

CORAC Newsletter

Region 8

July 9, 2021

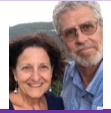
Sheryl Collmer, ed.



We are fresh from the National Conference in South Dakota at the end of June. Charlie was exactly right: it felt like a family reunion! There is nothing to compare with the fellowship of like-minded Christians, face to face, worshipping, learning and laughing together. We are hoping to bring some of that fellowship home to our local region now.

RC Report

From our regional coordinators, Ed and Michelle



Greetings! I'm writing this a couple of days after returning from Rapid City, SD where Michelle and I were able to attend the first CORAC national conference. It was so good to put faces to names for those from Region 8 who were there. The speakers were dynamic, and the setting was peaceful and beautiful. It was a wonderful feeling sitting in a room surrounded by people who were of like mind.

This feeling of acceptance by others is a fantastic thing. It doesn't mean we agree on everything – it means we accept each other where we're at. Michelle and I have felt this sense of community before. We've been blessed to participate in other groups and ministries over the years. But with those groups, we were in the same area and could meet in person.

Jump to the present and CORAC's Region 8. This is a virtual group covering four states - 444,000 square miles. When we count our deacon in Saltillo, Mexico, we're over a million square miles! Doesn't exactly lend itself to "Let's have a potluck supper," does it?

In fact, prior to the computer/cell phone era, I don't see how such a grass roots movement like CORAC could have even existed. Zoom calls can sometimes be awkward and uncomfortable. It's not like you can take one person to the side and have a discussion. But it allows us to see one another. It's not the same as face-to-face, but it's miles ahead of a voice on the phone [who just spoke?]

Without Zoom, we could send emails to everyone, but you would have no chance of meeting people who might be in the same part of town as you.

My challenges to you are:

- Join in on our next zoom call
 - Count on 2-3 meetings for you to start to feel at ease. We never pressure anyone to speak and you can show a blank screen instead of your video if you wish.
- Participate in the Region 8 directory
 - This makes you accessible to region 8 members via the directory and map. It allows them to reach out to you and vice versa.
- Reach out via email [or call] the closest member in your area – just say hello.
 - You can identify them on our Region 8 membership map. Seems risky but keep in mind: they are of like mind. The downside is limited but the upside has great potential.
- Recruit your friends & neighbors
 - By getting them involved with CORAC – you are creating your own local community.

What are your thoughts? I'd like to know.

May God bless you and yours.

Ed

Next Region 8 Zoom call: Tuesday, July 13 at 7:00 pm. We'll be discussing what we learned at the National Conference. Watch your email for the link.



BUG-OUT BAG

Patrick Flanagan of Region 9 demonstrated his version of the “Bug-Out Bag” at the National Conference. A bug-out bag is meant to be a portable survival kit that you carry in the trunk of your car or keep at the ready in case you have to leave your home in an emergency. I know very well that, under many scenarios, I will have to travel during an emergency, because my elderly mother lives in a different city, so I especially appreciated the wisdom of the Bug-Out Bag.

If you're new to preparedness, the bug-out bag is a good place to start, because you'll be collecting the most essential essentials for it, and that will give you a step up in overall planning. Every organization that addresses prep (FEMA, American Red Cross) recommends that all households have three days of essentials put aside.



Start with a sturdy bag, big enough to hold a 3-day supply of food and water, besides all the basic survival gear. Patrick had a military-style bag with many zipped compartments, which makes finding things easier.

Then, load 'er up:

