

CORAC Newsletter

Region 8

April 23, 2021



REGION



This issue is meant to be a “back to basics” one. Most of us aren’t experienced preppers with the knowledge and time to be fully prepared for a long-term disaster, though a few definitely are. But we can *all* do something to cover the bases. So basic, common-sense strategies are covered in this issue.

RC Report

Region 8 alerts, from the Regional Coordinators



Charlie’s April 17 presentation in Houston was folksy and informative. We taped it and expect an audio file to be available on the CORAC website soon. He will be in Dallas tonight [Friday, April 22] and in Covington/Abita Springs, Louisiana on May 5

I talked to a gentleman at Charlie’s Houston presentation, who was a “prepper.” I could tell he knew what he was talking about. He advised that the most basic things are water and sanitation. This got me thinking about what we should be doing to prepare. There is a lot of informative content on the CORAC forum and library, addressing four major areas: sustainable living, health and wellness, communication, and prayer.

Our current plan includes stocking non-perishable foods, sanitary supplies, vitamins and prescriptions, currency, self-protection and a multiband radio. This might all seem practical, but it may never be needed, or it will be so tiny compared to our needs as to be useless.

So how does one take the next right step when there are multiple directions to take? For me, the next right step is prayer. I believe that God will hear my prayers and will not give me more than I can carry. One thing Michelle and I started was the Bible-In-A-Year with Fr. Mike Schmitz. We happened to see his interview with Ben Shapiro and decided to give it a try. We’re really glad we did!

How about you? Are you preparing – and how? Are you praying? We’d like to hear from you.

Ed & Michelle

CHARLIE’S VISIT TO REGION 8

The Houston talk took place last Saturday. Charlie spoke to an enthusiastic crowd, according to attendees.

Dallas
(North Texas)

Friday, April 23
6:00 pm

Frontiers of Flight Museum
6911 Lemmon Ave, Dallas

Sheryl Collmer
sclare27@aol.com

Covington
(South LA)

Wednesday, May 5
6:00 pm
Seating is limited, so call Christy at 985-373-1588 or email if you plan to attend

The Teresian Center
18104 St. Joseph Way, Covington

Christy Bodenheimer
christybodenheimer@hotmail.com

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

CORAC News

From the national organization and other regions



NATIONAL CONFERENCE JUNE 25-27

The CORAC national conference “Faith, Family and Freedom” in Rapid City, South Dakota, Gateway to Mt. Rushmore, will be June 25-27, 2021 at the Cedar Canyon Retreat Center. Bunkhouse-style lodgings are available for reservations at the Cedar Canyon website: <https://cedarcanyoncamp.com/facilities/>. There are also RV and tent sites available.



I suspect many of us will prefer hotel accommodations, in which case there are plenty of choices. Just a few minutes down the road from the conference site is the Canyon Lake Resort, <https://www.canyonlakeresortsd.com> where lodges, cabins and motel rooms are available. As you get closer to Rapid City, there are national chain motels to choose from, as well as bed-and-breakfast inns. This area is very tourist-friendly.

More specific information will be available next week, including possible discounts on lodging. Hold your horses until then if you want the discounts.

The conference itself will consist of practical workshops, some nationally-known speakers and our own CORAC experts, including Charlie, of course, vendors tables and information stations concerning communications, health and wellness, sustainable practices, prayer and education, and time to get to know fellow CORAC'ers.

Go to the website to read more about the conference, topics, and lodgings. <https://corac.co/2021/03/30/jun-25-27-rapid-city-sd/>. More information and a registration link will be available next week, and we'll email it to you.

THIS IS VERY EXCITING! We are going to “jell” as a united force during this weekend in June.

Region 8

What's going on in our region



CATHOLIC FAMILY CONFERENCE – NEXT WEEKEND, SATURDAY, MAY 1



Attend in person at the Irving Convention Center, or virtually. The all-access live pass is \$125, and the virtual family pass is \$40. The conference will feature Cardinal George Pell, Bishop Joseph Strickland, Steve Ray, Trent Horn, Ralph Martin, among others, and includes Mass.

