022-midterm-action-list-seven-steps-can-take-save-election-fraud/>

Action Items

The price good men pay for indifference toward public affairs is to be ruled by evil men.

- **Use cash.** Resist the digital economy that will make you manipulable. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <https://truthforsouls.com/2022/07/27/signs/>
- **Fly the American flag.** It's a no-cost act of peaceful resistance, and an encouragement to passers-by.
- **Recruit locally.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.

J6'ers

Justice could be coming for the political prisoners. Trump talks about them more lately, in terms of their being honest citizens with a grievance, rather than "insurrectionists" comparable to the Taliban. The truth will come out!

If you're not already writing to a prisoner, now would be a good time. Many of them are fatigued from the grind of being falsely accused, separated from the families, and even starved. You can bet they're looking forward to the mid-terms, when justice might finally come their way, but despair can strike in the last few miles of the race. Keep supporting these folks.

You can get information about a particular prisoner at these sites:

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

One of the best thing you can send, besides prayers, are puzzles. Try these sites for printable games you can send.

Sudoku: <https://worksheets.theteacherscorner.net/make-your-own/sudoku/>

Word Search: <https://www.wordsearchaddict.com/printable-puzzles/>

Other: <https://www.puzzles-to-print.com>

CORAC Field Day

Join Region 8 for Field Day on November 5.

Charlie Johnston and Mother Miriam of the Lamb of God will speak, and a dozen or so presenters will help us learn some essential homesteading skills.

Details and registration here: <https://coracregion8.ticketleap.com/field-day/>

Price goes up Oct. 20, so register soon!



Health & Wellness

<https://corac.co/health-and-wellness-teams/>

See the webpage for foraging, homeopathy and general health instruction.

FLU SHOT

It's an open question, what's actually in the flu shots this year. I have tried to find a definitive answer, but the big pharmaceutical companies shun transparency, as we have seen by Pfizer hoarding the damning trial data on the covid shot. We may not know for years what is in this year's flu shot, but it's not worth the risk for low efficacy. Some years in the recent past have even shown negative efficacy, which means more people are getting sicker after the shot.

<https://www.conservativereview.com/horowitz-the-bio-weaponization-of-the-flu-shots-2658404994.html>

ANTIBIOTICS IN A PINCH

You can receive antibiotics ahead of need by filling out a medical questionnaire online at Jase Medical. It will be reviewed for any obvious contra-indications. After approval, you receive 5 commonly-used antibiotics (amoxicillin, azithromycin, ciprofloxacin, doxycycline, and metronidazole.) You can also get an advance supply of prescriptions you are currently taking. They will not be paid by insurance or Medicare. <https://jasemedical.com>

Survival Skills and Sustainable Living

<https://corac.co/sustainable-living-teams/>

HOMESTEADING

It's not just us... there is a whole movement afoot to learn homesteading skills before we become the first generation who has no idea how to bring a crop to harvest, make a garment by hand, or preserve food for the winter. When we begin to live more independently, it becomes clear that God has provided for us, in so many ways, through His creation. Rain waters the plants, rises to the clouds, runs to the sea and comes back to us as rain. Ivermectin was a lowly micro-organism found in the soil of Japan. The coffee that brings joy to our mornings goes into the compost bin to enrich our gardens. Homesteading skills insert us back into the cycle of God's providence, making us aware that He has designed this world for our good.

Here are a couple of sites that are going in that direction. Neither has been fully fleshed out yet, but keep an eye out for them.

<https://catholichomesteader.com>

<https://catholiclandmovement.info>

FOR THE MEN

This article is about working with your hands, and how essential that is, especially for men, because of their hard-wired design.

<https://catholicgentleman.com/2022/08/put-your-hands-to-work/>

This website, overall, has a treasury of great stuff for “Catholic Gentlemen.” <https://catholicgentleman.com>

LETTER FROM A PARISH PRIEST ON THE NEED FOR PREPAREDNESS

It's a blessed parish that has a priest willing to recognize what's going on in the wider world, and to urge his parishioners to be ready. His letter includes an assessment of the probability of upheaval based solely on objective facts, spiritual preparation and material preparation, as well. The complete text is in the **Appendix**, in English and Spanish.

MULTI-USE PLANTS

Just as it's handy to have multi-use products in the house, like baking soda, multi-use plants are good to have in your healing garden. A few plants provide a wide array of uses. Read the whole article here: https://www.survivopedia.com/holistic-plants-for-your-garden/?utm_source=newsletter&utm_medium=email&utm_campaign=content100722&utm_content=linktext

Aloe Vera

sunburn, other burns, cuts, acne, anal fissures, and minor skin infections, improves oral hygiene

Chamomile

relaxant for anxiety or sleep difficulty, heals wounds, treats inflammation and skin irritations, and diaper rash.

Calendula

skin irritations, wounds, and burns. Ingested, it can help detoxify the body and heal the gut, gastritis, ulcers, and colitis; antibiotic and anti-inflammatory properties,

Ginger

aids digestion, anti-inflammatory, antioxidant, and antiviral properties, nausea, joint pains, enhances the digestive processes, soothes a sore throat, fights flu and colds. May help reduce risk of cancer, diabetes, and asthma.

Peppermint

fight nausea, antimicrobial and antiseptic, soothe headaches, sore throat, cough, and colds.

Holy Basil

help lower blood sugar levels, fight inflammation and bacteria, help soothe a cough, treat diabetes, reduce fevers, soothe asthma, and ease digestive issues.

Lavender

scent can help treat depression, anxiety, stress, headaches, and insomnia. Topically, it can help ease itchy skin, especially on the scalp. Lavender also has antiviral and antibacterial properties.

