

# Newsletter 2024-19

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*Drink water from your own cistern, flowing water from your own well.*



Read this newsletter in PDF format for greatest clarity.

Mid-month, and we have still to see the “October surprise”... unless we are seeing it in installments: the Diddy indictment and subsequent resignations of a whole lot of CEOs; the malevolence of the government toward hurricane survivors; the absolute comedy of a campaign by Harris and Walz, who are beginning to look like they’re deliberately throwing the election. More ominously, there is the casual adventurism of our government in the nuclear space, straight-faced reports of space aliens and a scare rollout of bird flu. I think we’ve grown too savvy for their shenanigans, but you can’t underestimate the malice of the enemy. Eyes open, loins girt, and keep on chiseling away at your preparations.

*Sheryl Collmer, editor*

October 15, 2024

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Opinions expressed in this newsletter, unless otherwise attributed, are my own.



## From the cockpit of the Subaru

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

### Make Disciples of All Nations

We are in the midst of a great plague. It is more subtle than its historical antecedents, but every bit as deadly. A great cloud has descended on the minds of many, both crippling and enraging them while, paradoxically, convincing them they are archetypes of intelligence, toleration, and kindness.

Some have jokingly called it the “woke mind virus,” but it is deadly serious - and no joke. The people who have succumbed to it believe things so obviously fraudulent that it is easy to dismiss it all as a pretense to justify the grasp for power and control. That certainly is the case at the higher levels of those who spout the nonsense, but many actually believe the nonsensical things they say. And they say them with furious anger.

If you can manage to talk with someone who hates Donald Trump with spluttering fury, things start to break down quickly after you ask for specific reasons. Though admittedly working with a small sample who I have been able to get that far with, not a single one has ever come up with a reason that is not already a thoroughly discredited fraud. Not a one. But even if you can keep them calm enough to show them, the fury abates not a whit. You are just sharing MAGA lies – even if you show actual video on your phone proving what they said is entirely wrong.

These people actually think they are defending the defenseless when they advocate for men in women’s sports, or pretending that men can be women and vice versa, or advocating for the mutilation of minors to accomplish this goal. If you show them solidly documented clinical evidence that 40% of all people who receive gender surgery seriously attempt suicide within 10 years, it is as if they are completely unable to process the information. Acting as if minorities are feeble-minded but touchy incompetents who must be helped and indulged seems truly to them to be the height of compassion.

The things that they think must be tolerated are things that are already almost universally tolerated anyway – immutable characteristics that are mostly external. Yet, somehow, those suffering from this plague convince themselves there is some massive extermination effort lurking just around the corner and they are the front line warriors needed to stop it. In order to do so they infantilize those they think to be their beneficiaries and villainize

all who contradict them – including those in their chosen victim classes who do not accept the mantle of victim. They are as delusional as Don Quixote, if not as amusing - and much angrier.

They thought to “liberate” themselves by emphasizing their sexuality or their immutable characteristics. Instead, they imprison themselves in a mindset that only allows them to identify themselves through their immutable characteristics and/or sexuality. They reduce the complex reality of love to mere sexuality - and lose all capability for subtlety, nuance, and romance. Like a heroin addict, they move restlessly from sensation to sensation, progressively losing the capacity to feel anything at all.

Some of these are the demons among us and some are those who have given themselves over entirely to the demonic. These are those who have put themselves atop the pyramid of modern trendsetters. But the bulk of the people caught up in this malignant delusion are those who are desperately trying to find meaning in their lives in a post-Christian world. Like timid high school students, they are incapable of conceiving of anything that can give meaning other than to be like the “cool kids.” The devil has found a way to gin up their timidity and weak-mindedness into a frothing rage that destroys their capacity for abandoning what does not avail in order to seek meaning where it may actually be found – in genuine abandonment to Christ through service to others.

We must fight the demonic forces that seek to destroy liberty, decimate our nation, and treat Christian belief and activism as oppression. One of the greatest accomplishments of the devil is to convince so many of the timid and weak-minded that what actually liberates the soul and the heart is oppressive. So, our job is both martial and evangelical. We must conquer the captors of humanity – and liberate the captives (even as most of those captives suffer from Stockholm Syndrome).

To pave the way for the great era of peace, we must make disciples of all nations.

*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.

#### Charlie's Latest Blogs

- We Can Do It <https://assignofhope379.com/2024/10/13/we-can-do-it/>
- As I Was Saying <https://corac.co/2024/10/09/as-i-was-saying/>
- We're On Our Own <https://corac.co/2024/10/04/were-on-our-own/>

#### Brief Updates Videos

- Special Brief from the Road <https://corac.co/2024/09/19/special-brief-from-the-road/>
- It's a Test <https://corac.co/2024/08/29/its-a-test/>

## **NEWS**

### **INEQUITY**

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The total amount sent to Ukraine from US taxpayers is \$400 billion, which amounts to \$10,000 per Ukrainian. That's a far cry from the \$750 per family offered in Appalachia, in the form of a loan from the government.

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## FAIR ELECTIONS

Check to see what YOU can do to help protect the integrity of the election.

<https://protectthevote.com>

<https://truethevote.org>

<https://swampthevoteusa.com>

Also call/visit your county Republican headquarters for boots-on-ground assignments.

## CORAC LIVE ROSARY – THIS SUNDAY

On Sunday, October 20 at 6 pm Eastern Time, join fellow CORAC'ers to pray together for the healing of friends, family, our nation and our world. We'll be using the Brazen Serpent rosary, specifically for healing. (Note that rosary will begin 3 Pacific Time, 4 Mountain Time and 5 Central time.)

