

# Newsletter 2023-12

18208 Preston Rd Suite D9-552, Dallas, TX 75252

*The word of God pilots the soul of man and leads him, without risk of error, to salvation.*



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

If you're getting value from CORAC, consider becoming a monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>.



This newsletter has several references to Twitter. I never thought I would be pointing people to that toxic vat of flesh-eating slime, but Elon Musk has changed the game. Check out Charlie Johnston, Bishop Strickland and Tucker Carlson on Twitter, for a start. The altered atmosphere at Twitter is only one of many signs that people are energizing and coming out to fight for what's good and worth preserving. We may not be precisely winning yet, but we're not losing from the fear and paralysis of past years. Courage is contagious. Onward, Christian soldiers!

*Sheryl Collmer, editor*

June 29, 2023

sherylc@coracusa.com

## *From the cockpit*



*CORAC founder Charlie Johnston travels from coast to coast in his trusty Outback to speak in person to those anticipating the Storm.*

### **Vatican Inquisitors Attack Orthodox Bishop**

As I write this, the Vatican's inquisition into Bishop Joseph Strickland of Tyler, Texas is completed, though no action has been announced. Many fear that Bishop Strickland is going to be removed. Ostensibly, the visitation was largely due to Strickland's "controversial" social media posts. No, he does not celebrate gay marriage or transgender nonsense; he upholds traditional Catholic teaching and sometimes criticizes Pope Francis for failing to do the same. The Twitter post most criticized by Vatican officials accused Pope Francis of undermining the deposit of faith. In Pope Francis' Vatican, consistent orthodoxy is *prima facie* evidence of subversion.

One of the two inquisitors the Vatican sent is former Tucson Bishop Gerald Kicanas. He tried, a few years back, to get the USCCB to downgrade pro-life action to a lesser priority. While head of Catholic Relief Services, Kicanas approved a \$2.7 million grant to a major abortion provider for malaria relief in Africa. He maintained that none of the money was used for abortions - and is probably right. This is a common dodge for those who hire abortion activists. Money in these agencies is fungible: though it may not go directly to abortion, it frees up other money for abortion by relieving it from having to serve administrative or any other purposes. For a Catholic agency to hire abortion providers for *any* purpose is a scandal. It is akin to the first apostles hiring scourge-makers to provide fishing nets.

Simply put, the fix is in. The Vatican might just as well have sent former Planned Parenthood CEO Cecile Richardson and trans activist Dylan Mulvaney to judge whether they approved of orthodox Catholic Bishop Joseph Strickland's tenure. Meantime, "pride" Masses go on sporadically throughout the Western world in direct repudiation of the orders Christ and His apostles gave the Church.

Bishop Strickland attended a prayer march in Los Angeles on June 16 in response to the anti-Catholic hate group, the Sisters of Perpetual Indulgence, as they were being honored by the LA Dodgers. The local bishop, Archbishop José Gomez, could have led the procession himself, but declined. Many bishops defend destroying all rules of immigration, vastly expanding the scope and ease of human trafficking, by arguing that illegal aliens are just doing the work Americans won't do. Though it is not true, it sets the precedent for the argument that Bishop Strickland was just doing the work defending the faithful that American bishops just won't do.



I am angry, furiously so. Even if the inquisitors decide to leave things as they are, a shot has been fired across the bow of all bishops in America, letting them know that if they insist on being publicly orthodox, they can expect a visit from the Pope's secret police. Now if they want to hold "pride" Masses, bless homosexual unions, or do just about anything else to spit in the face of the teachings of Jesus Christ, they will not be bothered. Shoot, they may even be invited for a fawning visit to the Vatican. But dare to suggest that the clear teachings of Christ and the Apostles are binding on any who would truly be Catholic and you are the enemy.

Things are about to change. What cannot go on forever will not go on forever. We are not deciding whether or not the Catholic Church will survive as the Church of Christ or become something altogether different, opposed to Christ. It is the Church Christ founded and, regardless of any transient offenses and abuses, enjoys His protection and will remain His Church, however much that may anger the current Vatican and its inquisitors.