Garlic

reduce the risk of heart disease, fight inflammation, prevent cancer, and get rid of bacteria, possibly reduce blood pressure and cholesterol levels, inhibits growth of Salmonella, E. coli, Pseudomonas, and Staph.

Hawthorn

bark can help fight fevers, diuretic, and antispasmodic, fight heart disease by helping treat cardiac weakness, spasms, and murmurs, also sedative for nervous system, help balance blood pressure.

RENEWABLE SOURCES OF PROTEIN

You can put by pouches of tuna and bags of beef jerky, but when that is gone... what? Our gardens will replenish carbohydrates, but we need animals to replenish protein. Poultry is perhaps the easiest answer; first you get the eggs, and then you get the chicken dinner! Find out more about raising chickens:

<https://thefrugalchicken.com/category/our-animals/chickens/>

<https://www.backyardchickens.com/forums/>

TESTING SOIL pH

Most plants will grow in soil of neutral pH, with a value between 6.0 and 7.5, but some plants will thrive only in a more particular range. You can easily test your soil using a commercial kit, for precise results.

If you just want a general idea, try this:

- Dig a soil sample from 4-6 inches deep and remove debris
- Put 1 cup of soil in each of 2 glass jars
- Add enough *distilled* water to each jar to make mud
- Add ½ cup vinegar to one jar
- If the soil fizzes or bubbles, you have alkaline soil.
- Add ½ cup baking soda to the other, and mix
- If the soil fizzes or bubbles, you have acidic soil.



This is a quick and easy test, and a chemistry lesson for kids, too! (The bubbling and fizzing is the result of the acid neutralizing the base, and vice versa.) It is actually more of a fun science project than a precise gardening tool. To find how exactly *how* acidic or base your soil is, you need a testing kit. You can pick them up at Walmart, Lowe's or your garden center, as well as online.

Acidic soil (around 5.5 pH) – add pine needles, sphagnum peat moss, acidic fertilizers to the soil. Contrary to popular belief, coffee grounds are not the best option, as it requires masses of them to make any difference. I have a friend who's made a deal with the local coffee shop. He takes a bucket once a week, they fill it with grounds, and he trades it out for a fresh bucket each Friday. If you are just using your household grounds, it's better to add them to your compost, rather than relying on them for acidifying soil.

<https://www.thespruce.com/methods-to-make-soil-more-acidic-3269735>

Azaleas, Begonias, Hydrangeas. Blueberries, Elderberries, Parsley, Potatoes, Radishes

Alkaline soil (above 7 pH) – add wood ashes or baking soda to the soil

Wood ashes – 1 lb per 50 sq ft of soil, spread on surface, water well, taking care not to affect acid-loving plants nearby

Baking soda – 1 Tbsp per gallon of water, only applying once every few months

<https://drecampbell.com/plants-that-like-alkaline-soil/>

Thyme, Fennel, Oregano, Goji berry, Aloe Vera, Lavender

<https://www.thespruce.com/do-it-yourself-soil-ph-test-4125833>

COUNTY EXTENSION SERVICES

There are agricultural extension services in most counties that have resources for serious gardeners. If you already know your local extension agents, they can help with soil testing and other questions. However, the drive by the USDA to collect a database of gardens makes me slightly wary; the "People's Garden" initiative sounds like a page from a dystopian novel. To the extent that a local service is funded by the USDA, I would be cautious with your personal information.

NON-LETHAL SELF-DEFENSE

Byrna Launchers look like firearms, but are non-lethal self-defense devices that launch a pellet with a chemical irritant. They don't have to be registered, and cost in the range of an inexpensive pistol. Check them out here: <https://byrna.com>

Communications

<https://corac.co/communications-teams/>

NEW CORAC COMMS HELPLINE

The CORAC Comms Team invites member to join the Helpline Signal group. This group was created to share information and answer questions about radios and procedures used in emergency communications. Members of the CORAC Comm team will provide support. Anyone with the Signal link can join and post. If you do not already have access to Signal on your phone and PC or Mac, go to: <https://www.signal.org/download/> or install from the App Store on your device.

Once Signal has been installed, you can access the CORAC Comms Helpline Signal group by clicking here:

<https://signal.group/#CjQKIPmxm16iRQckmRDCr2nVnDjub-yKurb-W6waogOLW3FEhCIDyR6NIYOXmedIuUl3Xis>

There are already 83 members, including the whole national Comm team. That is a wealth of information!

GENERAL MOBILE RADIO SERVICE – GMRS

The CORAC Communications team has agreed that for the majority of CORAC members, General Mobile Radio Service (GMRS) is the best radio technology to use to help you stay connected to your family in an emergency. Why? Because there is no exam and one license covers an entire family for only \$35, and GMRS radios are simpler than ham (amateur) radios.

You can create an emergency communications (EmComm) plan and explain to your family how and when to use the radios. GMRS radios operate on different frequencies/bands and the FCC applies different regulations than ham radios. With a ham radio license, you are allowed to transmit (talk) on ham frequencies/bands, but you must still have the specific GMRS license to operate on GMRS.

So why get a ham radio license if you only want to use GMRS? If you do, you will have a much better understanding of basic electronics, radio components, signal propagation, regulations, and many other important radio topics.

We encourage you to read the enclosed file, CORAC EmComm Using GMRS Radios, to learn more. (**SEE APPENDIX** or download the PDF from the website here: <https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>) The document emphasizes handhelds as the quickest and least expensive way to begin using GMRS, but we are working on GMRS base station guidelines for those who want to invest in technology to increase the range of their signal. We will let you know when the new GMRS base station document is available.

