

CORAC Newsletter

Region 8

August 6, 2021

Sheryl Collmer, editor



If you have not had The Vaxxx, you *absolutely* should be on a prevention program. Don't leave yourself vulnerable as you stand up for your right to refuse the experimental genetic intervention. You do *not* want to be unvaxxed and then get COVID! Have a plan, and follow it faithfully. Ivermectin, ivermectin, ivermectin. Vitamin D. Exercise. Actually, even if you have been jabbed, you should still be on a preventative course; the jab is clearly not effective at preventing infection.

See the Health & Wellness section in this issue for prevention protocols.

In the appendix, I have provided an index to our past articles. If you missed one, or if you want to go back and print a particular article, you can find them easily. For now, they are still archived on the website at:

<https://corac.co/community/region-8/>

RC Report

From our regional coordinators, Ed and Michelle



Greetings,

Hope this finds you well. A lot has happened since my last letter... We are now dealing with 'delta' and getting ready to mask up in some areas. Inflation is rearing its ugly head and shootings are becoming more and more common. But more on this further into my letter.

I've been involved with CORAC since about November of 2020. Michelle & I started reading Charlie when a friend who taught RCIA with us asked us if we heard about this guy who had walked across the country, and she told us about his website. When we heard Charlie was going to speak in Houston in 2016 we volunteered to organize his event. Since that time we've seen him a few times over the years and, of course, read his letters.

Then Charlie asked me to be coordinator of CORAC's Region 8, supporting current members and attracting new ones. To accomplish this, we have a bi-weekly newsletter [thanks to our editor – Sheryl Collmer] and bi-weekly Zoom meetings. We have extended invitations to all to join one of the four national teams [prayer, sustainability, communications and health & wellness] To build a sense of community, we have created a Region 8 directory and a membership map which shows you other members in your area.

While I am proud of these initiatives, I judge we need to be doing more to interact with our members. One thing I heard at the national conference is that CORAC membership is growing rapidly in blue states, maybe because people in those areas are closer to the problems that are getting worse in our society today. In Region 8, 41% of our members joined in 2021. In Region 7, which includes Chicago and St. Louis, 60% joined in 2021. The worse things get, the more good Christians will need CORAC. And we in Region 8 need to be aware of what could be coming.

A look at the border, the ultra-liberal city government in Austin and the crime wave in Houston is telling me I can't be complacent. Masking is again required in Louisiana, and crime is rising in New Orleans. I feel sure that our members in Arkansas and Oklahoma can also see signs. Looking at the headlines, things appear to be deteriorating quickly. The party in power is doing all it can to wreck the economy, addict citizens to handouts and cause discord and distrust between various parts of society before the 2022 midterm elections.

Personally, I think, with fair elections, the Republicans are assured to win both the Senate and House of Representatives. But even if that happens – I'm afraid the most we can hope for is to merely slow the decline. In short, I don't think we can rely on conservatives or government or man to save us. Nor should we.

So what do you need from CORAC? There is no CORAC book of instructions handed out; instead Charlie has given a free hand in each region to do what we judge is necessary to support our members and add new ones. I take full responsibility for the efforts we have made. The thing is, there are better ideas, and you may have one. Won't you share it with us?

I realize that some of you may have been satisfied with reading Charlie's letters, and that was my attitude for many years. But I urge you to re-visit your priorities – I know I am.

I've outlined the steps we've taken thus far to reach our membership. Directory participation is around 58%. Zoom calls, thus far, our main effort at building community, generally have about 12 attendees. So we are going to try a new initiative. We are going to start giving our members an occasional phone call and ask them how they are doing, see what they think and what they need from CORAC.

Christy & Ray Bodenheimer volunteered to be coordinators in Louisiana, and it is working great there. We need volunteers in areas of Texas to make phone calls to members. Two or three volunteers each averaging a call per day would give regular contact with each member about every 6 weeks. All that's needed is a phone, enthusiasm and a few moments a day. If you're asked a question you can't answer – just say "I'll get back to you on that..."

