

CORAC Newsletter

Region 8

March 26, 2021



This is the second of our bi-weekly newsletters, to be issued on alternate Fridays. It's meant to consolidate all the information you get from CORAC Region 8 into one document for your convenience. The next newsletter will come out on Friday, April 9, 2021.

We hope you find this helpful, and we welcome any ideas you may have.

RC Report

Region 8 alerts, from the Regional Coordinators



Hello everyone, we trust this finds you all well and taking the next right step!

We had our 3rd region 8 Zoom meeting last Tuesday. It was good to touch base, share and pray together. Michelle and I are new to Zoom meetings, and each time we do it – we are a little more comfortable. Maybe a little too comfortable. As our 40 minute time limit wound down – I waited for the usual ‘popup’ screen saying “you’ve got extra time”... And it didn’t, and we got cut off! Got an email from Ava who congratulated us for ending on time... *was through no effort on my part.*

Zoom is definitely not the same as face-to-face, but it does have its advantages – such as no traffic. It is a way for us to get to know one another across distances. It allows everyone a chance to speak, and have questions and concerns addressed. This call, we started the practice of sharing prayer intentions and blessings.

For your planning purposes, the Region 8 Zoom calls will occur on alternate Tuesdays. Next call: Tuesday, April 6 at 7:00.

Soon we will have a chance to actually meet each other; Charlie’s upcoming visits to Louisiana and Texas are set. Due to COVID restrictions in Louisiana, seating is limited, so please plan ahead. If you’ve already submitted your request and find you can’t make it, please let the Bodenheimers know, as we’re sure there will be a waiting list.

Michelle and I hope to meet you in person, and we plan to be at all three of Charlie’s talks if possible.

Yours in Christ,
Ed & Michelle



CHARLIE’S VISIT TO REGION 8

We are excited to welcome Charlie once again to Texas and Louisiana!

Dallas	Friday, April 23 rd	6:00 pm at the Frontiers of Flight Museum, 6911 Lemmon Avenue, Dallas Sclare27@aol.com
Houston	Tuesday, April 27 th	6:30 pm at 18222 Vinland Drive, Nassau Bay Coracregion8@gmail.com
Abita Springs	Wednesday, May 5	6:00 pm at Teresian Center, 18104 St. Joseph’s Way, Covington christybodenheimer@hotmail.com

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

DO YOUR FRIENDS A FAVOR – INVITE THEM

This process of “awakening,” of coming to the knowledge that all is definitely not right with the world, that the Emperor has no clothes, and the institutions we have trusted are not looking out for us after all... is painful. Behind all those masks are nervous people who don’t know who to believe any more. With the media silencing any competing discussion, people feel isolated when they don’t buy into the mainstream narrative, as though they are the only ones noticing that something smells funny.

We are blessed, we in CORAC. We face the same bizarre world, but we have friends who face it with us. That’s the purpose of the Zoom calls and this newsletter and all the work on the CORAC website and the national conference: to knit a community out of us, a network of friends who have each other’s backs.

So invite your friends to come hear Charlie and connect with CORAC. No one needs to face all this craziness alone.

CORAC News

From the national organization and other regions



NATIONAL CONFERENCE – DATE CHANGE

The CORAC national conference “Faith, Family and Freedom” in Rapid City, South Dakota (gateway to Mt. Rushmore) will be June 25-27, 2021. They propose to have presentations about alternative health care, animal husbandry, gardening, radio communications, bartering, legal rights, self-defense, clean water, gun safety, beekeeping, and all things CORAC.



Go to the website to read more about the conference, topics, and lodgings. It’s on the Community Forum under Region 9. Remember that you must register for Forum membership, apart from your original registration in CORAC.

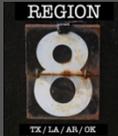
Click on Community Forum from the top toolbar of the home page. If it’s your first visit to the Community Forum, click on Register and follow the prompts. If you’ve visited before, click on Login. You will go through the Captcha exercise to prove that you’re not a robot hacker, then you’re in! There is a box to check at the bottom of the Login form “Remember Me” so that you don’t have to login the next time. Take time to explore the Community Forum. It’s where you can connect with CORAC members across the country.