- 3 days worth of food for each person: in pouches, freeze-dried or MRE's
- Plastic utensils or a camping eating utensil
- Camelbak or some water container. Camelbaks have flexible pouches (bladders).
- Lifestraw, or iodine tabs... something to purify water. Check camping stores for this.
- Flashlight and extra batteries
- Knife and/or scissors
- Radio and extra batteries
- Lighter or waterproof matches
- Duck tape (always and forever)
- Sewing kit
- Medications (at the least, over-the-counter pain relief, anti-inflammatory and antihistamine)
- Flask of vodka (antiseptic and other uses)
- Hat with neck cover
- Gloves
- Windbreaker or rain poncho
- Sunscreen
- First aid kit (available at any drugstore, or online)
- Compression tape, for injuries
- Headlamp (light on a headband that allows you to have light hands-free)
- Cash
- Thermal blankets
- Sleeping bag
- Bandana
- Parachute cord or good twine (Patrick recommended 550 parachute cord)
- Lip balm
- Bandana
- Compass
- Pens
- Leatherman or other multi-tool
- Rosary and Miraculous Medal
- Personal defense (whatever you are comfortable with, and have practiced on)
- Optional – USB adaptor
- Optional – solar charger
- Optional – mister fan
- Optional – camp stove and fuel (needed for boiling water for purification and for reconstituting freeze-dried food)





Patrick also talked about a Rocket stove, which uses wood for fuel and concentrates the heat to make water boil quickly. They are not cheap, but they have the advantage of not having to pack propane or butane cylinders for fuel. The model available from WalMart.com is \$54. Click the picture to go to that page.

Most of the things on this list, you already have. It's just a matter of gathering them together in one bag for readiness. I personally like to use whatever is on hand and most practical, so instead of buying a special bag, I'll use my old mountain backpack. I have a lot of the other stuff in my camping supplies. And every household has duck tape!

I would also add blessed salt. If you ever actually have to use your bugout bag, a sacramental is going to be very welcome. At the conference, Father Wang blessed large quantities of salt for us, but you can get your own parish priest to do the same.

You can order pre-packed dried food pouches from an emergency supply store, though they may not be to your taste. It's cheaper to figure out your own food prep, but the pouches certainly save time. For example, here's a three-day supply for two people, breakfast, lunch and dinner. You pay a bit more for backpacking meals because they are generally higher quality than MRE's or strictly survival meals.



<https://backpackerspantry.com/products/3-day-emergency-food-supply-meal-kit-2-person-variety>

Another supplier that I like is www.mypatriotsupply.com. They have various combinations of food packs (3-day, 2-week, 3-month) and they also have packs of specific foods (I bought a bucket of various freeze-dried vegetables because veggies are the first thing to forget when you are eating wild, and filling up on energy bars and beef jerky.)



<https://mypatriotsupply.com/products/72-hour-kit-sample-pack>

These meal packs may be great for you if you are short of time. However, you could also put together your own:

SHERYL'S THREE-DAY FOOD PACK

- Instant oatmeal
- Dried fruit (check at any Buc-ees for huge selection)
- Bags of dried kale chips, green beans, okra (check Buc-ees or produce section of many larger stores)
- Granola/fiber bars (many varieties available at the grocery store)
- Packs of nuts, especially almonds and walnuts. Can be added to any dish for extra fat and fiber
- Individual packs of peanut butter and/or almond butter (available in the grocery store)
- Pouches of tuna fish (available anywhere)
- Beef or turkey jerky (Buc-ees has huge selection, but you can get good jerky at WalMart, too)
- Small bottle of olive oil (great for pouring on the dried veggies)
- Dark chocolate bar (keep in Ziploc bag because it melts easily)
- Salt and pepper
- Cinnamon
- Jar of diced garlic (adds savor and is a great anti-inflammatory)
- Jar of Vegemite (has tons of B vitamins which reduce stress, is very savory, and a little goes a long way)
- Chewing gum
- Instant coffee (with powdered cream and sugar, if desired)
- Multivitamin

You might not want to live off this list for the long term, but it would certainly keep you healthy and satisfied (and regular) for three days, and it's all easily available. Observe your own eating habits, and see what would keep you satisfied for three days, making some adjustments for foods that are shelf-stable for long periods of time.

Preparing for three days of self-sufficiency is not for radical preppers only! The American Red Cross recommends it for *every household* in the nation. If you can be self-sufficient, you will be in a position to help others. If you're not, you'll have to rely on someone else. Basic prep is just simple common sense.

I think most of us *intend* to do some basic prepping, but it slips down the priority list. Set aside an hour THIS WEEK to start your preparations. Write it on your calendar: "Saturday, 4:00 start prep." The best place to start is the bug-out bag; make a list of the things you need to find. Put your bag in a prominent place to remind you to pack it. Have a checklist, and check things off as you drop them in the bag.