Education

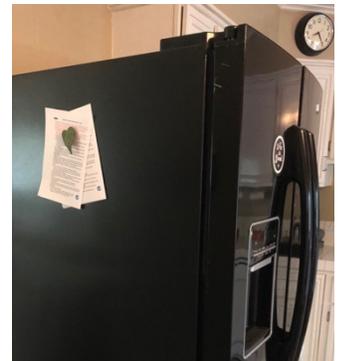
<https://corac.co/education-team/>

If you're a homeschooler or considering it, you'll enjoy the Homeschooling Stories being posted on this page. New content: Your child's learning style: <https://corac.co/2022/10/14/learning-styles/>

Crisis Scenarios

<https://corac.co/crisis-scenarios-team/>

The team has provided PDF checklists for [power outages](#) and [civil unrest](#). Go print them out and post them on your refrigerator. Most of the steps are common sense, but in a crisis situation, you may be glad to be reminded. When we are under stress, our faculties can be temporarily impaired, and a checklist is a good way to restore order in the mind and proceed from one step to the next.



TAKING CARE OF YOURSELF

Lt. Col. Kirby Bowling, of Region 3, recently gave a presentation at a Health Freedom event in Annapolis, MD, entitled "Taking Care of Yourself in Turbulent Times."

Watch here: <https://corac.co/2022/09/23/taking-care-of-yourself-in-turbulent-times/>

Other Items Of Interest

TWO LIGHTS OF THE CHURCH MEET

Last week, Mother Miriam hosted Bishop Athanasius Schneider on her daily podcast. Two wonderful examples of bold Catholic faith talk about the crisis in the Church.

<https://www.lifesitenews.com/episodes/bishop-schneider-joins-mother-miriam-to-discuss-the-crisis-in-the-church/>



THE ENERGY CRISIS IN EUROPE

Americans have an opportunity to observe what destruction may be wrought by short-sided energy policies, as Europe commits suicide with those same policies. Here's what we need to know: <https://catholicvote.org/what-americans-need-to-know-about-europes-energy-crisis/>

DURHAM DELIVERS

The greatly anticipated trial of Ivan Danchenko is proceeding in Washington, and Special Counsel John Durham does not disappoint. It is now in the record that the FBI offered (our) money to Christopher Steele to validate the Trump Dossier. That is treason, a capital offense. Whether or not Danchenko is convicted, that evidence is now on record, and Durham can go up the line with it. Follow the trial through these sources:

Technofog: <https://technofog.substack.com>

Badlands Media: <https://badlands.substack.com>

VAXX CONVERSION STORY

Dr. Michael Turner is a highly-credentialed physician who has had his own personal awakening about the vaxx. Read his story. It might be a good tool to help red-pill friends and family. <https://drturner.substack.com/p/losing-my-vaccine-religion-a-doctors>

REAL ANTHONY FAUCI MOVIE

Robert Kennedy Jr.'s book, "The Real Anthony Fauci" laid out vast, documented facts about the unsavory character of the despicable Fauci. The book was effectively suppressed by the Thought Police. Now they've made a movie exposing the truth about the whole corrupted mess that public health has become, with Fauci as the lead villain. It will be released for free this Tuesday, October 18. None of the Big Boys want to touch it for distribution, so go to the website, watch the movie and decide if you want to pay it forward. <https://www.therealanthonyfaucimovie.com/trailer/>

TRUMP ADDRESSES THE UNSELECT COMMITTEE

Trump sent a letter to the J6 Committee, expressing much of what has frustrated and angered all of us for the last two years, as we watched innocent people have their lives ruined for political show. His language was contained (for him). It's surely a sign of hope. Download the letter to read here: <https://www.simonparkes.org/post/donald-j-trump-october-13-2022>

COVID EMERGENCY

Despite the fact that Biden announced to the world on television that the pandemic was over, he renewed the "public health emergency" for 90 more days. Since that will cover the mid-term election in 22 days, such measures as mail-in ballots and dropboxes can be prolonged unnecessarily. It's some dirty dealing. There hasn't been an emergency for 18 months, if there ever was one. <https://www.foxnews.com/health/us-extends-covid-public-health-emergency-after-biden-declared-pandemic-over>

Regional News

REGION 12 - COLORADO & UTAH

On Friday October 7th, the Northern Colorado team hosted a dinner and the second of Charlie Johnston's talks this month during his Colorado stay. The next morning some 20 members journeyed with Charlie on a pilgrimage to Camp St. Malo and St. Catherine of Siena Chapel on the Rock at the foot of Mount Meeker at the front range of the Rocky Mountains. It has been a very special place for Charlie, and for many other visitors as well.

St. Malo has a century-long Catholic heritage in Colorado and was the site of a visit by St. Pope John Paul II during his trip to Denver for World Youth Day in 1973. Charlie later walked the same prayer path as the Holy Father many years later, during his own cross-country journey on foot.

On Saturday, following Mass, Dr. Lisa Van Bramer, the guardian of the traveling missionary image of Our Lady of Guadalupe in Colorado, spoke about the miraculous image and subsequent relics. The image was brought from New England, and is now on a two-month visitation throughout Colorado. Thereafter, the CORAC faithful processed with Our Lady across the sacred grounds, praying the Rosary, and resting for a time at the foot of Mt. Meeker.



Our morning concluded with Charlie greeting and thanking the CORAC pilgrims for their commitment and engagement this past year. This was his last day in the state before hitting the road again for Nebraska and parts east on his continuing road trip and great adventure to meet with CORAC members across the country.