Zoom link to join the international rosary:

<https://us02web.zoom.us/j/85090484059?pwd=IMS9BwCqK2bySffd1B9QWMpZm51bP.1>

Download your own copy of the Brazen Serpent rosary here: <https://corac.co/wp-content/uploads/2023/02/the-brazen-serpent-prayer-v2.pdf>



## RADIO CONTEST Starts this Sunday

Communications is a potentially life-saving skill we all need to practice, newbies as well as veterans

The contest begins this **Sunday, October 20**. Start racking up points for some great prizes... the greatest of which will be your increased ability to communicate in an emergency. Contest rules are equally assessible to complete beginners and ham veterans.

Full guidelines in the appendix of this newsletter. Please participate!

## NEW HOMEOPATHY SERIES

The Health and Wellness team has put up a new series on how to use a repertory in various scenarios. It's a detailed course led by National team leader Mick. Start here:

<https://corac.co/2024/07/18/how-to-repertorize-a-case-part-1-video-class/>

There are four parts.

## SURVIVAL PLANTS

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The Sustainable Living team has just completed a great series on survival planting. There are three videos, accompanied by a printable pdf handy to keep on hand. Start here:

<https://corac.co/2024/09/26/survival-plants-part-1/>

PDF guide <https://corac.co/wp-content/uploads/2024/10/survival-garden-plants-and-seeds.pdf>

## NEXT PHYSICAL HEALING SESSION

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Wednesday, October 30 at 7:00 pm Central Time. More info and registration here: <https://corac.co/event/physical-healing-prayer-session-via-zoom/>

## STOCK UP MEDICATIONS

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<https://www.twc.health/pages/medical-kits>

<https://jasemedical.com>

## MEDIA BLACKOUT – WHAT THE MEDIA WON'T TELL US

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When Vigilant Fox first began publishing the Top Ten stories the media won't talk about, it was refreshed weekly. Now it's being put out every day! That's how fast the news is changing. Here's the latest. Click on headlines to read more:

[#10 - Epstein victim publicly backs Donald Trump for president.](#)

[#9 - CBS caught in huge scandal as Kamala Harris campaign crumbles.](#)

[#8 - Black Men respond to Obama telling "brothas" to vote for Kamala Harris.](#)

[#7 - Whoopi Goldberg loses her mind on "The View" after Trump humiliates her during campaign rally.](#)

[#6 - Massive study of 1.7 million children reveals what the "conspiracy theorists" knew all along about the COVID-19 shots.](#)

[#5 - Local official collapses and dies shortly after delivering a damning testimony about a BioLab fire in Georgia.](#)

[#4 - Marjorie Taylor Greene's weather manipulation claims are backed by science.](#)

[#3 - Joe Rogan goes quiet as Dr. Casey Means drops a series of disturbing health stats.](#)

[#2 - Terrifying DoD directive expands military authority to include LETHAL force within U.S. borders.](#)

[#1 - Biden threatens people "spreading lies" about his botched hurricane response, says they will "pay the price for it."](#)

Watch the roundup video here: [https://vigilantfox.news/p/epstein-victim-drops-election-surprise?utm\\_source=substack&utm\\_medium=email#media-e43313fe-a770-4a2e-adf8-c39eda485a19](https://vigilantfox.news/p/epstein-victim-drops-election-surprise?utm_source=substack&utm_medium=email#media-e43313fe-a770-4a2e-adf8-c39eda485a19)

## WHAT COLOR PILL ARE YOU?

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This terminology came from *The Matrix* movie, which dealt with the cost of waking up to reality.

Red-pilled = brave enough to face the truth, though at a painful cost. Truth is everything.

Blue-pilled = caught a glimpse of the truth, but it was too painful. Back to sleep.

Black-pilled = saw the truth, and it was so awful, fell into a pit of despair with no answers

White-pilled = saw the truth, willing to fight the fight so that goodness will prevail. This is the Catholic stance.

Here's an essay for the white-pilled, or those who wish they were. There's a scary level of evil in high places, but there is also reason to hope: <https://elizabethnickson.substack.com/p/a-brutalist-regime-dies-in-absurdity>

## POWER BANKS

Bluetti AC 180: <https://www.bluettipower.com> \$549

Jackery 300: <https://www.jackery.com/pages/portable-power-stations> \$299

These are the “plug-and-play” solutions for short-term use, and for people who won’t be going the generator route. If you want longer-term solutions, look into getting solar panels connected to them. You can find them on Amazon or the Bluetti or Jackery websites.

## MULTI-USE SURVIVAL ITEMS

I love items that do multiple jobs! Baking soda and Dr. Bronner’s Castile soap can perform nearly any household task; I have even brushed my teeth with Dr. Bronner’s peppermint! Print out the info sheets that are linked here, and stock up on multi-use items.

BAKING SODA <https://urbansurvivalsite.com/survival-uses-for-baking-soda/>

LIQUID CASTILE SOAP <https://livesimply.me/castile-soap-uses/>

SALT <https://www.survivalfrog.com/blogs/survival/19-amazing-survival-uses-salt>

The Appendix to this newsletter also contains printable lists of uses for multi-purpose items.

## HISTORIC SURVIVAL FOODS

I’m increasingly interested in how things were done before modernity. These foods have a history, and make a fun “survival project.” They last practically forever, though they won’t tickle your taste buds like high fructose corn syrup.

Pemmican originated in Canada, and may have been consumed by St. Isaac Jocques and St. Jean de Brebouef, whose feasts we will observe this Saturday.

Hardtack was a staple of soldiers on both sides of the American Civil War, though no one was a fan. It got them through some hard times, and that was the purpose.

Pemmican: <https://www.outdoorlife.com/adventure/pemmican-recipe/>

Hardtack:

[https://www.thc.texas.gov/public/upload/historic\\_sites/sanjacinto\\_battleground/hardtack%20recipe.pdf](https://www.thc.texas.gov/public/upload/historic_sites/sanjacinto_battleground/hardtack%20recipe.pdf)

### *Pemmican*

The best pemmican is made from the dried, powdered fish.

