

PRINTABLES

Charlie is putting on premium on “printables”... concise information sheets that can be printed and saved, because internet access is not a guarantee. The possibility of it being withdrawn is being telegraphed to us in the way that partial shutdowns are carried out against specific people or groups. Take heed. Print any information that you would want in an emergency. To make this newsletter more printable, I have removed most of the big blocks of color which would use up your ink.

National CORAC News

From the national organization and other regions



NATIONAL CONFERENCE JUNE 25-27 IN RAPID CITY, SOUTH DAKOTA

The Conference is ON. I apologize that I keep saying the registration link will be up soon, but I have a hard guarantee that it will be launched on Monday, at which point we will send out an email. Meanwhile, that's just the registration for the conference itself. What you need *now* is lodging. Rapid City is a popular family vacation destination, so get on your hotel reservations quickly. Your options:

- Cedar Canyon Retreat Center: this is the actual location of the conference but only has bunkhouse (think summer camp with bathrooms in another building), RV and tent lodging available. Very affordable, just be ready to be a good sport. Married couples should clarify whether they can stay together in the bunkhouse accommodations. <https://cedarcanyoncamp.com/facilities/>
- Canyon Lake Resort is just a few minutes away from the conference center. Despite the fancy name, the rates are about the same as an average motel. Cabins or hotel-style rooms available. <https://www.canyonlakeresortsd.com>
- Day's Inn West Rapid City is conveniently located nearby, between the conference city and Rapid City. Modest rooms and modest rates. <https://www.canyonlakeresortsd.com>

CORAC got group rates on the two hotels below. You may be able to find better bargains, closer to the conference center, with a simple web search. But if you aren't successful, these are a sure thing since the rooms are being held in blocks.

- Cambria Rapid City Near Mount Rushmore. Nicer rooms, higher price but CORAC has a group rate of \$169 (king). Book online: <https://www.choicehotels.com/reservations/groups/FE6511>
- Mainstay Suites. CORAC group rate of \$159 (queen). Book online: <https://www.choicehotels.com/reservations/groups/wa16d0?checkInDate=2021-06-25&checkOutDate=2021-06-27&ratePlanCode=BYKMTY>

We have been advised that some National Parks are requiring reservations to visit, but I find no indication of this on the Mount Rushmore webpage. Consult before you go: <https://www.nps.gov/moru/planyourvisit/index.htm>. You wouldn't want to miss that national treasure while you're in the area!

The whole area of the Black Hills is a gold mine for tourists. Check out all the attractions: <https://www.visitrapidcity.com/things-to-do/attractions>

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

We are going to “jell” as a united force during this weekend in June, and have a heckuva good time, too!

If you've visited the website the past few weeks, you may have noticed some issues. CORAC has an excellent team of techs, and they are working on website integrity. They ask you to try again if you weren't able to access the forums last week.

RC Report

From our regional coordinators, Ed and Michelle



From the road:

Today will be our third time hearing Charlie in a few weeks. It's not that we're slow learners - we wanted to get out and meet in person with the Region 8 people we've been emailing and zooming with.

After retirement, Michelle and I spent a year and a half ferrying electric and telephone trucks from the factory to customers. We hit about 35 states, so we got to see quite a bit of the country. For health reasons, we had to quit, and the next thing we knew - we're coordinators for CORAC. Man plans and God laughs.

As we travel, things look the same, but aren't. Stopping at a gas station or restaurant the ever-present signs are there - to mask up, wash your hands, etc. It does get wearying. But like buds peeking through the snow, we are seeing some signs of spring. A sign that says "Masks are *suggested*" is like a breath of fresh air - literally!

In September last year, we went to Mass in Florida and were delighted to be told that the right side of the church was for those who want to wear masks and the left side was for those who don't. Looking back, I can still recall the exhilaration of being at that Mass. It was right up there with being able to attend the first live Mass celebrated in the diocese of Galveston-Houston after weeks of virtual Masses.

During that same Florida trip, we went to a night club with dining and dancing, and no masks or social distancing. I had a small taste of what it must have felt like in London after the blitz: to dine without fear of having to go to a fallout shelter.

In most cities, masks and social distancing are still the norm. But when you get out on the highway, in the smaller towns and in the rural areas, masks are definitely the exception.

We have been blessed; we don't know anyone who has died in our circle of friends and relatives. And yet, I can understand that someone who has lost a loved one could have a radically different perspective. How about you? What has been your experience? We'd like to hear from you - the good, the bad, and the ugly! Drop us a line at CORACregion8@gmail.com.