Whatever happens to Bishop Strickland in this sordid little episode, he will loom large in the reform and rebuilding of Christ's Church. He has kept the Faith in the one community he was given, even under sustained assault. He will be entrusted with much more, as the worm turns on those who would destroy the faith as Christ and His Apostles handed it on to us.

In the meantime, those of us in the pews, while not entrusted with the administration of Christ's Church, can and must do what is licitly in our control. If your parish is orthodox, support it wholeheartedly. If it is not, find another (though I admire those who steadfastly stay with a parish that they consider their birthright, even when it goes sour, in determination of seeing it through to genuine renewal). If your diocese insists on repudiating the teaching of Christ by holding "pride" Masses, blessing same-sex unions, or other offenses against the plain words of Scripture, withhold your money, your time, and your talent from the diocese, even if you are in a parish worthy of support. Give not a dime to the Vatican. Christ will renew His Church...but when you participate in attacking Christ's teachings with your money, time and talent, you are not blameless in the perversion and blasphemy that has beset the hierarchy. If you are blessed to live in an orthodox diocese, support it with your whole heart.

If you must withhold your money and time from a diocese, make sure to set aside the same amount of money and time you would devote to it to devote to other good and pious works, that you not get out of the custom of devoting some of your time and talent to the Lord. In truth, all you give in faith is offered to the Lord, so it is incumbent upon you to see that what you give is used to build up the Faith, not to weaken or blaspheme it.

By his courage and fidelity Bishop Strickland has become "America's Bishop." The Vatican can remove him from his little see, but it cannot remove him from the affectionate regard of orthodox Catholics who are looking for a champion: a champion for Christ and for their right to be given wholesome meat instead of mealy-mouthed lies and offenses.

*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.

### **A SIGN OF HOPE BLOG**

<https://corac.co/newsroom/-c-media-a-sign-of-hope>

The Fog of War

Remembrance of Things Past

Mene, Mene, Tekel Upharsin

### **BRIEF UPDATES**

<https://corac.co/category/charlies-brief/>

Aslan Is On The Move

Bind Yourself to God's Will

Be the Lighthouse



## Actions To Take Now

### USE CASH

Use cash for everything. It's our best defense against a CBDC.  
Decline to use any bank that's enrolled in FedNow.  
FedNow due to roll out on July 1.

### ADORE JESUS

Give Jesus one hour a day in adoration, in person or virtually. <https://www.youtube.com/watch?v=2W-KSOPWWBY>

### FIND LOCAL FOOD SOURCES

Find local food sources *now*. Start here: <https://www.localharvest.org>

## News

### MEET A J6'ER



May she rest in peace.

Ashli Babbitt is one of the J6ers who didn't make it out. She died on January 6, 2021 from a gunshot wound. Multiple videos show that she was pressed up against the glass doors leading to the Speaker's Lobby, where Zachary Alam was acting erratically and trying to break the glass with a helmet. A 14-year US Air Force veteran, Ashli shouted at Alam to stop, and even threw a punch, knocking his glasses askew. On the other side of the glass, Capitol policeman Michael Byrd was hiding behind an obstruction, with a gun pointed at the doors. He shot at close range without warning, hitting Ashli in the chest, and knocking her backwards into the crowd. Other policemen and civilians were in Byrd's line of fire when he discharged his pistol.

California physician, Dr. Austin Harris was in the crowd and got to Ashli within minutes, but she died before reaching the hospital. (Dr. Harris was later charged with a misdemeanor for his presence in the building, the government not even acknowledging his heroic attempt to save Ashli's life.) Ashli was denied military funeral honors though she was eligible.

Law enforcement experts say that the offending officer was required to have given warning before shooting, and that the circumstances did not warrant deadly force. Officer Byrd's identity was hidden for months after the shooting. Capitol police conducted an internal inquiry, and declined to pursue the matter. Instead, Byrd was fêted on the usual talk show circuit for his heroic action, "saving many lives" by shooting an unarmed woman. Though Byrd was a 28-year veteran police officer, he had been previously reprimanded for reckless gun handling, leaving a loaded gun in a Capitol restroom. Twice, apparently.