It can be used with lard, bear fat, caribou fat, goose fat or moose fat.

Smoke the dried fish or meat.

Pound it and make a nice powder.

Melt the fat or lard.

Put the powder in.

Mix like a batter.

Some people like to add berries and sugar.

In winter put it outside to freeze. Keep it frozen.

In the summer, make it more like a dough and cover it. It keeps well for a long time.

Pemmican is used, especially in the winter, by trappers - when they walk all day and want to travel light.

A piece the size of a date square is enough for a meal. It is good with a cup of tea.

Maryann Sam

## MARTYR’S CORNER: Sister of the Storm

When the Corpus Christi hurricane of 1919 struck (hurricanes did not begin to be named until 1950), the US Weather Bureau was still somewhat simple. Meteorologists relied on ship captain’s reports and direct observation; radar was not used for weather prediction until after World War II.

In September 1919, the Sisters of Charity of the Incarnate Word ran a hospital in the Texas coastal town of Corpus Christi. Throughout the morning of September 14, the waters of the bay had been rising. The sisters placed anxious phone calls to the Weather Bureau, and were told that the hospital was in no danger.

By noon, though, outbuildings had been blown away and the phone lines were down, leaving the sisters and their patients isolated.





Sister Mary Thais\* was a veteran nurse, and began evacuating patients from the first floor to the second, through dark hallways filled with fast-moving water and screaming wind. The north wing of the hospital, closest to the incoming water, was beginning to weaken and screech, but Sister Thais knew that patients were still in that wing. Her sisters begged her not to go, but she would not abandon her duty to God and her patients.

About 4 in the afternoon, Sister and a lay helper got to the north wing, and found a paralyzed man and a severely burned man trapped. As they were attempting to save them, the wing collapsed and all four were carried away in the rampaging waters.

Meanwhile, the chapel was starting to weaken, The chaplain consumed the hosts in the tabernacle just before the chapel was swept away too. By day's end, only two rooms of the whole hospital were left, with the surviving nuns and patients crowded into them, keeping vigil through the frightful night.

At first light, a young soldier swam to the hospital to let the survivors know that rescue was at hand. Several hours later, volunteers arrived to row the surviving nuns and their patients to the safety of the stone courthouse.

The body of Sister Thais was found a few days later, ten miles away. Her black habit was intact, her rosary beads still fastened around her waist. She is not a saint on the rolls of the Church, but because she accepted death for the sake of God and vulnerable men, her order considers her a martyr.

*Sister Mary Thais, pray for God to give us the faith and honor to help others through the worst storms without flinching.*



*\*St. Thais was a wealthy Egyptian woman who repented of her dissolute lifestyle under the direction of St. Anthony of the Desert in the 4<sup>th</sup> century.*

## PRAYER

### OCTOBER PRAYER INTENTIONS

\*If tensions and dangers arise in our neighborhoods, that CORAC members respond in the Holy Spirit with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23)

\*For finishing touches, production, and dissemination of CORAC's manual: *Revival: A Handbook and Manual for Building Functional Communities*

\*That CORAC members be inspired and motivated to learn more about and practice healthy ways of life, thus enhancing our ability to serve our communities

\*For safe travels for Charlie in his trusty Outback and for all who attend his gatherings as he spreads the message: Acknowledge God, Take the Next Right Step, and Be A Sign of Hope for Those Around You

\*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, on the last Wednesday of each month; and through many other healing prayer ministries in which CORAC members are engaged

\*That CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

\*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!*

# THE WEBSITE

Home Page	<a href="https://corac.co/">https://corac.co/</a>
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>
Defense	<a href="https://corac.co/defense-league/">https://corac.co/defense-league/</a>
Prayer Hotline	Email prayer requests to <a href="mailto:prayerteams@coracusa.com">prayerteams@coracusa.com</a>

## APPENDIX

### THE ST. MAXIMILIAN KOLBE<sup>1</sup> COMMUNICATIONS CONTEST October 20<sup>th</sup> – November 3<sup>rd</sup>



The First Annual St. Maximilian Kolbe National Communications Contest is from **October 20<sup>th</sup> through November 3<sup>rd</sup>**. ALL of CORAC is encouraged to participate, earn points, and win valuable prizes!

#### PRIZES & AWARDS

- ZOLEO Satellite Communicator; GMRS Radios; “High Power” CB radio; Cowboy hat blessed by Joseph Strickland
- beautiful 17”x14” blessed wooden Icon of St. Maximilian Kolbe.
- The “**Long Horn Award**” for making the most contacts with Liberty Center Relay Station.
- The “**Liberty Award**” for giving the most encouragement to other CORACers in earning contest points.
- The “**St. Maximilian Kolbe Communicator Award**” for making the most effort in the contest.

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<sup>1</sup> Patron Saint of Amateur Radio Operators

## CONTEST RULES

Contestants keep their own log of contest points claimed and must email their logs at the end of the contest to their regional coordinator.

### Non-Ham Contest Points

Those of us who are not hams need this encouragement and practice most of all! These are pretty easy things to do, even for us radio newbies. Earn as many contest points as you can in the following ways:

**EMAIL to SMS-TEXT Messages.** 1 point earned for each email to SMS-TEXT Message sent or received.

**SHORTWAVE Broadcasts.** 10 points for each Information Code copied during a CORAC Shortwave broadcast. There are 3 “regularly scheduled” Sunday Evening Shortwave Broadcasts posted on the CORAC website, and there will be several “spontaneous” broadcasts that “pop-up” during the contest period. Stay ALERT for notifications of these bonus broadcasts.

**NOAA Broadcasts.** 1 point per day is earned for each NOAA weather radio broadcast listened to.

**ZOLEO (or similar) Satellite Messaging.** 5 points earned for each ZOLEO or similar Satellite text or email message sent/received.