Ed and Michelle

Sustainable Living

Home skills for self-sufficiency



This week, we're departing from self-sufficiency through gardening, and moving to defensive self-sufficiency. One of our Region 8 members (and the only Arkansas member at the present) is CrewDog. He has been a NRA rifle and pistol instructor and is a veteran of the US Air Force. He has generously written these notes about arming yourself:

"It is late in the game for anyone to be thinking about gun buying or getting into the shooting sports for the first time, with ammo hard to find and at prices double/triple what they used to be. But if you really would like a firearm, then think about a 20-gauge pump shotgun: youth model 20-gauge or "riot" style.

If you want a pistol, think .38 revolver with 4" barrel. A .22 is better than a rock. Pistols take LOTS of practice to achieve proficiency.

Don't let some gun store dummy talk you into a 12-gauge Magnum or 357/44 Magnum or AR-15. Make sure the gun store has some ammo in the backroom to go with your new gun. No guarantees on ammo availability these days.

Don't buy a semi-automatic anything because they take too much TLC and practice to get good at operating. Way too many people, including cops, leave their pistol/rifle magazines loaded for too long, resulting in jams. Compressed mag springs over time get a "set" and get weak.

Three Basic Safety Rules preached by the NRA:

- 1) Muzzle Control. Always keep gun pointed in safe direction!
- 2) Never load gun until you are ready to shoot!
- 3) Do NOT place finger on trigger until you are ready to fire!

If you go to a range or even out at the farm, never show up with a loaded gun. The magazine should not be in your gun, whether it's loaded or empty. Gun actions should be open. Make sure you and everyone else has eye and ear protection.

Never EVER fire a gun with ANY kind of obstruction in the barrel!! Before you shoot always check your bore. NEVER put a wet gun into a gun case & ALWAYS clean your guns after shooting.

There is a wealth of good info on the Internet. Don't waste time on macho sites that are trying to turn you into a Green Beret. Likewise Ol' Uncle Fred or Cooter Brown next door might not be the best places to go for information. YOU are interested in basic safety, marksmanship and home/neighborhood security!

The guy below does a good job of talking about safety, particularly at a shooting range/firing line.

The Universal Firearm Safety Rules

<https://www.youtube.com/watch?v=W2Vrc2R1oGU>

Gun Safety Source has some good info.

<https://www.gunsafetysource.com/first-time-shooting-range-guide/>

The 4 Fundamentals of Marksmanship

<https://www.gunsafetysource.com/4-fundamentals-of-marksmanship/>

Handgun Training: 7 Critical Aspects of Pistol Shooting

<https://gundigest.com/more/how-to/firearm-training/handgun-training-pistol-shooting>

Gun Digest has a bunch of free info/stuff

<https://gundigest.com/free>

Dry Firing:

You don't have to waste a bunch of ammo to learn the basics of marksmanship. The military used to spend a lot of time "dry firing" to work on the basics. Shooting stance/position, grip, sight alignment, sight picture, breath control and trigger control can all be practiced without wasting ammo. You can do the same at home.

DO NOT dry fire a 22 rimfire as you will damage the gun. Most centerfire guns are OK to dry fire. Read your manual.

Make sure there is NO real ammo anywhere near your dry firing op and of course, make sure you gun is empty. It's amazing how many people have been shot by "unloaded" guns ;-(

Shooting sports are some of the safest sports out there - for a reason. Be safe & have fun!"

Note from Sheryl: You can take beginners classes at your local gun range or gun club. You'll learn safety, law, gun care and marksmanship. Totally worth it for rank beginners. Invest in safety and knowledge when it comes to firearms. This is a class list from Frisco Gun Club <https://www.friscogunclub.com> but most ranges will have similar offerings.

CLASS QUICK LINKS	BEGINNER CLASSES	ADVANCED CLASSES
<ul style="list-style-type: none">• LTC (License to Carry)• LTC (Quals-Free)• LTC2 (Quals w/Help)	<ul style="list-style-type: none">• Intro to Handguns• Fundamentals of Handguns• Basic Rifle Marksmanship• Youth Intro to Firearms• One-on-one Instruction	<ul style="list-style-type: none">• Holster I• Action I• Holster Practice

There are many videos online that are specifically tailored for females who are new to firearms:

Top Tips for Women Buying Their First Gun: <https://www.youtube.com/watch?v=BBtRINNHFNA&t=77s>

Best Guns for Women: <https://www.youtube.com/watch?v=Isd6ZBwe2U>

There are also Ladies Nights at most ranges, for women to feel more comfortable learning.

Communications

Keeping in touch when channels are unreliable



The following excerpt comes from www.DXing.com, "The Web Resource for Radio Hobbyists" <https://www.dxing.com/swlintro.htm>

"It is difficult to imagine anyone interested in what's happening beyond the borders of their home nation not owning a shortwave radio. No other tool can provide you with such a wide array of news, music, and culture for such modest investment."