The Missionary Images are actual 5' x 6' replicas of the original Miraculous Image left on St. Juan Diego's cloak (tilma). They were blessed at the Basilica of Our Lady of Guadalupe in Mexico by the Rector of the Basilica to bring conversions, reverence for life, sanctification of the family, and solidarity of the Church in America. They have journeyed on Visitations in the New Evangelization throughout the world. The Images have visited each state of the United States in over one thousand parishes, and have been brought to both abortion clinics and pro-life pregnancy support resource centers. There have been thousands of Masses, Confessions, hours of adoration of the Blessed Sacrament, and Rosaries in the presence of the Images. Many signs, wonders, conversions, healings, reconciliations, and graces are reported. For additional detailed information about Our Lady of Guadalupe and these images, see Appendix.

Prayer

<https://corac.co/category/prayer-teams/> See the webpage for the Catechism series and other prayer topics.

GOD DOESN'T TALK TO ME

Simple steps to take so that you receive what the Holy Spirit wants to speak to you: <https://www.catholiceasttexas.online/god-doesnt-talk-to-me-how-to-learn-to-listen-to-the-holy-spirit-speaking-in-your-life/>

OCTOBER PRAYER INTENTIONS

Please keep these intentions in your daily prayers:

- *For CORAC members, that those who are already active be sustained and infused with renewed vigor and that ALL of us support the leadership and our purpose by continuing to be or becoming members who do things and tell the stories of how God is at work in our good works
- *That while we engage in the good deeds which are bringing God's Kingdom more fully, we never lose sight of our First Love
- *For a strong, ongoing response to CORAC fundraising efforts
- *For those affected by Hurricane Ian as the clean up and rebuilding continue
- *That we embrace Charlie's call to "... stand together effectively, rather than just curse the darkness. Let us be the light to a world in darkness that many may find their way back to health and hope."
- *That each of us carves out time for silence and contemplation with the Lord, every day, giving Him opportunities to calm us, steady us and focus us for each next right step
- *For all the intentions carried in the hearts of CORAC members

St. Gabriel, enlighten us. St. Michael, defend us. St. Raphael, protect us.
Ave Maria, Stella Maris!

Appendix

A letter from a parish priest to his flock last week:

I. Throughout history, God and His Saints have given messages which, while not requiring the assent of faith, have been shown to be authentic. These have more frequently indicated that a major societal upheaval and tribulation (not the second coming of our Blessed Lord, of which we know not the day nor the hour!) are at hand. But one could discern this without any private revelation – an awareness of who is behind our financial-governmental systems is enough to realize that the best interest of the average person is not the priority of those in power and that our economic/digital network is extremely fragile. Being **prepared** for some kind of social upheaval is merely prudent.

II. Spiritual preparedness is far more important than material, of course! If you do not believe, then please ask for the gift of Faith and investigate the Christian Religion as found in its completeness in the Holy Catholic Faith. If you believe but are not yet baptized, please seek instruction for Baptism. If you are baptized but do not regularly participate in the other Sacraments, especially Confession and the Holy Eucharist, please prepare well and do so! God has promised pardon for our repentance but not tomorrow for your repentance! We know not the day nor the hour! (St. Matthew 24: 36)

I particularly recommend a good general confession, confessing all your sins from your past, especially those that you are not sure that you have confessed (even if you no longer feel bad for them!).

We should also have those tokens which Heaven has given us for our aid, *sacramentals* – exorcised/blessed salt, water, and (olive) oil; Medals (Miraculous Medal, Cross of St. Benedict), Icons, Rosary, Scapular, etc.

III. We should not, however, neglect the **material** preparations. We have no idea exactly what form this probably upheaval will take, and so it is impossible to prepare for every contingency. However, we should assume that any service you do not provide for yourself will be unavailable:

Fuel – never have less than ½ tank of gas; store some fuel and also replacement engine oil, wiper fluid, etc.

Electronics – do not rely on having your phones or computers; have landline numbers for those with whom you want to be in touch; have physical copies of things you rely on apps for.

Books/Education – spiritual/Religious, medical (e.g. first aid), horticultural, survival, academic, cultural/recreational, among others!

Food – have a supply of easily-preserved food for yourself and your family (beans, rice, canned goods, emergency rations); plant what you can in a garden; have a store of salt and herbs.

Water – have a supply of both potable and non-potable water.

Candles – have a supply of candles (at least a few 100% beeswax) and other heat/light sources in storage.

Medical – it would be good to have a trauma-level first aid kit (and know how to use it!).

Caveat: While we need to be prepared, neither should we hoard. We need to have what we need to support ourselves and those who depend on us. To have more is good, if we do so in order to help those who were not able to or did not know to prepare!

IV. Regardless of what happens or how much we prepare, the world is our ship, not our home (St. Therese of Lisieux). We cannot prepare for all contingencies, nor should we expect to. Do what you can and pray for what you cannot - **surrender** everything in the hands of Divine Providence. Please be especially mindful of the young – teach them how to surrender, to not be anxious about difficulties in this passing world (St. Matthew 6: 25 et seq.). “O Jesus, I surrender myself (my family, etc.) to You completely, take care of everything!”



How to Create an Emergency Communications Plan Using GMRS Radios

The purpose of this document is to provide guidelines to create a plan for local emergency communications using General Mobile Radio Service (GMRS) radios. We recommend that you print this document and the webpages referenced, purchase your radios, and begin to practice with them as soon as possible. It is also wise to take notes on any videos you watch. An index is provided on page 6.



Figure 1: GMRS radios can help you stay in touch with family and friends during an emergency.