During her 14-year military stint, Ashli was deployed four times to the Middle East. Her brother Roger explained, "If you feel like you gave the majority of your life to your country and you're not being listened to, that is a hard pill to swallow. That's why she was upset," bothered enough over the questionable 2020 election to make the trip to Washington.

In late 2022, Ashli's mother, Micki Witthoeft climbed out of her terrible grief and went to Washington to support the J6ers who were still imprisoned in the DC gulag. She said the idea came from a dream. Micki has begun a perpetual vigil in DC, outside the jail, each evening from 7:00 to 9:30. <https://www.wearegoodmen.com/vigil> It has become a meeting place for live-streamers covering the J6er's, and a way to let the prisoners know that they are not forgotten. Micki receives calls from those inside the jail, providing a way for the prisoners to communicate with the outside world. For much of her vigil, she has been joined by Nicole Reffitt, the wife of J6'er Guy Reffitt.

At 9:00 each night, the DC prisoners sing the National Anthem, which is often caught on audio by those on the ground. One of these recordings became the basis of the #1 hit, "Justice for All," that features President Trump reciting the Pledge of Allegiance, mixed with the J6ers. <https://www.youtube.com/watch?v=8hEoNs9n2nk>



Micki Witthoeft in Washington

"Please don't forget about us; we are not terrorists."

- Ronnie Sandlin, J6 political prisoner

## **BISHOP STRICKLAND**

As much as the Catholics of Tyler would like to shield their beloved bishop from national notice, it's a *fait accompli*. Bishop Joseph Strickland's Tweets have attracted notice for some time, especially those that call out the evil actions of public figures who otherwise enjoy immunity from criticism. From November 2018, when Bishop Strickland prayed with the laity at the Baltimore Bishop's Conference, befriending the faithful instead of demonizing them, we have loved him. In 2019, he stood and asserted, over the craven objections of many other bishops, that abortion was indeed the pre-eminent issue of our time.

He took the Blessed Sacrament to the streets when all was shut down in 2020. He was one of the few bishops who condemned the development of covid shots on aborted fetuses. He called out Hilary Clinton for labelling pro-lifers as Taliban.

Then when he accepted the invitation to support the prayerful procession in Los Angeles outside Dodger Stadium, where the drag queen porn ensemble was going to be honored, the deal was sealed. He became the national sign of a true-blue good shepherd, which so many Catholics long for, but do not have in their own dioceses.



Now, the action of the Vatican ordering an Apostolic Visitation has promoted Bishop Strickland even higher in the affection of the faithful. Years of frustration with poor Vatican teaching and the abandonment of the laity seem to have been distilled into a single widespread work of prayer for this one esteemed bishop. The Visitation is already concluded, but the resulting action is not yet known. You can join an organized vigil of prayer for Bishop Strickland, or pray a rosary on your own for his protection and for God's perfect will to be done in him. It is certain that God has a plan for this loyal servant.

- St. Maria Goretti Novena for Bishop Strickland, begins June 28, join any time: <https://truthforsouls.com/st-maria-goretti-novena-for-bishop-strickland/>
- Video Novena for Bishop Strickland: <https://www.youtube.com/watch?v=ywkdiXfsCQY>
- Precious Blood Novena for Bishop Strickland, begins July 13: <https://truthforsouls.com/novena-for-bishop-strickland/>
- Prayer Pledge for Bishop Strickland: <https://www.lifesitenews.com/prayer-pledges/strickland/>

You can follow Bishop Strickland @Bishopoftyler on Twitter.



---

## MESSAGE FROM AKITA

On June 28, Bishop Strickland Tweeted: "It behooves all of us to become familiar with the message of Our Lady of Akita (Japan 1973). This message is approved by the Church and seems to speak directly of our times. As you read this message do not despair, but instead resolve to grow more fervent in your faith in Jesus."