**GMRS, MARINE VHF, CB RADIO.** 1 point per contact either by GMRS radio, Marine VHF radio, or CB.

**OTHER.** Contacts made by runner, horse-and-rider, tin-can-and-string, paper airplane, balloon drop, sky writing, smoke signals, drum beating, or guardian angel are eligible and will earn appropriate points.

### Amateur Radio (Ham) Points

- **Voice Contacts.** 1 point for each vhf/uhf contact made. 10 points for each HF SSB contact made.
- **VarAC HF Messaging Contacts.** 5 points for each VarAC contact. Bonus points per contact: 10 for a contact with a document attachment; 15 for then sending that document through a Winlink HF Gateway; and 50 for any out of band contact. Pings/SNR checks are not contacts.
- **Winlink Emails.** for each email sent through Winlink to a CORAC member: 1 point for sending by telnet; 5 points for sending through an HF Gateway; Bonus points per message: 1 if the message contains “Safe and Well” status; 2 if the message also goes to an email-to-SMS-Text address.
- **APRS Messaging.** 1 point is earned for each APRS contact to any station.

All logs claiming Amateur Radio points must be submitted at the conclusion of the contest exclusively from your winlink account to: [W5PCA@Winlink.org](mailto:W5PCA@Winlink.org).

### BONUS POINTS:

Introducing our contest to other Amateur Radio Operators: 25 points per introduction;

Operating our contest from another Amateur Radio Operator’s station: 25 points per contact;

New CORAC National Communications Team recruit: 500 points.

A “Contact” means a communication back and forth to another person’s communication device...check ins and pings don’t count. The Contest Committee may adjust and improve the Contest Rules as we go along, all in good fun...



# The Stay-In Bin

because most of us will not bug out in a crisis;  
we'll stay in our homes.

- 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)
- Medications, prescriptions going forward 3 months
- Lifestraw: water purification (also Katadyn or Sawyer)
- Heavy duty Hefty 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 (one roll per person per week; supplement with washable rags)
- 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: for your portable stove, sterilizing needles (or matches)
- Cash: it may still have some value
- Blessed salt or holy water
- Large storage bin: can be used with plastic sheet for rainwater collection
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- \_\_\_\_\_
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Other:

- Items to barter (coffee, ammo, seeds)
- Toolbox
- Camping equipment (stove, propane, tent)
- Portable power station (like a Jackery or Bluetti)

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## USES OF BAKING SODA

**What is Baking Soda?** Baking Soda, sodium bicarbonate, is a naturally occurring substance that is present in all living things--it helps living things maintain the pH balance necessary for life.

**Cleaning:** Baking Soda is a mild alkali and can cause dirt and grease to dissolve easily in water for effective removal. When it is not fully dissolved, like when it is sprinkled on a damp sponge, Baking Soda is mildly abrasive and can lift dirt for easy removal as a gentle scouring powder. Because Baking Soda is a pure, natural product that is also a food, it is non-toxic, unlike many other household cleaners.

**Deodorizing:** Baking Soda's deodorization power is a result of its ability to neutralize odors, rather than just covering up odors with perfumes. Most unpleasant odors come from either strong acids (like sour milk) or strong bases (spoiled fish). Industrially, Baking Soda is used for odor control of sewage disposal plants and around barn and feedlots.

**Buffering:** Baking Soda can be used as an antacid in the human digestive system, neutralizing acids from acid indigestion and heartburn and relieving the associated discomfort.

**Cleaning Coffee and Tea Pots:** Remove those coffee and tea stains and eliminate bitter off-tastes by washing coffee maker parts, and coffee and tea pots in a solution of 1/4 cup Baking Soda in 1 quart of warm water.

**Deodorizing Dishwashers:** Sprinkle a handful of Baking Soda on the dishes or in the bottom of the dishwasher to absorb odors, so you can wait until the washer is full! The Baking Soda will do double-duty: deodorizing before you run the dishwasher and then cleaning in the first wash cycle.

**Sweeten Drains and Garbage Disposals:** To deodorize your drains and disposal, pour Baking Soda down the drain while running warm tap water. The Baking Soda will neutralize both acid and basic odors for a fresh drain. When you are replacing a box from the Fridge or Freezer, pour the contents of the old box down the drain.

**Fruit and Vegetable Scrub:** Baking Soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle on a damp sponge and scrub and rinse.

**Deodorize Garbage Can:** Keep those garbage smells to a minimum by sprinkling Baking Soda in the garbage between layers of garbage as they accumulate. Periodically wash out and deodorize garbage cans with a solution of 1 cup of Baking Soda per 1 gallon of water.

**Food Safe/Surface Safe Cleaning:** Baking Soda is the ideal all-purpose cleaner for the kitchen. Try it on counters, sinks, cutting boards, microwaves, plastic containers, back splashes, oven tops, range hoods and more!

**Microwave Cleaning:** Use Baking Soda to clean and deodorize your microwave, without scratching. Use a solution of 4 tablespoons of Baking Soda to 1 quart of water. Wipe down microwave and rinse with clear water.

**Freshen Sponges:** Soak stale-smelling sponges in a strong Baking Soda solution to keep them fresh.

**Handwashing Dishes:** Boost the performance of your hand dishwashing liquid detergent. Add 2 heaping tablespoons of Baking Soda to the dish water to help cut grease and food on dishes, pots and pans.

**For small cooking fires** (frypans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of Baking Soda at the base of the flame to help put the fire out--and call the Fire Department just to be safe! (Don't use Baking Soda in deep fat fryers; it may splatter.)

**For small electrical fires** (small appliances, heaters, outlets), unplug appliances if you can safely do so. Stand back and toss handfuls of Baking Soda at the base of the flames to help put the fire out -- and call the Fire Department to be sure the fire's out! (Remember - don't use water on electrical fires, as shock or electrocution could result!)