Important: We explain why GMRS is a good option for many people, however, learning to use radio technology is by nature a very self-directed effort. Unlike cell and landline phones, there are no technical support groups to call about programming or using your radios. Further, GMRS radios are not considered ham (amateur) radios because they operate on different frequencies and under different Federal Communications Commission (FCC) regulations; therefore, most ham radio clubs do not directly support GMRS. Please carefully consider these factors before you purchase radios.

Q: Why should I have an emergency communications plan that includes radios?

In the event of local or regional power, phone and/or Internet outages, you may find it impossible to reach your family and friends. An emergency radio communications plan that you have prepared in advance can help you reconnect with your loved ones to request assistance or check on their status. There are distance limitations that depend on many factors. (See sections J & M.)

A. How can I prepare an emergency communications plan? Review this entire document, then:

1. Create a list of the people you will want to contact when an emergency occurs. These people should be within a few miles of your location. (See section M.) Give each person a GMRS radio and a copy of your plan. People who are not covered by your family license should obtain their own license. (See sections E & F.)
2. Identify a channel for members to monitor, such as 16. You should also identify a secondary channel if the primary channel is busy with someone else's conversation.
3. Identify specific time(s) to monitor and transmit/talk (such as, every *X* hours starting at *Y* pm, monitor your (primary) channel *Z* for five minutes. Having prearranged call times enables you to turn off your handset and preserve the batteries.
4. Program the radios beforehand. For family members, you can place a sticker on each one with the FCC callsign you receive with your GMRS license.
5. Print out your plan, including contact names, primary and secondary channels, and timeslots to use in an emergency. Laminate the plan and give it to each contact. Ensure each person also has printed instructions on how to use the radio.
6. Assess your plan by trying it out. Tell your contacts to 'meet' you at a specific time on a specific channel. Take turns speaking into the radios. Make note of whom you can reach and where you are when you do so. Even using repeaters, some people will be beyond your radio's range.
7. Encourage everyone to continue practicing with their radio, and to place it where they can easily reach it in an emergency.

For more information on how to create an emergency communications plan, go to:

- *How To Make a Family And Group Emergency Radio Communications Plan – Livestream*
<https://youtu.be/T9J0VukHr6c?t=860> (Start at 14:20.)

- *Emergency Communication Preparedness - An Introduction*

<https://youtu.be/NGD7Mr7-2tg?t=19>

- *A Prepper's Guide to Communicating in an Emergency* <https://theprovidentprepper.org/a-preppers-guide-to-communicating-in-an-emergency/>

A note about privacy: Conversations on radio channels/frequencies are not private, so be cautious about sharing information because others may be listening in without your knowledge. Also, it is unlawful for unauthorized persons to use encryption.

B. What is General Mobile Radio Service (GMRS)?

GMRS is a licensed radio service for short-distance, two-way voice communications. If you walk into a department store and purchase a walkie-talkie, you purchased a GMRS or FRS radio. GMRS frequencies operate in the UHF range which perform better in wooded environments, around town, or any situation where there are obstructions. You are required to obtain a license to transmit on a GMRS radio. It is primarily for family members to communicate to each other, or other licensed users to talk to each other.

Source: <https://oregongmrs.com/gmrs-faq/>

The General Mobile Radio Service (GMRS) is a licensed radio service that uses channels around (the frequencies of) 462 MHz and 467 MHz. The most common use of GMRS channels is for short-distance, two-way voice communications using hand-held radios, mobile radios, and repeater systems. Each licensee manages a system consisting of one or more transmitting units (stations.) None of the GMRS channels are assigned for the exclusive use of any system. You must cooperate in the selection and use of the channels to make the most effective use of them and to reduce the possibility of interference. Normally, you and your family members would communicate between yourselves directly or through a repeater station. Source:

<https://www.fcc.gov/wireless/bureau-divisions/mobility-division/general-mobile-radio-service-gmrs>

You can find more information here: https://en.wikipedia.org/wiki/General_Mobile_Radio_Service

C. Why should I choose GMRS (General Mobile Radio Service) radios?

The CORAC Communications team recommends GMRS as an alternative technology to connect families when phones and the Internet are unavailable. GMRS radios:

- Are able to connect people within one to 25 or more miles of each other (see section M);
- Require no exam to obtain a license for the whole family, and the license is inexpensive (now only \$35);
- Have a shorter learning curve compared to UHF/VHF ham (amateur) radios and other options; and
- Operate at higher power and with a longer range compared to Family Radio Service (FRS) radios, while still being compatible with them.

Please review the chart on slide 11 of the CORAC Communications Team presentation on radio basics for an excellent overview of radio technologies and to make sure GMRS is right for you: <https://corac.co/wp-content/uploads/2021/06/Conference-Communications-Presentation.pdf>

Handheld GMRS radios are the smallest, most portable, and cost-effective among the GMRS model types, therefore you may want to start with handheld radios. However, if you are more than ten miles away from GMRS repeaters (see section J) you may want to purchase a base station GMRS radio and a better antenna, rather than a handheld model.

Most Powerful 10 Best GMRS Base Station Radio 2022 (includes handheld, mobile and base models)

<https://www.radio4all.org/best-gmrs-base-station/>

Mobile and Handheld radios <https://www.4wheelparts.com/the-dirt/rugged-gmrs-mobile-and-handheld-radios-solve-all-your-communication-issues/>

D. Why do I need a GMRS license, and how do I get one?

The FCC requires you to have a GMRS license to regulate the frequencies that are used by two-way radios. Before operating a GMRS radio, a consumer must have a valid license. Any radio using the shared FRS/GMRS frequencies that is able to transmit above 2 Watts of power was reclassified as GMRS only after the recent [FCC Changes](#) in September 2017. GMRS licenses are authorized to those 18 years and

older by the FCC. The cost was recently reduced to \$35. You can learn how to get your license here: <https://midlandusa.com/why-do-i-need-a-gmrs-license-how-do-i-get-it/>

E. With whom may I share my license?

Your family members may operate under your GMRS license. The family members are defined as spouse, children, grandchildren, stepchildren, parents, grandparents, stepparents, brothers, sisters, aunts, uncles, nieces, nephews, and in-laws.