<https://catholicfamilyconference.com/shop/>

OTHER NOTABLE CONFERENCES NEXT WEEKEND

Next weekend is full of Catholic conferences! I am attending the Irving conference (above) in person, but purchasing virtual passes for several others, that I can catch up on later. Check these out:

- **Truth Over Fear Summit II**, “COVID-19 & the Great Reset” produced by Patrick Coffin. April 30-May 2. Impressive speaker lineup, including Archbishop Viganó, Dr. Lee Merritt, Bishop Athanasius Schneider, Dr. Judy Mikovitz, many others, all exposing the fact that “we have been lied to on a massive scale.” Free to register, and \$60 for the premium pass that allows you to listen to the talks after the conference ends on Saturday night. https://www.restoretheculture.com/?r_done=1

- **Theology of the Body Virtual Conference**, produced the TOB Institute. April 30-May 2. Last year's conference was a blockbuster, and this year's will exceed it. Speakers include Christopher West, Jason Evert, Fr. Donald Calloway, Scott Hahn, Dr. Edward Sri, Fr. Jacques Phillipe, Monica Ashour (my boss), an entire Spanish track and close to 100,000 listeners from all over the world. Free to register, and \$60 for the premium pass that allows you to listen to the talks after the conference ends on Sunday afternoon.
https://www.tobvirtualconference.com/?r_done=1

Health & Wellness

Staying robust in trying times



HOME REMEDIES

After last year, the specter of supply-chain disruptions is more plausible and immediate. We learned last year that most of our medications, even vitamins, come from China, a faucet which could be easily shut off in an altercation. Some of our domestic manufacturers have not been restored to full capacity, and there are shortages in many product lines. It behooves all of us to take care of our basic health with good nutrition, exercise and rest... and in addition, have some recourse to side-tributary (non-mainstream; I just made it up) remedies.

Here are a few “home” remedies that have actually been proven in scientific studies:

- Ginger root seems to be the “Queen of Home Remedies” as it can be effective against vertigo, nausea and colds. You want to gnaw at the actual root, not Trader Joe's Triple Ginger Cookies (tried it, gained a few pounds.) Ginger is also an immunity booster, and we love those! You can get ginger root in any grocery produce section, and it also comes pre-minced in small jars.
- If ginger is the Queen of home remedies, then garlic is the King. It's a strong anti-inflammatory and an immune booster, too. It may lower cholesterol, speed up recovery from injury, slow bone loss from aging, and regulate blood sugar. How much to take? If you like garlic, add it to everything. Livestrong recommends 2-4 grams of fresh minced garlic daily. That's about 1 clove, or 1 teaspoon of minced garlic.
- Dark chocolate soothes a cough. I'm serious! It's been proven to be more effective than codeine.
- Cherries contain melatonin and can help with insomnia.
- Raw potato soothes an itchy bug bite.
- Honey helps wound scars heal.
- Salt water, gargled, really does help a sore throat.

I'm not just amusing myself with this stuff; it instructs me to include honey, dark chocolate, salt, garlic, and ginger root in my stock of emergency prep supplies. Check out more home remedies here: <https://www.curejoy.com/content/best-of-20-home-remedies-health-tips-contributed-by-askveda-community/>

Keep a watch on the Health & Wellness section of our CORAC Community Forum at <https://corac.co/community/first-aid-medicine/>



MASKS

Are we ever to be done with them? The pandemic, by any medical definition, is long over. Masks were always are of questionable benefit, and may cause harm in the long run, not to mention the litter of medical waste all over our streets and sidewalks. Here are a few things to consider:

Long-term health problems:

“A new study on face masks highlight their inefficacy, lack of safety and ability to cause physiological, psychological and long-term health problems” <https://www.greenmedinfo.com/blog/new-study-highlights-face-mask-problems-safety-and-efficacy>

Hiding the image of God:

“A Theology of the Face: How Endless Mask-Wearing Hides the Image of God and Hinders the Church” <https://davidschrock.com/2020/10/31/a-biblical-theology-of-the-face-what-endless-mask-wearing-does-to-the-image-of-god-the-gospel-and-the-church/>

Litter problem:

“Littered masks and gloves filling streets, becoming safety hazard” <https://nypost.com/2020/04/21/littered-masks-and-gloves-filling-streets-becoming-safety-hazard/>

TRUSTWORTHY MEDICS

I continue to recommend these websites for any concerns about COVID or the deceptively-named “vaccines.” The physicians represented are not in thrall to Big Pharma, and are risking their professional lives to give people effective preventatives and treatment.

<https://www.americasfrontlinedoctors.com>

<https://covid19criticalcare.com>

Communications

Staying in touch when channels are spotty



EMERGENCY COMMUNICATIONS FOR BEGINNERS

From our own Region 8 communications guru, Paul Allred. We are really blessed to get his expertise for this newsletter.

Amateur Radio (HAM), commercial 2-way, CB, marine, MURS, and all the other forms of 2-way radio are great and have their uses, but NONE are as useful and valuable to your family as a few low-powered handheld walkie-talkies that allow you and your family to communicate short distances with each other in a disaster.