You can read the messages from Akita 1973 here: <https://schooloffaith.com/rosary-archive/akita>

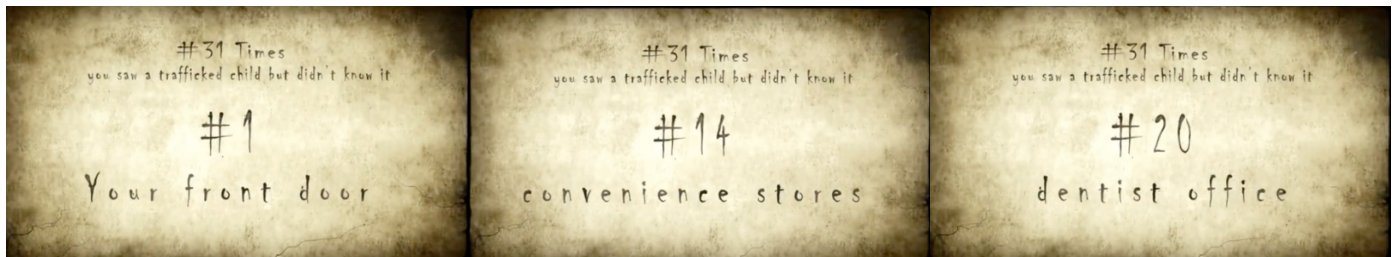
A later message was received by the visionary, Sister Agnes Sasagawa, in 2019, While the original messages enjoy ecclesiastical approval, the 2019 message is too recent to have been adjudged. It seems to emphasize the original messages, urging sacrifice and the penitential recitation of the rosary. <https://wqphradio.org/2019/10/a-new-message-from-sister-agnes-of-our-lady-of-akita/>



---

## SOUND OF FREEDOM

The many issues linked to child trafficking will soon be center-stage, with the release of the movie *Sound of Freedom* on July 4. The horror is more pervasive than any decent person could have imagined. As the largest consumer of child sex in the world, the US is full of helpless captive children that we can help. Watch the video *#31 Times You Saw a Trafficked Child But Didn't Know It*, to learn how to recognize signs of trafficking. <https://rumble.com/v1ey2qt-31-times.html>



Buy tickets to *Sound of Freedom* here: <https://www.angel.com/tickets/sound-of-freedom>

Operation Underground Railroad: <https://ourrescue.org> Child recovery operations

Born2Fly Project: <https://born2fly.org/31times> Educational resources to prevent trafficking before it happens.

<p>The average age of a trafficked child in the US is 11 years old. Once a child is trafficked, their future life expectancy is 7 years.</p>
--



**If you can live amid injustice without anger, you are immoral as well as unjust.**

- St. Thomas Aquinas

---

## PLANDEMIC SERIES

We've relaxed on the issue of the plandemic, with so many other things competing for attention. I think there's a good possibility that the drama cycle of the news is partially driven by the need to distract us from the bioweaponized virus and the deadly shot. This is not over; it's just been back-burnered. The documentary series PLANDEMIC now has three installments, the latest being *The Great Awakening*.

This is a film about the incredible events of the last few years, and what it may all mean. We are blessed to be the ones alive at this time to make a difference in the outcome of the world, as the Great Awakening unfolds. <https://plandemicseries.com>

---

## TUCKER TELLS THE TRUTH

Tucker on Twitter is truth unfettered. Since his parting from Fox, he has taken off the gloves. His latest episodes:

Episode 7: Irony Alert: the war for democracy enables dictatorship

Episode 6: RFK Jr is winning

Episode 5: Hunter Biden

Episode 4: the wannabe dictator episode

<https://twitter.com/TuckerCarlson> or check him out @TuckerCarlson on Twitter

---

## JAMES O'KEEFE RESURFACES

After the board of Project Veritas ousted its founder, James O'Keefe, the firebrand journalist founded OMG - O'Keefe Media Group to continue his work. And my, oh my, is he ever on fire. His exposure of Pfizer was big, and now he has taken on Blackrock, possibly the largest wealth accumulator in the world, and a prime director of world events. Watch the exposé here:

<https://twitter.com/OKeefeMedia/status/1671262957748224001> or follow @JamesOKeefeIII on Twitter.