F. What radio should I choose?

GMRS radios are available in handheld, mobile, base, and repeater models. Most people purchase handheld models when they start out due to their low cost, portability, and simplicity. Be sure to compare features and prices and check to **sure that the radio is certified by the FCC for use on GMRS frequencies.** (Most VHF/UHF amateur radios *cannot* legally be used for GMRS.) We recommend that you purchase at least two radios for yourself, plus additional units to share. Consider buying extra batteries, and a headset for comfort. Here’s a partial list of possible GMRS radio options:

- **BTech GMRS-V2** <https://baofengtech.com/new-release-btech-gmrs-v2/>
- **Midland GXT1000VP4** <https://midlandusa.com/products/gxt1000vp4>
- **Best GMRS Handheld Radio 2022 | GMRS Radios Compared** <https://www.youtube.com/watch?v=MOO6jL0duCk>



Most
make

Figure 3: With the BTech GMRS-V2, you can quickly add or edit up to 200 GMRS or NOAA channels.



Figure 2: Midland GXT1000VP4 GMRS radios are packaged with rechargeable batteries but can also use four AA batteries.

G. Can I use Baofeng UV-5R and Baofeng BF-F8HP radios on GMRS channels?

NO, the FCC prohibits the use Baofeng UV-5R and Baofeng BF-F8 HP radios on GMRS channels/ bands, even if you have a GMRS license or a ham radio license. These two VHF/UHF radios can only be used by licensed ham radio operators on the ham VHF/UHF bands, not the GMRS bands.

H. What channels are available on GMRS radios?

GMRS radios have twenty-two channels, which are pre-assigned and pre-programmed shortcuts to radio frequencies. Here’s a link to a list of the channels with their associated frequencies: <https://www.cert-la.com/downloads/radio/FRS-GMRS-Frequency-Chart.pdf>

You can also program frequencies associated with local repeaters and services such as the National Oceanic and Atmospheric Administration (NOAA) for weather. <https://midlandusa.com/blogs/blog/noaa-frequencies-use-your-radio-to-hear-weather-broadcasts>

Loc	Frequency	Name	Loc	Frequency	Name	Loc	Frequency	Name
0	462.562500	GMRS 1	7	462.550000	GMRS 15	15	462.550000	550 Rpt
1	462.587500	GMRS 2	8	462.575000	GMRS 16	16	462.575000	575 Rpt
2	462.612500	GMRS 3	9	462.600000	GMRS 17	17	462.600000	600 Rpt
3	462.637500	GMRS 4	10	462.625000	GMRS 18	18	462.625000	625 Rpt
4	462.662500	GMRS 5	11	462.650000	GMRS 19	19	462.650000	650 Rpt
5	462.687500	GMRS 6	12	462.675000	GMRS 20	20	462.675000	675 Rpt
6	462.712500	GMRS 7	13	462.700000	GMRS 21	21	462.700000	700 Rpt
			14	462.725000	GMRS 22	22	462.725000	725 Rpt

Figure 4: GMRS channels are assigned to specific frequencies.

I. What are repeaters and why do I need them?

A repeater is a radio system that receives a signal and re-transmits it at another frequency in real-time, enabling your signal to reach people at a greater distance. You can look up GMRS repeater lists on the Repeater Book website. A 10-mile radius is a good place to start when you are identifying which repeaters to program into your radio. Repeaters are privately owned and the FCC rules do not allow an owner to charge for services. However, service can be restricted to members who donate to the repeaters upkeep. Most are open with no fee for all licensed users. You can find GMRS repeaters here:

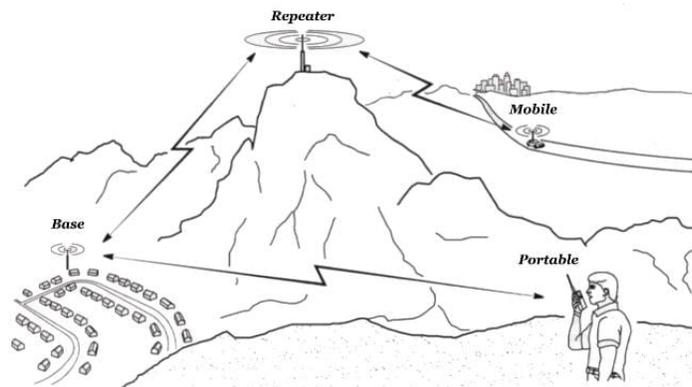


Figure 5: GMRS communications can include portable (handheld), base, repeater, and mobile stations. Using repeaters can help your radio signal travel farther. Image source: <https://www.onpointpreparedness.net/>

https://www.repeaterbook.com/gmrs/index.php?state_id=none

To learn more, please review this video: *How To Use A GMRS Repeater - How To Find A Repeater, AND GMRS Repeater Rules AND Etiquette* <https://www.youtube.com/watch?v=KLWxwwzXXcc>

J. How do I program repeaters on my radio?

Programming instructions are specific to your radio, so please refer to the user guide. This video may also be helpful: *How To Program A GMRS Repeater On Your GMRS Walkie-Talkie - Step by Step How To Connect A Repeater* <https://www.youtube.com/watch?v=kxbl2g4E7KU>