Once you've put together your bugout bag, create a practice scenario. There is nothing like real-life experience to teach you what might be missing in your plan. I'm going camping in a few weeks, and will use that weekend to practice with my stove, radio and food supply, to see if my bug-out bag is practical and complete. It'll be fun (she says, gamely.)

I've heard many times lately that it's as important to gather skills as to gather items. For example, you could spend stacks of money on radio equipment, but if you're not adept at using it, it won't help you much. Check out this website, Survivopedia, for its section on **Survival Skills**. <https://www.survivopedia.com/category/general-prep/survival-skills/> Here are a few of their articles:



Keeping Your Head in Times of Crisis

Somehow, we all seem to think we'll be able to keep our cool when everything goes to hell in a handbasket. But nothing could...

22 JUNE 2021

1 COMMENT

<https://www.survivopedia.com/keeping-your-head-in-times-of-crisis/>



Five great ways to start prepping

Getting into the prepping world and transitioning to an emergency preparedness "lifestyle" challenge some folks and is downright confusing for others. ...

04 JULY 2021

1 COMMENT

<https://www.survivopedia.com/five-great-ways-to-start-prepping/>

PRINTABLES

There is a lot of murmur these days about a power grid outage. In Texas, we saw how easily that can happen due to weather alone, never mind bad actors. Charlie has been saying pretty regularly that we need to get printable matter to our CORAC members, so I have formatted this newsletter to be easier to print out. If there's a section you want, you can print it separately from the whole newsletter. Anything you see on the internet that you can imagine being helpful in a crisis, think about printing it out and filing it for easy access.

Communications

Keeping in touch when channels are unreliable



No matter your technical skill, at the *very least*, you should have an AM radio, with backup power... extra batteries, solar charger or crank charger.



Really basic, really inexpensive (\$30) solar chargers from 4patriots.com. You can get larger panels for more power. Click the picture to go to the page.

Here's a Sangean AM/FM/Weather radio with hand crank and solar panel for \$70. Click the picture to go to the page.




At the conference, we heard more about GMRS, ham, shortwave... and I have to confess that much of it went over my head. If you're like me and have a touch of radiophobia, at least focus on getting a simple radio that you can easily operate, and some backup power for it. That's a basic step everyone can take.


There is also a wealth of information on the CORAC website Communications page: <https://corac.co/communications-teams/> Our website guru has been working to make all this information easier to access. Check it out.

The latest

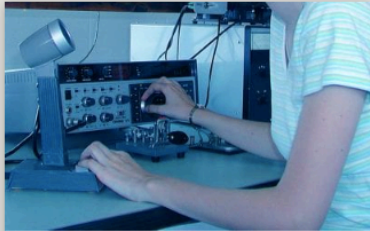
Monthly updates, news, features, events and more



Conference Communications Presentation
by sajohn2 | Jun 28, 2021
What would happen if we lost cell phone and Internet communications? How...
[read more](#)



Ham Radio Receive and Transmit Testing
by sajohn2 | Jun 22, 2021
The purpose of this document is to demonstrate some of the sources of...
[read more](#)



Ethics & Operating Procedures
by sajohn2 | Jun 17, 2021
Welcome to the world of ham radio. This document will help you to better...
[read more](#)

Just a sampling of what's on the CORAC Communications Team webpage.

FOR NEW SHORTWAVE RADIO OWNERS

Here's a page you might find helpful if you are a new owner of a shortwave radio: www.swling.com

This is a very comprehensive website with lots of instructions, especially useful for those of us who are radio newbies.

Health & Wellness

Staying robust in trying times



I've said this before, but I'll repeat for anyone who hasn't yet taken action... **VITAMIN D3**. Of all the things you can do to protect your immune system, this is the easiest to do and the most powerful. Get your Vitamin D levels up and keep them up through the winter. It may turn out to be a very sickly winter, as the Vaxxx is causing the virus to mutate madly. First order of business, before politics, before activism, even before charitable works... safeguard your immune health. This is an easy fix; you don't need a prescription for Vitamin D. Just go to the store and stock up.