**Relief for Acid Indigestion:** Baking Soda is safe and effective as an antacid to alleviate heartburn, sour stomach and/or acid indigestion, when used as directed. Refer to the Baking Soda package for instructions.

**Refreshing Bath Additive:** Just add 1/2 cup of Baking Soda to your bathtub of water to make your bath even fresher. Relax!...while the Baking Soda washes away oil and perspiration and makes your skin feel silky smooth.

**Denture/Oral Appliance Soak:** Dentures and other oral appliances, like retainers and mouthpieces may be soaked in a Baking Soda solution made of 2 teaspoons Baking Soda dissolved in a small bowl of warm water.

**Deodorant:** Dust Baking Soda underarms as needed to feel fresh all day.

**Facial Scrub:** Apply a paste of 3 parts Baking Soda to 1 part water in a gentle circular motion after washing face with soap and water. Rinse clean for a fresh-scrubbed face!

**Soothing Foot Soak:** Soak your tired feet in a solution of 3 tablespoons of Baking Soda in a basin of warm water.

**Hair Care:** For squeaky clean hair, use a teaspoon of Baking Soda mixed in your palm with your favorite shampoo. The Baking Soda helps remove the build-up from conditioners, mousses and sprays to give you naturally clean hair.

**Hand Cleanser:** Scour away ground-in dirt and neutralize odors on hands using a paste of 3 parts Baking Soda to 1 part water, or 3 parts Baking Soda to 1 part liquid hand soap. Scrub and rinse clean.

**Insect Bite Care:** Relieve the itching and pain of an insect bite with a Baking Soda paste by combining 3 parts Baking Soda to 1 part water. Apply it to the affected area and let it dry. Wash it off and repeat if needed.

**Refreshing Mouthwash:** One teaspoon of Baking Soda in half a glass of water is the recipe for a fresh mouth and fresh breath. Swish the solution through your teeth and rinse.

**Soothing Irritated Skin:** Baking Soda can soothe the sting of sunburn, windburn and other minor burns. Just saturate a washcloth in a Baking Soda solution (4 tablespoons in 1 quart of water) and apply to the affected area. Or make a Baking Soda paste with 3 parts Baking Soda and 1 part water and apply to the area.

**Soothing Poison Ivy and Rashes:** Soothe the itchy skin of poison ivy, oak or sumac or prickly heat in a comforting Baking Soda bath. Add 1/2 cup of Baking Soda to a bath of water or make a paste( 3 parts Baking Soda to 1 part water) for more localized rashes and irritations.

**Toothpaste:** Baking Soda is a gentle dentifrice that helps keep teeth clean and white. Dip a damp toothbrush in some Baking Soda sprinkled into your palm. Brush as usual and rinse.

**Septic Care:** Regular use of Baking Soda in your drains can help keep your Septic System flowing freely. We recommend adding 1 cup of Baking Soda per week to help maintain a favorable pH in your Septic Tank.

**Freshen and Deodorize Carpets:** Sprinkle Baking Soda on carpets and rugs to eliminate the day-to-day odors that settle in carpets. Wait 15 minutes, or longer for tough odors, and vacuum up.

**Chlorine Bleach Booster:** Use Baking Soda to help your liquid chlorine bleach work harder. Add 1/2 cup of Baking Soda (1/4 cup for front-loading machines) with your usual amount of liquid bleach. Your whites will be whiter.

**Cleaning Batteries:** Baking Soda can be used to neutralize battery acid corrosion on cars, mowers, etc. , because it is a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts Baking Soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal.

**Remove Oil and Grease Stains:** Use Baking Soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle Baking Soda on the spot and scrub with a wet brush.

For more uses, see: <https://oconto.extension.wisc.edu/files/2011/02/Baking-Soda.pdf>

## USES OF CASTILE SOAP

**FACE WASH:** 2-3 drops on wet hands, applied to wet face.

**BODY WASH:** One small squirt on a wet washcloth, applied to a wet body.

**HAIR:** 1/2 Tbsp. in your hand, worked into wet hair

**BATH:** roughly 2 Tbsp. soap in an average sized tub. (Doesn't bubble, but still cleans)

**SHAVING:** Face – 10 drops; Underarms – 3 drops; Legs – 1/2 tsp; Work to a lather in wet hands

**TEETH:** 1 drop on a toothbrush. (Yes, it tastes like soap.)

**FOOT BATH:** 1 1/2 tsp. in a small tub of hot water.

**CLEARING CONGESTION:** 1 Tbsp. in a bowl of steamy hot water. Breathe the mist

**HOUSEHOLD USES:**  
**DISHES (HANDWASHING):** Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

**LAUNDRY:** 1/3 - 1/2 c. of soap for a large load in a normal washer. Add 1/2 c. vinegar to the rinse cycle.

**MOPPING:** 1/2 c. of soap in 3 gallons of hot water

**ALL-PURPOSE CLEANING:** 1/4 c. soap in a quart of water in a spray bottle.

**FRUIT & VEGGIE RINSE:** 1 dash (approx.. 1/4 tsp.) in a bowl of water. Dunk produce and rinse in clear water.

**PLANT SPRAY FOR BUGS:** 1 Tbsp. in a quart of water. Add 1/2 tsp. cayenne pepper or cinnamon, if desired.

For more uses, see: <http://www.lisabronner.com/wp-content/uploads/2012/09/Dilutions-Cheat-Sheet.pdf>

## USES OF WHITE VINEGAR

### 1. Food Preparation

- Marinate Meat
- Boiling Eggs
- Make the Most of Condiments
- Make a Fruit and Vegetable Wash
- Keep Your Cheese Fresh Longer