Please prayerfully consider volunteering. Just call or email me for details.
God bless you and yours,

Ed
281-381-5093
CORACregion8@gmail.com

Communications

Keeping in touch when channels are unreliable



The Communications team has moved the CORAC shortwave "broadcast" back one hour. Tune in at 6:30 Central Daylight Time on Sunday evenings. The frequencies to search are:

14.347 primary
14.227 secondary
14.319 tertiary

If you plan to get a radio, you should act soon. Many models are sold out, with no guarantee of restocking. On the CORAC website Communications Team page, there are instructions for the Tecsun PL880 shortwave, the Yaesu FT-60R and the BaoFeng BF-F8HP. Of those, the Tecsun is the least sophisticated (and most appropriate for people like me, who are beginners.) The Tecsun PL880 Portable Digital PLL Dual Conversion AM/FM, Longwave & Shortwave Radio with SSB (Single Side Band) Reception *is* available from Amazon at the moment.

I got the CCrane Skywave with similar capabilities and added NOAA weather radio alert function and aviation bands. It's battery or AC operated and comes with a spooled antenna that you can clip up high on your house for better reception. When I tuned in last Sunday, I got some noise on the primary frequency, but I could not make out the words. This week, I will clip my antennae up higher to see what I get.

I'm very interested in hearing other people's experience of the Sunday broadcast. Please email me if you've tuned in: Sclare27@aol.com.

New items on the CORAC Communications page since our last newsletter:

- Radio basics and handheld radios: <https://corac.co/2021/07/21/radio-basics-and-handheld-radios/>
- Tecsun PL880: <https://corac.co/2021/08/01/tecsun-pl880/>

Sustainable Living and Survival Skills

Home skills for self-sufficiency



RESILIENCE

In a review of many articles on crisis management, over and over, the most commonly mentioned attribute in crisis survivors was *resilience*. Resilience is the ability to adapt and respond positively to major stressors. Think of those bouncy clowns that pop back up every time you hit them. That's what I want to cultivate as we look ahead to who-knows-what. Some of the scenarios that come to my mind at 3 o'clock in the morning would require an awful lot of resilience.

So how can you build more resilience? Chances are, if you're in CORAC, you *are* resilient because your mind has had the strength to see past the comforting lies that the news-watching public seems to be lapping up. But it's also a skill you can grow and practice.



- **Pray**, more often and more deeply. It's so obvious, but we often get "too busy" for prayer. Make it happen. It's what will most strengthen us: our closeness to God. And it's how we will hear what He wants us to do, as we sail farther into uncharted waters.
- Build **connections**. There is a reason that the main plan of Big Tyranny (fill in Pharma, Tech, Government) is to set people against each other: masked vs. unmasked, black vs. white, vaxxed vs. unvaxxed. It's because they know that the one thing that stands in their way is The People... but only if the people are united and drawing strength from each other. Human beings are made for communion; it's our blueprint. So make sure you're connected.
- Accept **reality**, no matter how trying. There is nothing to be gained by deceiving yourself. We are going to have to force ourselves to see what we may not want to see. But reality is always hopeful; in reality are solutions. Hiding from reality separates us from any possible solution. Feel the pain, and stand back up. It's the example Jesus gave us on the Way of the Cross. Three times, He gave it to us. That's an important lesson.
- Practice your **skills**. If you got a radio for emergency communications, learn how to program it and practice tuning in. If you got a water purifier, load it up and see how it works. If you have a rain barrel, connect the pipes and start collecting rain for watering your garden. Being proficient with whatever you have prepared will calm you, and you will have some fun with it in the meantime.
- Speaking of fun... don't lose your sense of **humor**! I love how Charlie gets such a kick out of himself, even when his topics are serious. The lesson is that laughter is always possible. And the exercise of laughing contributes to our physical well-being! It's a mini cardio workout and actually boosts our immunity. Isn't that just like God to give us a natural means to feel better, even if we have to force it a little sometimes?
- Remind yourself of your **purpose**. We are here for a reason. God chose us for this time in history, and He has a plan for us. Keep your purpose in mind.
- Don't **overuse** substances, tv, food, etc. Especially avoid alcohol to excess. We can't solve problems if we make more of them.
- Protect your **health** as well as you can by eating prudently and exercising daily.
- You've got to **sleep**. If things go way far south, sleep may become elusive, so now is a good time to practice sleep hygiene. Meditation, essential oils, sleep mask... whatever it takes to get good, consistent sleep. Here's an ancient practice that may help sleeplessness: <https://publicorthodoxy.org/2021/02/05/night-vigil-for-insomniacs/>