The purpose of this article is to give you a punch list of what to look for when selecting your walkie-talkies, and then to urge you to have some in place! I will make more specific recommendations at the end of the article.

Walkie-talkies are *the* starting point of your emergency communications, and if you nothing but heed my plea to get outfitted with some of these, you will be very glad you did. You'll be able to talk with your neighbors in the blocks around your home; talk from vehicle to vehicle as you travel; talk to your spouse as they walk the dog around the block...and the list goes on.

EVERYONE should have a few GMRS (General Mobile Radio Service) walkie-talkies.

You want the GMRS band. It's linked into, and a part of, the FRS (Family Radio Service). GMRS radios look exactly like FRS radios...it can be quite confusing as to whether these “bubble pack” radios that are sold at sporting goods stores are FRS or GMRS. Often, the packaging makes outrageous (and untrue) claims that these radios can talk “36 miles!” That's only true from mountain-top to mountain-top, and never works out for us in the real world.

Whereas FRS walkie-talkies are limited to ½ watt power output, GMRS walkie-talkies can go up to 5 watts of power output. That's 10x and it makes a difference in how far you can use them.

You want 5-Watt GMRS walkie-talkies. They can all reduce power down to ½-watt or 1-watt low power to save batteries if you need to, but when you need the power, you'll have it.

GMRS radios are easier to operate than amateur radios (HAM) and essentially are license-free. Yes, the FCC technically wants you to pay \$35 for a GMRS license that allows your entire family to use GMRS, but I've never heard of it being enforced, although I do have one. You just go to the FCC website and pay them \$35 and they give you a license and a GMRS call sign. No studying/test like with amateur radio. If you're going to operate through GMRS repeaters, it would be more important to have the license than if you're just operating from walkie-talkie to walkie-talkie. Bazillions of GMRS operators don't have GMRS licenses, and in the DFW Metroplex, there is more Spanish spoken on GMRS than any other language.

You want radios with replaceable Lithium Ion (Li-Ion) rechargeable batteries. The feature that will most affect how well your walkie-talkies work is their battery chemistry. Some cheaper FRS/GMRS walkie-talkies have built-in batteries that are not replaceable. Forget the cheaper models that use AA or AAA batteries for sure, and look for the rechargeable Li-Ion models.

A lot of these radios come with Ni-CAD batteries. These are going to be a problem for you sooner or later as they are tricky to keep maintained. If you already have some walkie-talkies with Ni-CAD batteries that you are planning on keeping in service, get some replacement batteries right now and keep them on the shelf. You'll be needing them.

You should have spare batteries, or spare radios, that you keep on the charger while you're using your walkie-talkies so that you can immediately swap out to freshly-charged batteries freshly charged units. You don't want to be out of radio communications while you're waiting several hours for your walkie-talkie to recharge.

You should consider walkie-talkies with accessories to enhance their usability, such as: cigarette lighter power cords for charging in a vehicle; ear-piece/covert microphones to listen/talk without others around you hearing the radio traffic; drop-in desktop chargers.

You should consider GMRS walkie-talkies that are repeater-capable. Repeater extend the range of your units. The radio specifications will say "Repeater Capable" in its feature set. None of the FRS radios are repeater-capable and most of the "consumer" GMRS "bubble pack" walkie-talkies (including all of the Midlands, Unidens, and Motorola TalkAbouts) are NOT repeater capable. The use of a GMRS repeater to extend the range of the walkie-talkies is a powerful benefit.

You want walkie-talkies with NOAA Weather Radio Receive. NOAA (National Oceanic and Atmospheric Administration) is normally used to disseminate weather forecasts and warnings, but it's also the government's "all hazards" emergency broadcast system. So your area can receive information about more than just weather warnings over NOAA radio.

How Many To Have Although you only need 2 to communicate with, get a pile of them. The advantage of walkie-talkies over cell phones is the one-to-many aspect of communicating. If you have a family of four, get 6 so that you can hand off the extras to folks your family is interfacing with. The power of one person talking to five others at once is extremely useful...especially in an emergency.