I'm outside 1-2 hours every day, so I'm getting plenty of sunlight, but I take 2500 IU as a supplement anyway. When winter comes, I will bump up to 7500 IU. Recall that Vitamin D deficiency is one of the most distinguishing factors in people who succumb to COVID infection. Getting your D up will probably keep you from getting colds, too.

If you've forgotten the importance of Vitamin D, re-watch this video of Dr. Ryan Cole: <https://vimeo.com/535373794>

Dr. Cole mentions another staple of the ideal regimen for staying healthy... **Ivermectin**. It's something else I've mentioned before, but if you don't yet have a supply, attend to it soon. Ivermectin is highly effective against the various mutations of SARS-CoV-2. You can get a prescription from www.americasfrontlinedoctors.org or www.myfreedoctor.com. Personally, I would not wait to get it; its availability may become restricted at some point. Also read "How To Get Ivermectin" at <https://covid19criticalcare.com/guide-for-this-website/how-to-get-ivermectin/>

Fr. Richard Heilman and the US Grace Force have opened another 40-day session of their "Let Freedom Ring" series. One of the aspects of the mission is to get your body healthy. They recommend this article: <https://www.healthline.com/nutrition/how-to-detox-your-body#4.-Reduce-Your-Intake-of-Sugar-and-Processed-Foods>

Other Items Of Interest

Random stuff I just felt like sharing



Here is a summary of a great Prager University video about health. The video is titled "Overmedicated America." <https://www.prageru.com/video/overmedicated-america/>

Starbucks pays more for its employees' health care than it pays for coffee beans! In the US, health care amounts to 1/6 of all spending, and 48% of all Federal spending. And with all that spending, are we getting healthier??

No, and here's why. We don't pay much attention to our own health as a primary task in life. We don't choose foods that actually nourish the body, as opposed to just filling it up. We don't get exercise, which is really a tremendous privilege, not an onerous duty. And we have to develop the discipline to get good rest, by de-stressing, going to bed earlier, leaving behind the ubiquitous screens (phone, computer, tv).

In 2014, 2/3 of all adult Americans were overweight or obese. And it gets worse every year. Nearly 80% of those hospitalized with COVID last year were overweight or obese. It's a significant risk factor for disease.

As we prepare for supply shortages or who knows what, a primary concern should be our health. We don't want to meet any disasters or critical situations in poor health!

Watch other Prager U videos at: <https://www.prageru.com/series/5-minute-videos/>

There is great material here, condensed into easy-to-watch short videos. They are basically elevator pitches about some rather complex subjects. If you're in discussions with people who seem to clobber you with arguments that you instinctively know are faulty, but you can't quite come up with a good counter-argument... check out the videos.

TYPE 2 DIABETES

One of the pervasive chronic diseases of Americans is Type 2 diabetes, requiring insulin or other medications. Type 2 diabetes can often be reversed by changing diet and exercise habits, so that becomes a significant “prep” activity. Since insulin must be refrigerated, any energy outage becomes a threat to a diabetic who is insulin-dependent.

I highly recommend Dr. Jason Fung’s books, [“The Diabetes Code”](#) or [“The Obesity Code”](#) if you are a Type 2 diabetic. Dr. Fung has ground-breaking research that helps people get back to normal blood-sugar range in ways that are a lot easier than you would think.

AUTOPHAGY

Dr. Fung’s research was originally undertaken to help chronically ill patients, but it touches on the process of **autophagy**, a subject that is going to become extremely important in the future. Autophagy has been identified as one of the ways the body may rid itself of the spike protein (whether it was acquired via the Vaxxx or you picked it up from another person.)

Autophagy is induced by fasting, a practice every culture and religion in the world has found healthy for spiritual purposes. Turns out it’s mighty handy for physical purposes, too, which is no surprise. Check out Dr. Fung’s books, or indeed, any book that focuses on intermittent fasting and autophagy.