K. How can I learn how to use my radio?

We recommend that you refer to the user guide and any webpages or videos that apply to the radios you have selected to learn how to use them. Be sure to print out pages and take notes. If you have Midland radios, you can view this video: *How to Set Up Your Midland Walkies:* <https://www.youtube.com/watch?v=A-7ArQRKNcE>

L. How far can my radio signal reach?

The distance your radio signal will reach will depend on many factors, including the quality and specifications of the radio, the antenna, whether two radios are within line of sight of each other or if obstacles such as buildings or mountains are in between, and whether repeaters are used. In general, the range may be anywhere from one to twenty-five miles or more, but there are no guarantees. You will need to test the radios at the specific locations where they will be used to gain the best understanding of how far your signal will reach. See also *GMRS Radio Range Chart:* https://www.buywowayradios.com/blog/2016/12/gmrs_radio_range_chart.html



Figure 6: Your signal will reach farther if there are no hills or tall buildings between you and your contact.

M. What happens if the channel I have chosen is busy with someone else's conversation?

You can agree in advance that you and your contacts will move to a secondary channel if your primary channel is busy, as noted in your emergency communications plan.

O. Why do I need to practice with my radio?

Imagine what would happen if you did not practice with your radios before you find yourself suddenly in the dark after a major storm. The power is out for three days, and you do not know when it will be back on. Your cell and landline phones are not working, nor is the Internet. How are you going to find out what is going on with your family members? You can take your radio out of the box, but do you know how to reach someone, and when? How will you know if anyone is listening at that time? Your options will be extremely limited. Having an emergency communications plan, sharing it with your contacts, and practicing with your radios will give you much more confidence and peace of mind when other communications technologies fail.

P. How can I keep my radio batteries charged during a power outage?



Figure 7: A power station with a solar panel can provide backup power to recharge the batteries in handheld radios and other small electronic devices. Brand shown: Bluetti

Handheld devices are usually sold with a charging station and power cord to recharge the radio battery via an A/C outlet. When the power to your home goes out, you will need backup power, such as a power station containing a larger battery that you have kept fully charged. Many companies sell generators containing batteries that are charged via AC outlet, solar panel, or car port.

Q. What should I do if I need technical assistance with my radio?

Learning to use radios is by nature a very self-driven effort. Unlike cell and landline phones, there is no technical support group to call with questions about programming or using your phones. If a radio is broken and still under warranty, contact the manufacturer. If you purchased the radio from a radio outlet, you may be able to submit an inquiry at the outlet.

If you have specific questions that are not answered in this document, you can submit them to the CORAC Comms Helpline Signal group. If you do not already have access to Signal – Private Messenger on your phone and PC or Mac, go to: <https://www.signal.org/download/> Once Signal has been installed, you can access the CORAC Comms Helpline Signal group by clicking here: <https://signal.group/#CjQKIPmxm16iRQckmRDCr2nVnDjub--yKurb-W6waogOLW3FEhCIDyR6NIYOXmedIuUI3XIs>

Q. Where can I find more information?

The internet is your best resource to learn about GMRS radios and emergency communications planning. Seek out answers to your radio questions on www.duckduckgo.com or YouTube. We urge you to print what you can and take notes. The *Ham Radio Crash Course YouTube* channel is a great place to learn more: <https://www.youtube.com/c/HamRadioCrashCourse/search?query=gmr>
 Communicating with radios requires patience, experimentation, and persistence. May God bless you as you as you prepare your family’s emergency communications plan!

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The Story of Our Lady of Guadalupe^{1,2}

Our Lady of Guadalupe appeared in Mexico as the pregnant Mother of God to Saint Juan Diego, an Chichimeca Indian, on December 9, 10, and 12, 1531. She left a Miraculous Image of Her appearance on his cactus fiber cloak, (Tilma) which still exists today for all to see in the Basilica of Our Lady of Guadalupe in Mexico City.

Our Lady came to offer faith, hope and consolation to the oppressed natives of Mexico and to reconcile them with their Spanish rulers. She put an end to the bloody human sacrifice of the Aztecs and converted them to the Catholic faith.

The Aztecs practiced human sacrifice as an offering to their false gods. Hernando Cortes and the Spanish conquered and evangelized them.

After the conquest, the Spanish rule of the natives was so severe that a bloody revolt was imminent. Bishop Zummaraga prayed for Our Lady to intervene to prevent an uprising, to reconcile the Spanish and the natives and to bring peace. (He asked that he receive roses native to his homeland of Castile Spain as a sign that his prayer would be answered.)

On December 9, 1531, Our Lady appeared to Saint Juan Diego who was a recently converted Catholic. She asked him to go to the Bishop and request him to build a church for Her on the barren hill of Tepeyac which is now near Mexico City. Our Lady wanted to manifest Her Son and show Her merciful love to all of Her children. The prudent Bishop asked Juan to ask the Lady for a sign. Juan did so and Our Lady promised to give him the sign.

On December 12, Our Lady again appeared to Juan on Tepeyac Hill and told him to pick the Castilian roses which miraculously appeared there and bring them to the Bishop as a sign for him to believe Her request.

Juan gathered the roses into his tilma and brought them to the Bishop.

He opened the tilma to show them and, to everyone's astonishment, the Image of Our Lady appeared on it. The Bishop then built the church as Our Lady had requested and nine million natives were converted and baptized to the one, true faith within the next nine years. Human sacrifice ended in Mexico forever. Our Lady of Guadalupe, (which means Crusher of the serpent's head), brought the light of the true faith, (crushed the false gods of Mexico,) and established an era of peace.