### 2. Health Benefits

- Use Vinegar for a Sore Throat
- Whiten your Teeth

- Soften Your Skin
- Eliminate Dandruff
- Fight to Foot and Toenail Fungus
- Rinse Your Hair
- Treat Insect Bites and Stings
- 3. In the Garden
  - Repel Spiders from Patio or Certain Outdoor Areas
  - Perk Up Droopy Flowers
- 4. Cleaning
  - Oven Cleaning with Vinegar
  - Clean and Disinfect the Refrigerator
  - Remove Tea and Coffee Stains
  - Eliminate Odors and Stains
  - Clean the Bathroom
  - Clean the Toilet
  - Remove Antiperspirant Stains
  - Spot Clean the Carpet – Vinegar the Perfect Carpet Cleaner
  - Vinegar The Invisible Laundry Helper – Say Goodbye to Static Cling
  - Use Vinegar to Unshrink Wool and Cashmere
  - Get Stains and Odors Out of Gym and Baby Clothes
  - Keep Your Car Windows Frost-Free
  - Easy Method for a Clean Microwave
  - Remove Gum
  - White Vinegar Uses: Removing Stickers, Price Tags, and Glue
  - Remove Candle Wax
  - Erase Crayon from Walls and Floor
  - Neutralize Odors on Fabrics, Carpets, and Furniture
  - Clean a Mattress or Upholstery
  - Clear Clogged Drains
  - Clean your Steam Iron
  - Clean your Computer
  - Remove Ink Marks
  - Best Window Cleaner Ever
  - Leather Cleaner
  - Get Rid of Smoke and Food Odors
  - Clean Stainless Steel Appliances
  - All-Purpose Kitchen Degreaser
  - Deodorize Lunch Boxes and Plastic Containers
  - Clean a Thermos or Water Bottle
  - Disinfect your Cutting Boards

For more uses, see: <https://www.tipsbulletin.com/vinegar/>

## USES OF PETROLEUM JELLY

### #1. Accelerant

Petroleum jelly is great to help start a fire. Many survivalists and campers will dip cotton balls in petroleum jelly and keep them in a zipper bag. In the military, gauze pads are often rubbed with petroleum jelly so they can double as a fire starter and as a treatment for wounds. In reality, [Vaseline](#) can be added to any fluffy tinder to create a fire-starter. Some people like to add it to dryer lint, and stuff it into a toilet paper roll.

### #2. DIY Vaseline Candles

You can also make a candle out of Vaseline. Simply spoon a big glob of jelly into a small dish or ash tray. Take a cotton ball and twist it into a wick. Rub a little jelly on it and stick the end in the dish. Light the tip of the wick and it should stay lit until all the petroleum jelly has all burned away.

### #3. Skin Protection

Use it to protect against frostbite. Smear a moderate layer over exposed skin. It works for chapped lips in place of Chapstick.

#### #4. Lubricant for Machinery

This is the advertised purpose for petroleum jelly. Vaseline works great to silence squeaky hinges on a door. It works to lubricate a bicycle chain if you have no grease. You can lubricate any wheels that have ball bearings, and can grease keyholes so that keys continue to work smoothly. Vaseline can be applied to light bulb sockets or to appliance racks in refrigerators or ovens to prevent sticking. It helps shower curtains and closet doors slide more easily. Petroleum jelly keeps windows sliding smoothly. It prevents zippers on clothing from jamming up. It also prevents corrosion on batteries.

#### #5. First Aid

Petroleum jelly holds moisture into the skin while also protecting from the harsh elements that can dry out the skin. It also helps stitched wounds heal faster. If dealing with chapped or dry hands, apply Vaseline to the affected area and then put on gloves for 20 minutes. It protects minor scrapes, burns, and cuts, but do not use it on severe burns as it can cause infection.

It can be applied to any dry skin including dry, cracked heels. Petroleum jelly is also great for skin irritation. It can be used to treat and prevent diaper rash for babies. It works well to prevent chaffing on long hikes, and can help prevent blisters on your feet.

#### #6. Insect Control

On hard surfaces, Vaseline can keep crawling insects like ants away. This is ideal to avoid insects in your pet food or food storage. You can also apply petroleum jelly to a piece of paper for makeshift fly paper. As flies land on the paper, they will get stuck and die.

#### #7. Lubricate Candle Holders

As candle wax melts and runs down the sides of the candle, it cakes around the candle holder. This makes it tough to remove the candle without breaking it and making a mess. If you first apply Vaseline to the candle holder, it will easily slide out when it is time to swap out for a new one.

#### #8. Restore Leather

There are plenty of leather protection products and conditioners that can be used, but they really are not needed. Just a dab of petroleum jelly will restore cracking, rough leather to a soft sheen.

For more uses, see: <https://www.survivalsullivan.com/petroleum-jelly-survival/>

## USES FOR RUBBING ALCOHOL

### **What Is Rubbing Alcohol?**

Rubbing alcohol consists of isopropyl alcohol or isopropanol in water. It contains denatured alcohol, water, and agents that make it taste awful. That's because ingesting rubbing alcohol can cause blindness in tiny doses and even death in slightly large amounts. In fact, the body metabolizes isopropyl alcohol into acetone. This substance causes headaches, dizziness, nausea, vomiting, central nervous system depression, organ damage and, potentially, coma or death. Hence, it goes without saying that isopropyl alcohol should never be swallowed and should never come into contact with your eyes. Rubbing alcohol is flammable, so it should always be stored safely.

### **Why You Should Always Have Alcohol At Home**

Rubbing alcohol is first and foremost a disinfecting agent. It's most often found in first aid kits to treat minor wounds and prevent infection. Actually, it's a great first resort when a mild infection starts to set in. But alcohol should be taken out of the first aid kit once in a while since it has countless other uses.

Make sure to purchase 70% isopropyl alcohol to make all of the remedies below.