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

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

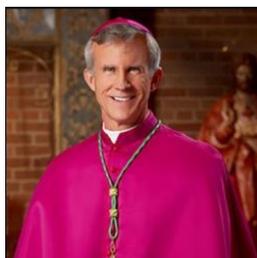
Region 8

What’s going on in our region



CATHOLIC FAMILY CONFERENCE – IRVING, TEXAS

Registration is now open for the live conference to be held at the Irving Convention Center on April 30-May 1. Early bird prices end on Friday, March 26 (today). A limited number of in-person tickets will be sold, and then virtual passes will be available. This conference will feature Bishop Joseph Strickland, Steve Ray, Trent Horn, Ralph Martin and Cardinal George Pell, among others. <https://mailchi.mp/04fb694adec9/catholic-family-conference-tickets>



Health & Wellness

Staying robust in trying times



Dr. Lee Merritt, who was made famous for bucking the mainstream narrative about COVID-19 in a video last August, spoke out again in January. Dr. Merritt is an orthopedic and spinal surgeon, with years of experience in private practice, as well as ten years as a US Navy surgeon. She is a past president of the Association of American Physicians and Surgeons and a current member of America's Front-Line Doctors. You can watch the half-hour interview here:

<https://www.bitchute.com/video/ptNS5BHG6Cnh/>

COVID TOOLCHEST

This is Dr. Merritt's "COVID kit", to preventively build your immune system, without recourse to experimental treatments like the mRNA genetic manipulation, deceptively going by the name of "vaccine."

- Vitamin D3* 10,000 iu
- Zinc** 30 mg
- Iodine 12.5 mg
- Selenium 200 mcg
- NAC (N-Acetyl Cysteine) 1000 mg
- Liposomal Vitamin C** 500-2000 mg
- Quercitin 500-1000 mg



* Vitamin D levels are the *most* determinant factor of COVID severity, but 10,000 units is a *lot*. The capsules I take are only 1000 iu, which means I would need ten capsules per day. I checked and double-checked the amount, and she really does mean TEN THOUSAND IU per day. People living at the equator get 30,000-40,000 units of Vitamin D per day from the sun, so that makes 10,000 sound a bit more reasonable. A more precise method for dosing is to have your Vitamin D blood level tested by your doctor, and ascertain how much you need to reach the optimal level. You *can* take too much D.

** Zinc is available in various forms, some more bio-available than others. The more popular forms are zinc orotate, zinc glutonate, and zinc citrate.

*** Liposomal C refers to the way the vitamin is encapsulated for maximum delivery and absorption. Dr. Merritt said that when she has felt symptoms of cold or flu, she takes up to 12,000 mg of Vitamin C and has experienced the cessation of symptoms.

The first five supplements and amounts were given by Dr. Merritt in a November 9, 2020 interview. In the January interview, she also mentioned Liposomal C and Quercitin, but without amounts. The amounts given for those supplements were derived from my own research online.

Communications

Staying in touch when channels are spotty



AMATEUR RADIO OPERATORS

According to the national communications coordinator, Steve Johnston in California, our Region 8 representative, Paul Allred, a highly experienced radio operator, has contributed game-changing information. On Paul's recommendations, the national committee has embarked on a whole new strategy for connecting CORAC across the nation if mainstream communications were to go down. They are now practicing and polishing that strategy.

If you are a ham radio operator and would like to get involved, let us know at: coracregion8@gmail.com.

If you are *not* a ham, here are Paul's recommendations for civilian-use radios:

1. **AM/FM/NOAA Radio.** In the north Texas area, the AM news stations KRLD (1080) and WBAP (820) will be a good source of local information. (AM news/traffic/weather station in Houston is KTRH and in southern Louisiana, WWL) Perhaps more important is NOAA "weather" radio. The Federal government broadcasts emergency alerts over NOAA radio. Mostly we think of it as "weather" radio because this is where you get round-the-clock broadcasts of current weather conditions and forecasts, including tornado alerts, but this system is also the federal "emergency alert" system...so there could be any number of alerts the government broadcasts out through this system.