"Shortwave listening (abbreviated *SWLing*) is tuning for stations located on shortwave frequencies, usually thought of as those from 1700 kHz (the upper limit of the AM broadcasting band) to 30 MHz (the lower limit of the tuning range of most scanner radio). In between those two frequencies, a simple, low cost shortwave radio is capable of letting you hear news, music, commentaries, and other feature programs in English from stations located round the world.

Why bother listening to shortwave in this era of satellites and cable television news channels? Perhaps the biggest reason why is that SWLing can give you a unique perspective on events that you simply cannot get from American media.

Most stations operating on shortwave frequencies are not broadcasters, however. Ham radio operators have certain frequency bands set aside for their use, and you can hear them "talking" (by voice, Morse code, radioteletype, etc.) with friends around the world. Aircraft flying international routes, ships at sea, and military forces are also big users of shortwave. In fact, some SWLs ignore broadcasters altogether and specialize in trying to hear such "utility" stations.

Shortwave's biggest weakness is the fact that shortwave reception is highly variable compared to the AM and FM broadcasting bands. Reception of a shortwave station on a given frequency will usually vary greatly with the time of day and season of the year and by solar activity. While shortwave can offer you listening you cannot find on your local AM and FM stations, it unfortunately cannot offer you the same reliable reception or audio quality.

It is difficult to imagine anyone interested in what's happening beyond the borders of their home nation not owning a shortwave radio. No other tool can provide you with such a wide array of news, music, and culture for such modest investment. Even in this age of satellite television and the Web, there are significant portions of the world that can only be accessed via shortwave radio. The whole world is talking on shortwave radio. Why not give a listen?"

For help selecting a shortwave radio, read more here: <https://www.dxing.com/swrx.htm>

Beginning next week, the CORAC national chairman for communications, Steve Johnston, will broadcast a weekly radio episode with content from Charlie. This will give us all practice in tuning to a particular frequency and picking up news from CORAC. Since frequencies can't be reserved, Steve will send out three possible frequencies, and we'll practice finding his broadcast. These procedures are wisely practiced *before* any kind of emergency.

An email with time and frequencies will be sent to you as that information becomes available.

Steve advises the following: "A member with a shortwave radio *could* receive the weekly broadcasts, but it doesn't mean they *will*. HF radio is finicky; some people may hear it fine, while others may not hear it at all. HF radio uses the ionosphere to bounce signals back to the ground. A person 50 miles from the transmitter may not hear the signal, while someone else 1,500 miles away hears it. The longer the antenna and the higher up in the air it is, the better probability of hearing the transmission. If someone can't get the broadcast, it doesn't necessarily mean they're doing anything wrong; they may just be in the "skip zone," their antenna might not be sufficient or their radio not sensitive enough to pick the signal out of the noise."

You see why we need to practice. This is not simple stuff.

Health & Wellness

Staying robust in trying times



In any disaster, *most deaths* are caused by loss of blood, so a critical skill for everyone is controlling bleeding. Fatal bleed-out can happen very fast, so you need to know enough to act quickly. Have someone call 9-1-1 immediately, and then:

Apply Direct Pressure

- Direct pressure is the most critical, lifesaving thing you can do for a severely bleeding patient.
- Find the source of bleeding.
- Use a barrier between the blood and your hands, like gloves or plastic bag but nothing thick
- Apply pressure directly on the source of the bleeding. Push hard; even if it is painful to the injured, do not let up. Controlling the bleed is critical.
- Keep pressure applied until EMS takes over care or bleeding has stopped.

Elevate

- If possible, elevate the wound above the level of the heart so that gravity works to help slow the bleeding.

Watch for signs of shock

- Rapid, shallow breathing / inability to follow simple commands / coldness are signs of shock.
- Remove wet clothing (theirs, not yours)
- Cover the person and shield them from wind
- Even if they are thirsty, avoid giving food or drink initially because they may be nauseated.

Emergency personnel may use tourniquets, and some first-aid kits contain them. You can even make one with hastily gathered materials. However, they should be a last resort for a civilian intervention. If you are by yourself, you can't afford to leave the patient while you find the materials; you must continue to apply direct pressure.

Cliff Notes for Bleeding Control

Direct pressure on wound

Elevate if possible

Treat shock

VITAMIN D BLOOD TESTING

Vitamin D level is *the* most critical predictor of COVID infection and severity. You could just randomly load up on Vitamin D supplements, 2000 or more IU daily, but a more reliable method is to have your Vitamin D levels tested. Too *much* Vitamin D can cause liver and kidney damage, so some care is advised.

I have gotten somewhat wary of going to a health care provider unnecessarily, as I do not want to be subjected to pressure to get the experimental gene manipulation, nor do I want my chart to designate me a “non-vaxxer.” So I was happy to find www.healthtestingcenters.com. You can get lab results without a doctor's order, and you pay out-of-pocket. The test for D levels alone is \$59-79, depending on the lab you choose, or you can get it as part of a broader panel. Order the test online, then go to a lab center near you to have your blood drawn. Results take several days.