The very fact that we can watch this explosive video on *Twitter* of all places, signifies that Elon Musk has had an effect.

---

## FRIDAY CHALLENGE

The current Friday challenge is: while weeding your garden this week, discover what edible weeds God has planted for you and make something. Great exercise! I found plantain and burdock growing uninvited in my garden, and both are edible and medicinal. Plantain tincture is effective for respiratory illnesses. It will be great for next cold season!

Check here for next week's challenge: <https://corac.co/sustainable-living-teams/>

---

## FUNCTIONAL HOMEOPATHY

An excellent new series is up on the CORAC website for those members who want to gain proficiency in homeopathy. Classes 1-5 are on video, and available now. You'll find many resources and links, downloads and book recommendations. Study at your own pace, and at any time. The Health & Wellness national team has put together a wealth of information for you, beginning with introductory material, and progressing to treatment of common illnesses and injuries.

<https://corac.co/category/specialty-teams/health-and-wellness/homeopathy-classes-hw/>

---



## INFO CARDS

The Sustainable Living team has been making info cards that you might want to print to have ready at hand. Topics include emergency measures like temporary roof repair, disaster prep for animals and water filtering. Highly recommend starting a binder with information you might need in a power-out situation. Check out all the downloads here:

<https://corac.co/category/sustainable-living/downloads-sl/>

---

## SHORTWAVE COMMUNICATION

An under-\$100 shortwave radio allows you to monitor radio comms like the Sunday night CORAC session. Ham operator Larry Wescott shows you on video how to tune in, and provides a download to print and keep handy.

<https://corac.co/2023/06/20/shortwave-listening-to-the-corac-net/>

The video makes reference to Dr. Bill Hammer's excellent (and simple) guide to installing a shortwave antenna:

<https://corac.co/2021/10/18/shortwave-radio-listening/>

---

## HOMESCHOOLERS IN CORAC

The Education team has put up a series of topical cards like reading, English and math. Check out the downloads here: <https://corac.co/category/specialty-teams/education/downloads-ed/>



## DISASTER DECK

The national Crisis Scenarios team has put together an incredible resource, with emergency cards for everything you can think of, from extreme heat and wildfires to avalanches and winter storms. Check out the index, and print the cards for those regional threats you may face (Region 15: earthquakes; Regions 8 and 10: tornado), along with general threats we all face: cyber attack, power outage and active shooter. We don't like to think about such things, but if you have the cards on hand, you will have a general plan for dealing with whatever could crop up. <https://corac.co/2023/06/07/the-disaster-deck/>



## THE PRAYER TEAM HAS CARDS, TOO

Even the Prayer Team has cards for every situation! You can print out the Scripture emergency card, the Brazen Serpent prayer and rosary, and the Surrender Novena card. <https://corac.co/category/prayer-teams/downloads-pr/>



## CORAC GENERAL DISCUSSION ON SIGNAL

To chat with other CORAC members nationwide, you can join the General Discussion channel on Signal. Download the Signal app and register your account. Then search "CORAC General Discussion" and request to be added.



## CORAC FIELD DAYS

Consider a summer road trip if you're near these locations:

**Region 6** Field Day in Michigan is Saturday, July 8. Charlie will be speaking, and local experts will present information on communications, foraging, water purification, solar, etc. Details and RSVP here: <https://corac.co/event/corac-field-day-michigan/>



**Region 9** Field Day in Wisconsin is Saturday, July 22. Charlie will be speaking, along with experts in HAM radio, butchering and dressing livestock, cooking off-grid, self-defense and canning. Details here: <https://corac.co/event/corac-field-day-wisconsin/>



## ONLINE CORAC WORLD MEETING

On Sunday, July 16 at 3:00 pm Central Time, Charlie will speak about the restructuring of CORAC to serve members in new and better ways. After the talk, questions and suggestions will be entertained. The call can handle 1000 people, first-come, first-admitted. Members only. You should have gotten an email with the Zoom link on June 21. Watch for a reminder email to be sent out before the event.