#### **1. Bed Bugs**

Bedbugs can be killed by regularly cleaning your sheets, mattress, headboard, and the area around your bed. In extreme cases, a full-scale extermination may be necessary. To wipe them out naturally:

1. Mix rubbing alcohol and water in a 1-1 ratio into a spray bottle.
2. Spray a light mist on your mattress and pillows, allow to dry, and vacuum. Wash your bedding in hot water and dry on high heat for at least 30 minutes.
3. Use the mixture to wipe down your bed frame, headboard, baseboards, and surrounding furniture.
4. Open your window to air out the room before going to sleep.

#### **2. Skin Cleanser**

Rubbing alcohol fights inflammation and bacteria to prevent acne. It also soothes and heals infected pimples. Do not use regularly, or it will dry out your skin.

To use:

1. Soak a cotton swab in rubbing alcohol.
2. Dab it on the affected area gently and leave for 10 minutes
3. Rinse the affected area with lukewarm water.
4. Do this twice daily for a couple of days only.

#### **3. Cold Sores Treatment**



Cold sores are caused by the herpes simplex virus. While the virus doesn't fully go away, different things can trigger a cold sore. In fact, can take up to two weeks for a sore to fully heal. Speed along the process by applying rubbing alcohol to the sore using a q-tip or cotton ball up to twice a day until it heals.

#### **4. Deodorant Replacement**

To kill the bacteria that cause body odor, dab a bit of rubbing alcohol under your armpits using a cotton ball. Be careful not to use this trick too often to avoid skin irritation.

#### **5. Cold Pack**

Make your own flexible ice pack by mixing water and alcohol in 2:1 ratio. Pour the mixture into a freezer ziplock bag, seal, and place in the freezer for at least an hour.

#### **6. Clean Your Ears**

Q-tip may be branded as a great tool for cleaning your ears, but they actually push wax deeper into the ear canal. Instead, use equal parts rubbing alcohol and white vinegar and place a few drops into your right ear as you lay down on your left. Let it soften your wax for up to two minutes before covering your right ear with a tissue and laying down on that side to let the wax slide out. Repeat on the other side. Do not repeat more than once a week to avoid drying out your ear canal.

#### **7. Destroy Lice**

While there are many over-the-counter lice solutions, they contain harsh chemicals that can harm your child's tender scalp. Alcohol, on the other hand, is a safe and cheap alternative that dries out the protective layer of the lice and their eggs.

How to use:

1. Do not wash your hair in the days before your treatment.
2. Place your head over the bathtub and pour rubbing alcohol over your head, making sure to keep it away from your eyes, mouth, and nose.
3. Using your fingers, spread the rubbing alcohol around your scalp and throughout your hair.
4. Leave it on for 5 to 10 minutes.
5. Use a nit comb to brush out all the lice.
6. Finish by shampooing your hair.
7. Use this treatment once a week for a couple of months.

#### **8. Hand Sanitizer**

Make your own hand sanitizer by mixing 1/2 tablespoon of isopropyl alcohol, several drops of tea tree oil, and 1/2 cup of Aloe Vera gel.

#### **9. Kill Ticks**

To remove ticks from your family pet, saturate a cotton ball with alcohol and dab the tick using the ball. Wait a few minutes for it to loosen its grip. Grab the tick close to your pet's skin and pull it right out. Apply a bit of alcohol to the wound to prevent infection. Repeat for all visible ticks. Follow up by washing your pet to make sure he doesn't accidentally ingest the alcohol.

#### **10. Fight Fruit Flies**

If you see fruit flies flying around your home, spray them while they're flying with an alcohol and water mixture. They'll fall to the floor, where you can sweep them right up.

#### **11. Bathroom Cleaner**

You can use alcohol to wipe clean chrome fixtures and let them dry: no need to rinse it off!

#### **12. Clean Ink Stains**

Alcohol works like a charm to remove ink stain, especially on white carpets and linens.

1. First, blot the wet ink with a paper towel.
2. Then, apply rubbing alcohol on the stain.
3. Repeatedly dab a clean rag over it until the stain comes out. You can keep changing the rag when it starts to pick up the ink to avoid re-staining on your clothing.
4. Finally, rinse the clothing with cold water to remove the rubbing alcohol before putting it in the laundry.
5. For a carpet stain, use a mixture of 2 parts liquid dish soap and 1 part rubbing alcohol.

#### **13. Prevent Sweat Stains**

To prevent sweat stains, wipe some rubbing alcohol on your armpits and neck before dressing. You can also apply alcohol to stained clothing using the same technique as the ink treatment above.

#### **14. Dissolve Windshield Frost**

To prevent frost:

1. Wash your windows with a solution of 1/2 cup rubbing alcohol to 1 quart (1 liter) water to prevent the frost.
2. Polish the windows with newspaper after you wash them to make them shine.

To remove frost:

1. Fill a spray bottle with rubbing alcohol and spritz the car glass.
2. Wipe the frost right off and start the car.

#### **15. Kill Nail Fungus**

Since rubbing alcohol kills fungus too, it's a safe way to treat an infection before it develops into athlete's foot.

1. Mix equal amounts of rubbing alcohol and white vinegar.
2. Soak a thick pad of cotton in the solution and place it over the infected toenail.
3. Wrap it with a small bandage or tape to keep the cotton pad in place.
4. Allow it to sit for about 30 to 45 minutes.
5. Finish by gently scrubbing the toenail with a soft-bristled toothbrush, then rinse the area.
6. Use this remedy once daily for several days.

#### **16. Soothe Mosquito Bites**

To relieve the itching and swelling of mosquito bites, look no further than your first aid kit! Being a natural antiseptic agent, rubbing alcohol also reduces the chance of developing an infection.