Exactly What to Get. For those amateur radio operators, or commercial 2-way operators that have other equipment, this recommendation isn't necessarily for you. But for most folks who are looking for an inexpensive way to get something reliable in place, here's what to get:

- **Baofeng UV-5X.** Out of the hundreds of options of radios you could use for GMRS, this one is extremely inexpensive (only \$30 per radio) and comes with the key features of i) replaceable and substantially expandable Li-Ion batteries; ii) 5-watt output; iii) many accessories; iv) repeater-capable; and v) NOAA Weather Radio. It is the best bang-for-the-buck, by far. Here is a link to a light-hearted youtube video review of this radio (and there are other such review videos): <https://www.youtube.com/watch?v=hMYLz76lwQY>

https://www.amazon.com/BAOFENG-UV-5X-Repeater-Rechargeable-Handheld/dp/B08T9BCXVB/ref=sr_1_3?dchild=1&keywords=baofeng+uv-5x&qid=1618683081&sr=8-3

- **Baofeng UV-5R** Most new HAMS start out with its cousin, the Baofeng UV-5R vhf/uhf amateur radio...which is extremely popular. This GMRS flavor of that radio shares all the same accessories and its user interface is very similar...so there is a huge user base of amateur radio operators familiar with this family of radio. But unlike its amateur radio cousin, this GMRS radio comes ready to use out of the box with no programming necessary. It is very simple to use. And for those who move on and get their amateur radio license, they may want to get the amateur radio cousin of this radio, in which case all of the batteries and accessories will be shareable, and the radios will talk with each other, which makes tremendous compatibility for your radio inventory.

These radios are only sold in pairs for a price of \$59.99 and are available on Amazon, Radioddity, Ebay, and elsewhere. I recommend getting them from www.radioddity.com because they have all the accessories. I purchased 6 of these radios, plus the giant extended battery pack, plus the drop-in charger and the programming cable... a COMPLETE kit for only \$325, which is just \$54 per radio. That's an AMAZING price! However, anyone can hopefully spare \$60 for just two of them, and this would be a tremendous advantage if you had nothing else.

<https://www.radioddity.com/collections/consumer-radios-frs-gmrs-radios/products/uv-5x>

Sustainable Living

Home skills for self-sufficiency



Human beings cannot survive long without clean water. Three days, to be exact, and you never want to get to the point that you might be driven to drink water of questionable purity. So first things first.

WATER STORAGE FOR EMERGENCIES

Before the Emergency

Store 1 gallon of water per person per day, for drinking, cooking and personal hygiene. A minimum three day supply is recommended by FEMA. Water should be stored in sealable, food-grade containers such as plastic soda bottles and water jugs with screw-on lids. Special water carriers used for camping are also good. Do not use plastic milk jugs.

City water from municipal water sources is already treated so no additional treatment is necessary.

Any questionable water treated should be purified by either adding bleach or by boiling:

- o Bleach: Add two drops pure chlorine bleach per gallon (no fragrance or soap additives)
- o Boil: Bring water to a full rolling boil, boil one minute, and cool.

Store water containers away from cleaning supplies, fertilizer and other products with strong odors, which could be absorbed by the storage containers and transferred to the water. Once the container is opened, use the water rather than re-storing it.

If stored water has a flat taste, pour it back and forth between two containers several times. Water can lose oxygen when stored. Replace (rotate) stored water every six months. I use my old water in the garden, then refill and re-store.

After an Emergency

If you don't have a stored supply of clean water at the time of an emergency, you'll need to seek alternative sources:

- Water heater tank (turn off before draining the tank from the bottom tap)
- Toilet tank (not the bowl)

If there have been warnings that the public water supply isn't safe, turn off the water to your house before using these sources to prevent contamination.

If you are considering outside water, such as rain water, ponds, rivers, springs, the water must be purified. Never drink flood water. Avoid water with floating materials, an odor, or dark color.

Purifying Water

Supplies:

Food grade containers for storage

Filters: coffee filters, clean cheese cloth, or pillow case.

Funnel

Eye Dropper

Unscented chlorine bleach (5.25% sodium hypochlorite).

Large clean pan with lid for boiling water

Filter water first, then boil 3 minutes at a full rolling boil. (5 minutes if altitude over 5,000 feet).

Cover and cool to room temperature.

Add 2 drops bleach per gallon if you will be storing the water.

Store in clean food-grade containers.

Source: OSU Master Food Preserver Program

This is the bare basics of water storage, and should become nearly second nature. I can't tell you how glad I was to have stored water in the February Texas Great Freeze, when everyone else was having to wait in long lines to get 5-gallon bottles of water from the city.