If intermittent fasting can help a person lose weight, wean off injectable insulin, and protect the body from the spike protein, it is definitely worth investigating.

Check out the Health & Wellness team page on the CORAC website. There is new information going up all the time. These are the latest offerings:

The screenshot shows a section titled "The latest" with the subtitle "Monthly health and wellness updates, news, features, events and more". It contains three article cards:

- Herbal & Homeopathic Information**
by Mick | Jul 2, 2021
Learn about the practices of Tincture making and Homeopathy.
[read more](#)
- Health & Wellness Presentation from the Conference**
by Mick | Jul 2, 2021
Learn the Who, Why, What, How and Where of the CORAC Health & Wellness...
[read more](#)
- Concerning Homeopathy**
by Mick | Jun 11, 2021
The Health and Wellness team has been contacted by a few people who have...
[read more](#)

<https://corac.co/health-and-wellness-teams/>

Here’s a Survivopedia article about first aid gear:

Medical Supplies Your Kit Should Have

Every medical emergency is unique and different, and the most important thing in a survival...

<https://www.survivopedia.com/medical-supplies-your-kit-should-have/>

And another about natural remedies:

10 Essential Medical Resources You Can Get From Nature

What will you do when there are no bandages, no medications, and no way to...

<https://www.survivopedia.com/10-medical-resources-you-can-get-from-nature/>

Prayer

Staying right with God



The US Grace Force has just begun another prayer initiative. It began on Wednesday, but jump onboard now! The leaders really put their hearts into the daily meditations, and you will be inspired. Visit the website, and sign up to receive daily emails. It's an integrated mind-body-spirit-emotion campaign for holiness and freedom.

<https://usgraceforce.com/july-7-october-7-united-in-prayer-to-liberate-our-country/>



JULY 7 - OCTOBER 7: SUPERNATURAL HEROES UNITE IN PRAYER TO LIBERATE AMERICA

NATIONAL CONFERENCE VIDEOS AVAILABLE

National Conference videos are available for \$25 here: <https://corps-of-renewal-and-charity.myshopify.com/products/conference-2021-video-series>

The videos are professionally produced and of high quality.



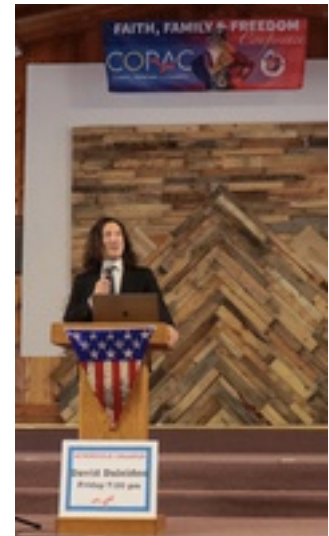
National Conference Photo Gallery



Charlie, full of passion, welcoming friends from all over the country. He wasn't feeling his very best, but you sure couldn't tell!



Chris Godfrey was the "sleeper speaker." Most of us didn't know him, though he sports a Superbowl XXI ring from his years with the New York Giants. Turns out, he is also a warm and inspiring Catholic with a great message.



Hearing David Daleiden speak was a high point for many people, as he is quite simply a great hero in the pro-life movement. He was gracious and taught us some new things about perseverance under pressure.



Fr. John Wang celebrated Mass for us, and also inspired us with his stories of surviving China under Mao. In his nineties, he is still a formidable witness for Christ.



Desmond Birch is a Church-wide expert in eschatology, the study of the “last things.” He was very entertaining as he taught us about the things that must occur before the “great apostasy.”



Trooping over to the dining hall from the auditorium. You can see how serene the setting was, and the camp staff was welcoming and helpful.



Q&A with our CORAC panel of experts in communications, prayer, health and wellness, and sustainable living.



Truly the feel of a family. Dr. Bill Hammer of Region 7 and Kathy Scharplaz of Region 10.



Thrilled to hang out with David Daleiden, who is a modern hero, in the grandest and most noble sense of the word.



Jim Graham, executive director of Texas Right to Life is a speaker who makes you want to jump up and take immediate action! He was the final speaker who sent us off on our mission.