## LIFESTYLE HACKS

Great practical advice from one of our trustworthy docs, Dr. Simon Goddek. Does the list give you any ideas you can adopt to make your life healthier and more ready to place at the service of Our Lord?

1. Avoid watching pornography (duh)
2. Ensure you sleep for at least 8 hours each night.
3. Minimize your alcohol and drug consumption.
4. Establish a meaningful purpose in life.
5. Refrain from consuming mainstream media.
6. Avoid the trap of self-victimization.
7. Adopt a protein-rich ketogenic diet.

8. Hydrate well, drinking at least 3 liters of water daily. (12 cups)
  9. Maintain good posture throughout the day.
  10. Engage in high-intensity workouts at least three times weekly.
  11. Aim to read at least 30 pages of a book daily. (a real book, not a website!)
  12. Regularly have screen-free days for digital detox.
  13. Dedicate time for hobbies or activities that bring you joy.
  14. Practice intermittent fasting to rest your digestive system.
  15. Invest quality time in nurturing relationships with loved ones.
  16. Limit screen time, especially an hour prior to bedtime.
  17. Hold yourself accountable for your thoughts, words, and actions.
  18. Spend at least 20 minutes under the sun daily, and supplement with Vitamin D + K2.
  19. Avoid consuming food and drinks from plastic containers/bottles.
  20. Practice daily gratitude, appreciating the good in each day.
  21. Strive to balance your work and personal life to manage stress.
  22. Avoid refined sugar, which can be disguised under 63 different names.
  23. Set and track your short, medium, and long-term goals.
  24. Grow your own food, free from pesticides, and learn to cook it.
  25. Be mindful of prescription medication usage.
- ... and for good measure: don't get vaccinated!

Bonus for Catholics: Pray the rosary daily.

Which of these are you already doing? Which ones could you incorporate into your daily practice?

You can follow Dr. Simon *@goddeketal* on Twitter.

## CORAC Website

Check out all the new content listed here, or just go exploring "Member Resources" on the website: <https://corac.co/the-conversation/> The squirrels have been busy, uploading great new stuff!

Health & Wellness	<a href="https://corac.co/health-and-wellness-teams/">https://corac.co/health-and-wellness-teams/</a>
Sustainable Living	<a href="https://corac.co/sustainable-living-teams/">https://corac.co/sustainable-living-teams/</a>
Communications	<a href="https://corac.co/communications-teams/">https://corac.co/communications-teams/</a>
Education	<a href="https://corac.co/education-team/">https://corac.co/education-team/</a>
Crisis Scenarios	<a href="https://corac.co/crisis-scenarios-team/">https://corac.co/crisis-scenarios-team/</a>
Prayer	<a href="https://corac.co/category/prayer-teams/">https://corac.co/category/prayer-teams/</a>

## Prayer

### JULY PRAYER INTENTIONS

\*That CORAC members, taking heart and resolve from President Lincoln's address given during an earlier time of great crisis, be heralds of hope by prayer, word, and action: "[T]hat **this nation, under God**, shall have a new birth of freedom ~ and that government of the people, by the people, for the people, shall not perish from the earth"



\*For a smooth and fruitful presentation and implementation of Charlie's refinement of CORAC's structure, to be unveiled at the **CORAC Field Day** in Michigan on Saturday, July 8, from 10:00 a.m. to 4:00 p.m. (see CORAC's "Event" page for event and RSVP details)

\*For the healing and conversion of all **families**, including the immediate and extended families of CORAC members

\*As always, that CORAC members **volunteering** for all of our committees in all of our regions receive the gifts of creativity, good humor, resilience, camaraderie, and unexpected joy of spirit as we serve the Lord in these days

\*For ongoing **financial support** for CORAC, that helpful and necessary new initiatives be funded with minimal stress for our hardworking teams

\*For all intentions carried in the hearts of CORAC **members** and those posted on the CORAC **Prayer Hotline**, with gratitude for prayers answered in our daily lives

*St. Gabriel, enlighten us.*

*St. Michael, defend us.*

*St. Raphael, protect us.*

*Ave Maria, Stella Maris!*



### **PRAYER HOTLINE**

Email prayer requests to the CORAC Prayer Hotline at [prayerteams@coracusa.com](mailto:prayerteams@coracusa.com), and we will post your request (using first names only) on the CORAC Prayer Hotline Signal group.