While there are many brands of these units available, I have personally gone with units from C.Crane company here: <https://ccrane.com/emergency-radios/> Radios with SSB features are not useful, but their little hand held unit is a GEM and one of my go-to's. Be sure and stock spare batteries. This unit is pocket sized and is priced at \$65.

2. **Dedicated NOAA Radio.** The Midland WR120 is the classic. I have one always on at my office, and at my home. They stay silent until there is an emergency alert...such as a tornado warning, etc...and then they go off and play whatever the alert is...automatically. They have a battery backup and work very well. \$40



<https://mid.factoryoutletstore.com/cat/35167/Weather-Radios.html?cid=83626&chid=1600&campaignid=72252123&adgroupid=1256379081&adid=83769044841070&targetid=kwd-26409807589;loc-190&matchtype=e&device=c&network=s&msclkid=73ed61b825821b90eb4c01eb1bf2cfa9>

3. **Public Service Scanner.** For those living in an urban area such as the DFW metroplex, police/fire have sophisticated trunking radio systems, called P25. The latest scanners can pick up the P25 trunking. The Uniden Home Patrol 2 model is easy to use and can scan and listen to everything: Police/Fire, NOAA, AM/FM radio, amateur radio. Not inexpensive, but impressive what information you can collect with them. \$535



<https://www.amazon.com/Uniden-HomePatrol-2-Touchscreen-TrunkTracker-Emergency/dp/B00JJY6S72>

4. **GMRS Walkie Talkies.** For coordinating with your family/friends, having a few of the inexpensive GMRS walkie talkies is a life saver. There are many brands of these. I think the Midland and Uniden brands are good, but there are plenty of others that are just as good. The claims of how far they work (miles and miles) is untrue...basically only possible from mountain top to mountain top. But you can get a few blocks around your home with them, and that's huge. This Midland unit has a built-in NOAA radio. \$90



https://www.amazon.com/Midland-LXT633VP3-Channel-Two-Way-Privacy/dp/B0745DYBQV/ref=sr_1_9?dchild=1&keywords=midland+gmrs+walkie+talkie&qid=1616068746&s=electronics&sr=1-9

Sustainable Living

Home skills for self-sufficiency



What exactly *is* sustainable living? It means living in a way that maximizes your health and happiness, using minimal resources. It's a life that you can sustain with the least reliance on unsavory corporations, chemicals, or government agencies. Our ancestors were clearly into sustainable living, as a big part of the rebellion was doing without commodities, like tea, that were unjustly taxed by the Crown. They founded this nation on principles of independence.

Citizens who are self-reliant spend less money and are less manipulable in a crisis. The more living skills you have, the less likely you will accept government "help," with strings attached. Aside from that, living sustainably is good stewardship, healthy work, saves money and gives the members of your family a sense of confidence in God's amazing providence through His creation, which was "engineered" for humans.

Be aware that "sustainable living" can also be code for some "green" practices that are not within our Catholic ethic. For example, the crowd who believes that human beings are a danger to the earth would say that artificial birth control and abortion are part of living sustainably.

We live sustainably in a way that protects humans as well as the natural resources of the earth. And incidentally, let's take back the word "earth". It's a good word, and should not belong exclusively to those who make the earth superior to humans, as though we are at war with the planet. It is entirely Catholic to love the earth properly.

When you are growing your own food, you start to see the rhythms God has built into the seasons. Right now, it's time to start planting! Are you a first-time gardener? Building (or buying) a raised bed is a great way to begin. You control the quality of soil for planting and drainage. In Texas, where you may encounter a clay layer only inches from the surface, that's important. Tunneling pests are not a problem in a raised bed, and you save wear and tear on your back and knees.

Check your local home improvement or tractor/farm supply store. You can buy kits, or build from scratch, or purchase a unit ready to start filling. Beware of using pressure-treated wood for your beds, as it contains chemicals you do not want in your edibles. Many kits use fir or cedar, which resist rot naturally without chemical treatment, but are more expensive.