The Image as Pictograph²

The Image of Our Lady is actually an Aztec Pictograph which was read and understood quickly by the Aztec Indians.

1. THE LADY STOOD IN FRONT OF THE SUN - She was greater than their dreaded sun-god "Huitzilopochtli".
2. HER FOOT RESTED ON THE CRESCENT MOON - She had clearly vanquished their foremost deity, the feather serpent "Quetzalcoatl".
3. THE STARS STREWN ACROSS THE MANTLE - She was greater than the stars of heaven which they worshipped. She was a virgin and the Queen of the heavens for Virgo rests over Her womb and the northern crown upon Her head. She appeared on December 12, 1531, for the stars that she wore are the constellation of stars that appeared in the sky that day!
4. THE BLUE GREEN HUE OF HER MANTLE - She was a Queen for she wears the color of royalty.
5. THE BLACK CROSS ON THE BROOCH AT HER NECK - Her God was that of the Spanish Missionaries, Jesus Christ Her Son.
6. THE BLACK BELT - She was with child for She wore the Aztec Maternity Belt.
7. THE FOUR-PETAL FLOWER OVER THE WOMB - She was the "Mother of God." The flower was a special symbol of life, movement and deity - the center of the universe.
8. HER HANDS ARE JOINED IN PRAYER - She was not God but clearly there was one greater than Her and she pointed Her finger to the cross on Her brooch.
9. THE DESIGN ON HER ROSE-COLORED GARMENT - She is the "Queen of the Earth," for she

is wearing a map of Mexico telling the Indians exactly where the apparition took place.

The Image and Science²

1. The image to this date, cannot be explained by science.
2. The image shows no sign of deterioration after 490 years! The tilma or cloak of Juan Diego on which the image of Our Lady has been imprinted, is a coarse fabric made from the threads of the maguey cactus. This fiber disintegrates within 20-60 years!
3. There is no under-sketch, no sizing and no protective over-varnish on the image.
4. Microscopic examination revealed that there were no brush strokes.
5. The image seems to increase in size and change colors due to an unknown property of the surface and substance of which it is made.
6. According to Kodak of Mexico, the image is smooth and feels like a modern-day photograph. (It was produced 300 years before the invention of photography.)
7. The image has consistently defied exact reproduction, whether by brush or camera.
8. Several images can be seen reflected in the eyes of the Virgin. It is believed to be the images of Juan Diego, Bishop Juan de Zummaraga, Juan Gonzales, the interpreter, and others.
9. The distortion and place of the images are identical to what is produced in the normal eye which is impossible to obtain on a flat surface.
10. The stars on Our Lady's Mantle coincide with the constellation in the sky on December 12, 1531. All who have scientifically examined the image of Our Lady over the centuries confess that its properties are absolutely unique and so inexplicable in human terms that the image can only be supernatural!

Music in the mantle of the Virgin of Guadalupe³

Hidden Music was discovered in the mantle of the Virgin of Guadalupe. The symphonic work is entitled, "Music in the mantle of the Virgin of Guadalupe." The work is based on the musical notes and melody found by Ojeda Llanes after nearly 23 years of research carried out on the mantle, stars and flowers of the Virgin of Guadalupe. "...the stars of the mantle are the

constellations of the sky at the time of its impregnation, as well as the position of Jupiter that morning and the symmetry of the flowers of the Guadalupano mantle proportionally represent the main hills and volcanoes of the orography of Mexico; If the whole image is in the golden ratio, then it has perfect symmetry, therefore it has music," he said.

The musical notes already expressed in a ruled notebook were placed in a musical computer program and the surprise was great, to hear a beautiful musical harmony that is definitely heavenly sound. In the apparitions, Saint Juan Diego reported hearing a beautiful melody, he indicated.

The Visitations of The Missionary Image of Our Lady of Guadalupe¹

The Missionary Images are actual (5' x 6') replicas of the original Miraculous Image of Our Lady which she left on St Juan Diego's cloak (tilma). They were blessed at the Basilica of Our Lady of Guadalupe in Mexico by the Rector of the Basilica to bring conversions, reverence for life, sanctity of the family and solidarity of the Church America. They have journeyed on Visitations in the New Evangelization throughout the world. The Images have visited each state of the United States in over one thousand parishes and have received the veneration of hundreds of thousands. There have been thousands of Masses, Confessions, hours of adoration of the Blessed Sacrament and Rosaries in the presence of the Images. Many signs, wonders, conversions, healings, reconciliations, and graces are reported.

Many abortions are prevented and over twenty abortion centers have closed through Our Lady's intercession by Her Missionary Image after Visitations to them.

The Guardian of the Missionary Images is Dan Lynch of St Albans, Vermont. Mr. Lynch is the Director of a nonprofit tax-exempt apostolate that coordinates the journey of the Images. He is a retired Judge of the State of Vermont, an author, public speaker and audio and video producer.

Text copied from the following sources:

¹The Missionary Image of Our Lady of Guadalupe (leaflet)

²Dan Lynch. "The Amazing Truth of Our Lady of Guadalupe." *Catholic Exchange* (December, 2002) <https://www.catholiceducation.org/en/culture/catholic-contributions/the-amazing-truth-of-our-lady-of-guadalupe.html>

³"Wow LISTEN to the Beautiful Music Hidden in the Mantle of Our Lady of Guadalupe" <http://www.catholicnewsworld.com/2021/12/wow-listen-to-beautiful-music-hidden-in.html>

FOR MORE INFO ABOUT THE 2022 COLORADO TOUR FROM AUGUST 19 THROUGH OCTOBER 24th GO TO: www.TriumphOfMary.org