The minimum healthy blood level of 25-hydroxyvitamin D is 30 ng/ml.

Keep a watch on the Health & Wellness section of our CORAC Community Forum at <https://corac.co/community/first-aid-medicine/> as our National Chair for Health/Wellness, Mick Blunt, is actively creating content.

Region 8

What's going on in the "South Coast" region of CORAC



We are experimenting with a new format for our biweekly Zoom calls, with a guest speaker and time for Q&A. Last call, Suzie and John Savoy gave very helpful information on "Big City to Rural Ranch." Suzie's notes were sent out in an email; let me know if you didn't get a copy.

Our next Zoom will be Tuesday, May 18. Mary Lapchak, the chairperson for the Faith, Family & Freedom national CORAC conference, will tell us all about the speakers, vendors and resources that will be available June 25-27, including some "surprise" speakers. Mary will answer questions, and get you fired up for the weekend in South Dakota with CORAC friends, met and unmet. Please tune in at 7:00 on May 18.

Is technology keeping you from Zooming with us? Here's a helpful video about how to join a Zoom meeting, everything you ever wanted to know and then some.

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-?zcid=1640>

Other Items Of Interest

Random stuff I just felt like sharing



The inability to answer questions and tolerate alternative viewpoints is a sure sign of insecurity or falsehood.

As some of you know, Patrick Coffin's production of the Truth Over Fear Summit was suddenly de-platformed last Friday and all the viewers locked out, on the opening morning of the conference, with 45,000 viewers on hand. In plain sight.

The software company Kartra, a division of [GenesisDigital](#) in California, violated their contract to host the summit online, and made themselves unavailable to answer the distress calls from the Summit when the site went down. Coffin's independent website, [RestoretheCulture.com](#), was also hacked and rendered non-functional. This egregious coordinated attack is unprecedented, to my knowledge, and is apparently meant to stop the flow of information about the dangers of the quaccine, the suppression of medical data, and the Great Reset. Thanks to this obvious and heavy-handed attack, the conference will now draw many times more people. Being de-platformed is a sure sign that someone is on to something big.

The conference will (hopefully) go on all weekend. Sign up at any time from now until Sunday night. A premium pass will give you access to the talks for 12 months.

TRUTH OVER FEAR

COVID-19 and The Great Reset

ONLINE SUMMIT — MAY 7 - MAY 9 2021

Is the vaccine safe?
Do you trust the government mandates?
Do you believe the media narrative?
Are you required to comply?

[REGISTER FREE >](#)

Register for free to hear highly-reputed doctors, research scientists and ethicists on the topics of the virus, the "vaccines" and the Great Reset.

<https://www.restoretheculture.com>

My local Walmart had a sign at the entrance this week, stating that they would “vaccinate” anyone, no appointment necessary and no age limits. This is a change of strategy since early days when getting the shot was reserved for certain groups, and people had to schedule ahead or jump whenever there was sudden availability. The mysterious, dangerous and sometimes fatal side effects, which have not received news coverage so far, are going to mount up to the point that they can no longer be hidden. Stay resolute if you’ve decided not to get the jab.

“We are at the end of Christendom. Not of Christianity, not of the Church, but of Christendom. Christendom is economic, political and social life as inspired by Christian principles. That is ending – we’ve seen it die.

But these are great and wonderful days in which to be alive. It is not a gloomy picture; it is a picture of the Church in the midst of increasing opposition from the world. And therefore, live your lives in the full consciousness of this hour of testing, and rally close to the heart of Christ.”

- Archbishop Fulton Sheen, 1974

Prayer

Staying right with God



Joy Parsons is our Region 8 chairperson of prayer. This week she has sent a prayer that Our Lord gave Elizabeth Kiindelmann. Her diary is [The Flame of Love](#). According to the diary, Our Lord said, “Through this prayer, Satan will be blind and souls will not be led into sin.”

May our feet journey together.
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to the silence together.
May our glances profoundly penetrate each other.
May our lips pray together to gain mercy from the Eternal Father.

From [The Flame of Love](#) by Elizabeth Kiindleman, page 25. For more information, go to www.flameoflove.us

Check Your Spam

A few weeks ago, I noticed that my spam filter was suddenly trashing things I’d always gotten before in my inbox. Apparently filters are getting tighter, and CORAC may be one of the things filtered out. Please go to the Spam (or Junk) folder in your email program and accept CoracRegion8@gmail.com as “Not Spam” so that you will receive all our communications. Of course, if you’re reading this, you got it in your email, so I’m preaching to the choir... but go through the exercise anyway, in case your email server tightens their filters in the future.