### **PRAYER FOR BISHOPS**

*I humbly request that you pray this beautiful prayer for all bishops, for the Bishop of Rome, for the bishop where you live, and for me.*

- Bishop Joseph Strickland

#### **St. John Fisher's Prayer for Bishops**

Lord, according to Thy promise that the Gospel should be preached throughout the whole world, raise up men fit for such work. The apostles were but soft and yielding clay until they were baked hard by the fire of the Holy Ghost.

So, Good Lord, do now in like manner again with Thy Church militant, change and make the soft and slippery earth into hard stone; set in Thy Church strong and mighty pillars that may suffer and endure great labours, watching, poverty, thirst, hunger, cold and heat; which also shall not fear the threatening of princes, persecution, neither death, but always persuade and think with themselves to suffer with a good will, slanders, shame and all kinds of torments for the glory and laud of Thy Holy Name. By this manner, good Lord, the truth of Thy Gospel shall be preached throughout the world.

Therefore, merciful Lord, exercise Thy mercy indeed upon Thy Church. Amen.



*A bishop is consecrated not just for a diocese. He is consecrated primarily for the world, because our Lord said to His apostles, 'Go ye into the world.' All peoples of the world weigh upon his heart.*

- Venerable Fulton Sheen



### **BRAZEN SERPENT ROSARY**

Follow along with the rosary here: [https://vimeo.com/806399452?embedded=true&source=vimeo\\_logo&owner=144927933](https://vimeo.com/806399452?embedded=true&source=vimeo_logo&owner=144927933)

Download the gorgeous prayer booklet here: <https://corac.co/wp-content/uploads/2023/02/the-brazen-serpent-prayer-v2.pdf>

# Appendix

## The Stay-In Bin because most of us will not bug out in a crisis; we'll stay in our homes.

A standard 27-gallon black/yellow bin (\$10.98 at Home Depot) will hold approximately a month's worth of supplies for one person.

- ☐ Protein sources: tuna, Spam, salmon, other canned/pouch meats
- ☐ Fat sources: olive oil (healthiest of the oils), mixed nuts
- ☐ Carb sources: canned or dried fruits and vegetables
- ☐ Coffee: you get 15 times as many cups per ounce from instant as from grounds
- ☐ Garlic: strong anti-inflammatory, keeps colds at bay, adds interest to food
- ☐ Dark chocolate: anti-oxidant, feel-good treat
- ☐ Vitamins: at minimum, C, D3, zinc and quercetin
- ☐ First Aid kit, supplemented by Neosporin, Advil, Advil PM, and alcohol
- ☐ Lifestraw: water purification (also Katadyn or Sawyer)
- ☐ Heavy-duty Hefty yard bags: sanitation
- ☐ Pocket knife or multi-tool
- ☐ Duct tape: 101 uses
- ☐ Zip-loc bags, all sizes: 101 uses
- ☐ Tactical flashlight
- ☐ Portable radio, AM/FM at least (crank style is good option)
- ☐ Batteries
- ☐ Sewing kit
- ☐ Baking soda
- ☐ Toilet paper (4 rolls - one roll per person per week)
- ☐ Plastic drop cloths: for catching rain, sealing gaps in doors and windows
- ☐ Binder clips: modern man's answer to clothespins
- ☐ Bleach: disinfectant, water purification (6 month shelf life)
- ☐ Lighter or matches: for your portable stove, sterilizing needles
- ☐ Cash: it may still have some value
- ☐ Blessed salt and/or holy water
- ☐ Large storage bin: can be used with plastic sheet for rainwater collection

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Other:

- ☐ Items to barter (coffee, ammo, seeds)
- ☐ Toolbox
- ☐ Camping equipment (stove, propane, lantern, tent to pitch indoors to conserve body heat in the winter)