Here's a video for a very nice, simple and inexpensive 4 ft x 8 ft bed that anyone can make without heavy tools, if you have the lumber yard cut your pieces. It also helps you learn how to fill the bed with the best materials for planting.

How To Build A Raised Bed Cheap and Easy!

<https://youtu.be/MBIYebUgVVI>



Meanwhile, Region 8 is looking for someone who has a passion for, and experience in, sustainable living topics, to represent the region on the national sustainability committee. Please email us if you are interested: coracregion8@gmail.com

Other Items of Interest

Random items I just felt like sharing



Back in 2014, Charlie wrote an excellent piece about our progress through “The Storm” and the value of simplicity. As ever, his main message is to trust God and not rely overmuch on our own cleverness. Six years later, this piece has aged well:

<https://asignofhope379.com/2020/07/02/what-the-next-right-step-really-means-2/>

STATEMENT OF CONSCIENCE

A powerful statement of conscience has been published to address the significantly ignored problem of using aborted fetal cells in the so-called “vaccines.” Bishops, bishops’ conferences, and even Catholic ethicists have accepted the abortion-tainted vaccines alarmingly easily, and even pushed them on their flocks as some sort of obligation. Does abortion become less evil with the passing of time? No, despite what some bishops might say, to the peril of their own souls.

“We resist this ‘consensus’ being foisted upon us as morally repugnant; we do not wish to benefit from abortion.”

Read, ponder and consider signing the statement of conscience: <https://mailchi.mp/7742dd12483f/statement-of-conscience-to-awaken-conscience>

Prayer

Staying right with God



From the book *Light and Leaven* by Bishop Joseph Strickland of Tyler, Texas:

“If I were to promote a pet project, it would be Eucharistic devotion – because everything has to be about Jesus Christ, and the Eucharist is what it’s all about. I get emotional about it because, by it, I’ve come to know Him in ways that I didn’t know Him before.

His presence is real. And I can tell you that as I leave His presence, there’s a little part of me I leave behind, as if I’m missing a friend.

I think the best answer I can give for those who are wanting to seek that feeling of grace in their lives is to commit to real, regular prayer.

It’ll be frustrating. You’ll be tempted to say, “I’m not getting anywhere.” But pray the rosary, read Scripture, simply sit in the Eucharistic presence of the Lord, and I’ll guarantee you’ll start to feel some changes in your life. Everything really does flow from prayer: greater peace, greater clarity, greater knowledge, greater love, greater joy.”



Scroll to the next page for a preview of the new CORAC flyer:



Join us

CORAC is a grassroots organization dedicated to defending the traditional values of Faith, Family and Freedom.

We're connecting communities across the U.S. made up of ordinary people with diverse backgrounds in health and medical, communications, logistics, teaching, catechism, trades, legal, law enforcement, military service, art, writing, designing, engineering, ministerial and more.

Whether you're called to a life of prayer, activism, or lending your unique skills to help others in times of need, this is your invitation to come join us!

Together we're a solid network of like minded people who are ready to encourage, support and build each other up -- *especially in times of strife.*



www.corac.co



Membership

CORAC is open to all people of good will, without reference to ethnicity, creed, sex or political affiliation. Our members share in the belief of the dignity and sanctity of all human life as defined by natural law and the God-given rights granted by the United States Constitution and the Bill of Rights.

We cherish the Judeo-Christian principles that serve as the bedrock for the founding of our Nation. Yet today, we face a great spiritual battle for the soul of our country. Mindful of future generations, we are working together to restore and advance the freedom and prosperity our forefathers bestowed upon us.

Join us to share our mutual love of God and country, living our faith through genuine love of neighbor, and building community with a strong desire to always:

- **Acknowledge God**
- **Take the next right step**
- **Be a sign of hope**

We look forward to you hearing from you soon.

Ave Maria, Stella Maris!
Charlie Johnston
Founder



Visit our website today to learn more:
www.corac.co