1. Apply some rubbing alcohol directly onto the affected site.
2. Massage the area gently for 1 minute.
3. Wait 10 minutes, then rinse off the area with cool water.
4. Finish by applying some fresh aloe vera gel.
5. Repeat as needed

#### **17. Fight Foot Odor**

To fight stinky feet, spray the soles of your shoes with rubbing alcohol mixed with a few drops of lavender essential oil.

#### **18. DIY Air Freshener**

Swap out the toxic Febreze with your own mix of 1 cup rubbing alcohol with 10-15 drops of essential oil. Spray in a well-ventilated area.

#### **19. Treat Poison Ivy**

Poison ivy, poison oak, and poison sumac are plants that can cause a non-contagious itchy rash upon contact (9). Isopropyl alcohol will provide instant relief thanks to its soothing and cooling properties.

1. Saturate a paper towel with rubbing alcohol.
2. Use it to gently wipe the affected area.
3. When the area is completely dry, wash it with soap and warm water.
4. Do this several times a day for 2 to 3 days.

#### **27. Soothe Muscle Aches**

Rubbing alcohol soothes sore muscles and joints. While it isn't a long-term solution, it's great for short-term relief.

1. Apply some rubbing alcohol on your aching muscles.
2. Massage gently in circular motions for 10 minutes.
3. Wrap the area with a warm cloth for at least 30 minutes.
4. Repeat 2 or 3 times a day.

For more uses, see: <https://dailyhealthpost.com/rubbing-alcohol/2/>

## USES OF COCONUT OIL

### Protect Your Skin From UV Rays

When applied to your skin, coconut oil may protect it from the sun's ultraviolet (UV) rays. However, keep in mind that it doesn't provide the same protection as conventional sunscreen, which blocks about 90% of UV rays.

### Increase Your Metabolism

Coconut oil contains medium-chain triglycerides (MCTs). These are fatty acids that are quickly absorbed and can increase the number of calories you burn. One study found that 15–30 grams of MCTs increased the number of calories burned by an average of 120 over a 24-hour period.

### Cook Safely at High Temperatures

Coconut oil has a very high saturated fat content. This makes it one of the best fats for high-heat cooking, including frying. Saturated fats retain their structure when heated to high temperatures, unlike the polyunsaturated fatty acids found in vegetable oils. Oils such as corn and safflower are converted into toxic compounds when heated. These may have harmful effects on health.

### Improve Your Dental Health

Coconut oil can be a powerful weapon against bacteria, including *Streptococcus mutans*, the bacteria in your mouth that causes dental plaque, tooth decay, and gum disease. In one study, swishing with coconut oil for 10 minutes reduced these bacteria as effectively as rinsing with an antiseptic mouthwash.

### Relieve Skin Irritation and Eczema

Research shows that coconut oil improves dermatitis and other skin disorders.

### Improve Brain Function

The MCTs in coconut oil are broken down by your liver and turned into ketones, which can act as an alternative energy source for your brain. Several studies have found MCTs to have impressive benefits for brain disorders, including epilepsy and Alzheimer's.

### Moisturize Your Skin

Coconut oil makes a wonderful moisturizer for your legs, arms, and elbows. It can also help repair cracked heels. Simply apply a thin coat to your heels at bedtime, put on socks, and continue on a nightly basis until your heels are smooth.

### May Help Fight Infections

Virgin coconut oil has antibacterial properties that can help treat infections. One study found that it stopped the growth of the intestinal bacteria *Clostridium difficile*, commonly known as C. diff, which causes severe diarrhea. It also appears to fight yeasts.

### Increase Your 'Good' HDL Cholesterol

Coconut oil has been shown to raise cholesterol levels in some people.

### Make Sugar-Free Dark Chocolate

Homemade dark chocolate is a delicious way to get coconut oil's health benefits. It's easy to find a recipe online and get started. To keep things healthy, look for sugar-free ideas.

### May Reduce Belly Fat

Coconut oil may help reduce belly fat — also known as visceral fat — which is linked to increased health risks, such as heart disease and type 2 diabetes.

### Decrease Hunger and Food Intake

The medium-chain triglycerides (MCTs) in coconut oil may help reduce hunger, leading to a spontaneous decrease in calorie intake.

### Improve Wound Healing

One study found that rats whose wounds were treated with coconut oil had a reduction in inflammatory markers and increased production of collagen, a major component of skin. As a result, their wounds healed much faster. To speed healing of minor cuts or scrapes, apply a little bit of coconut oil directly to the wound and cover it with a bandage.

### Boost Bone Health

Animal research suggests that the antioxidants in virgin coconut oil may protect bone health by neutralizing free radicals, which can damage bone cells.

### Make a Nontoxic Insect Repellent

Some essential oils may be a natural way to keep bugs away and avoid bites and stings. However, rather than applying these oils directly to your skin, they need to be combined with a carrier oil.

### Reduce Inflammation

Several animal studies show that eating coconut oil provides strong anti-inflammatory effects. Human studies suggest that eating coconut oil may reduce markers of oxidative stress and inflammation.

### Quick Energy Source

Coconut oil contains medium-chain triglyceride fatty acids, which are digested differently than the long-chain triglycerides found in most foods. These fats go directly from your gut to your liver, where they can be used as a quick source of energy that won't raise blood sugar levels.

### Relieve Symptoms of Arthritis

Arthritis is characterized by pain and immobility of the joints due to inflammation. Animal research suggests that antioxidants called polyphenols found in coconut oil may be able to relieve some symptoms of arthritis.

### Improve Liver Health

Animal research has found that the saturated fats in coconut oil can help protect your liver from damage due to alcohol or toxin exposure.

### Soothe Chapped Lips

Coconut oil makes an ideal natural lip balm. It glides on smoothly, leaves your lips moist for hours, and even provides some protection from the sun.

For more uses, see: <https://www.healthline.com/nutrition/coconut-oil-uses>