The Cliff Notes:

2 drops bleach to 1 gallon water

Food-grade containers only

Rotate every 6 months

Other Items of Interest

Random items I just felt like sharing



PODCASTS: Basic How-To For People Who Are Afraid To Admit They Don't Know

A word about podcasts: some of us live by them, and some of us can't be bothered with learning one more new technology. There is some *great* Catholic stuff to be had on podcasts, though, so here is the Boomer Guide To Podcasts (the millennials in my office refer to anything sort of lame and behind-the-times as "boomer"):

You can listen to podcasts on your phone (most typical) or on your computer. Being a boomer myself, I'm not even going into how to listen to them on those eerie "home assistants" that talk to you in your bedroom. The platforms that play podcasts are Apple Podcasts (for iPhones and Macs) or Google Play (for non-Apple devices). The apps look like this:



Apple Podcast App



Google Podcast App

Click on the app, and once you're in, find the SEARCH function in the app's toolbar:



Now for the fun part! Type in "US Grace Force". You'll see a list of episodes, and the second most recent will be "Charlie Johnston: Things Are Not What They Seem." This was an excellent interview conducted by hosts Fr. Richard Heilman and

Doug Barry last week, and Charlie was on top of his game. You can see in the episode box that it lasts 1 hour, 7 minutes. Get a cup of coffee and settle in. It's worth your time.



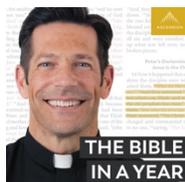
Incidentally, this podcast brought in a wave of new CORAC members, as Fr. Heilman's Grace Force is nearly 80,000-strong. <https://usgraceforce.com>

Now that you've got the hang of it, I highly recommend you listen to the Grace Force podcast just above Charlie's, which was released this week, "Patrick Coffin: Catholics in a Cancel Culture." It's another hour and 5 minutes. Now you're starting to get why some of us always have our earbuds in: there are a LOT of great podcasts!



Scroll down the episode list for US Grace Force and you will find others you may want to invest your time in: Fr. Frank Pavone, Fr. James Altman and other Catholic luminaries. In general, podcasts tend to be up-to-the-minute, so as you go further down the episode list, you'll be going into pre-election and even pre-COVID times.

Another great podcast is the one Ed and Michelle referred to in their letter above. Search  "Fr. Mike Schmitz."



Click on the icon with his smiling face and the label, "Bible In A Year." This is a daily podcast of about 20 minutes per day in which Fr. Mike reads directly from the Old and New Testaments, in bites designed to cover the entire Bible by December 31. He gives a short and informative commentary each day, and he makes the Scriptures jump. He's well into the year by now, but you can join in at any time.

Fr. Mike's podcast has been at the top of the Apple charts since Jan. 2, a notable achievement that shocked the secular media world, and a clear sign that God's people are not done yet!

May I recommend a few others that you may appreciate:

- The John-Henry Westen Show
- Christ Is The Answer with Fr. John Riccardo
- The Eric Metaxas Show
- The Patrick Coffin Show

Now go forth and explore! There are some good non-mainstream political podcasts; just  your favorite commentators and see if they have a podcast. Since podcasts are (relatively) inexpensive to produce they are generally on-topic with the latest events of the day. Look for podcasts on cooking, chess, running, fishing, radios, dogs, or whatever you fancy.

Once you find a podcast you love, click the “SUBSCRIBE” button near the top. That will put the series in your library, support the producer of the podcast, and make it easily accessible the next time you open your podcasts app.

There. Never again say that you can’t do podcasts!

Prayer

Staying right with God



From a letter of Sister Mary Magdalena Dominica, who was a medical doctor and a Dominican Tertiary. She was of Jewish descent and was killed at Auschwitz in 1942.

“You probably know that we are here and awaiting deportation to Poland. Tomorrow morning we move on. With me are two Trappists and two Fathers and a lay brother of the abbey. I want to tell you that I am full of confidence and completely resigned to God’s holy will. More than that, I consider it a blessing and a privilege to have to leave under such circumstances and in this way defend the word of our Fathers and shepherds in Christ. If our suffering has become a little greater, our blessing is likewise doubly great, and a glorious crown awaits us in heaven. Rejoice with me. I go with courage and confidence and joy, as do also the sisters who are here with me; we are being allowed to bear witness for Jesus and to testify with our bishops on behalf of the truth. We go as children of our mother, the holy Church; we want to join our sufferings to the sufferings of our King, Savior, and Bridegroom, and to offer them in sacrifice for the conversion of many souls and thus before all else for the peace and the Kingdom of Christ.

“Jesus lives in my heart and walks with us and gives me strength—he is my strength and my peace. May Mary protect you and may the love of God sanctify you always.”

From *Dying We Live: The Final Messages and Records of the German Resistance*, Helmut Gollwitzer, Kathe Kuhn, Reinhold Schneider, Eds., Pantheon Books

Technical Detail to Attend To:

Please go to your Spam (or Junk) folder in your email program and accept CoracRegion8@gmail.com as “Not Spam” so that you will receive our communications.