(Most of the above principles come from a presentation of the American Academy of Child and Adolescent Psychiatry, but are backed up by the research I found concerning adults as well.)

GROW YOUR OWN FOOD

Here is a website that was recommended to me. The next free webinar is on September 4. I can't vouch for the quality of it, but I am registered. You can sign up here: <https://thegrownetwork.com/i-can-grow-food-webinar/>

You're Invited To The Free Educational Webinar:

"How To Grow Your Own Food"

This is for people with little or no experience, who have limited space and time, and who need to be producing quickly.

During this live webinar you will learn:

- Current status of the global food supply chain (*Hint: it's not good...*)
- The most efficient ways to grow a *lot* of food
- How much space you need
- How much time it takes to get food onto your table
- How many calories you can expect to produce
- And, how you can get started *today*





PROPHYLAXIS

As more people seem to be falling sick lately, it is extremely important to keep up a regular prophylactic (preventative) regimen. This is the Front-Line COVID Critical Care Alliance prevention protocol:

Ivermectin	0.2 mg/kg bodyweight	Take with or after meals
	Take one dose on the first day, repeat in 48 hours, then one dose weekly thereafter.	
Vitamin D3	1000-3000 IU daily	
Vitamin C	500-1000 mg daily	
Quercitin	250 mg daily	
Zinc	30-40 mg daily	
Melatonin	6 mg at bedtime	

Ivermectin should be available from your physician, but there is pressure on doctors to *not* prescribe it, although there is ridiculously ample, high-grade evidence of Ivermectin's efficacy and safety, which you can read for yourself at: <https://covid19criticalcare.com/ivermectin-in-covid-19/>

If you have trouble getting Ivermectin prescribed for you, visit the FLCCC page "How To Get Ivermectin" at: <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/>

If you still can't get it for some reason, please contact me at sclare27@aol.com.

The protocol above changes if you have been exposed to someone with COVID or if you show symptoms. See those protocols at: <https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>

The Front-Line COVID Critical Care Alliance is associated with Dr. Pierre Kory, the pulmonologist and critical care specialist who testified before Congress in 2020 about the wide efficacy of Ivermectin. Explore the website for great information about masks, protocols, studies and weekly updates.

HOMEOPATHY CRASH COURSE

From the national coordinator for Health & Wellness, Mick Blunt:

I will offer a three-week Zoom homeopathy course on Sunday evenings from 4:00-5:30 Central time online. No prior experience is necessary. It will probably start on August 29, possibly the following week.

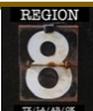
If you're interested, send your name and email to coracregion8@gmail.com by next Friday.

The curriculum is here: <https://studygroups.joettecalabrese.com/>

It is recommended that those who plan to take the course also purchase a homeopathy kit if possible. Kits are pretty much unavailable in the US, but the wife of one of the guys on the CORAC Comms team has a source of kits in India. She will be placing an order on about August 20; so if you are interested in a kit, please email Talitha at talithabottom@gmail.com. (The kits have 100 remedies; and the Health and Wellness team suggests getting the 200C potency kit, which cost \$250 including shipping. Incidentally, this price is a steal.)

Region 8

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



Our next bi-weekly Zoom call will be Tuesday, August 10 at 7:00 pm. Watch your email for the Zoom link.

Other Items Of Interest

Random stuff I just felt like sharing



Open Letter to the Unvaccinated

From a group of Canadian academics associated with the Ontario Civil Liberties Union

You are not alone! As of 28 July 2021, 29% of Canadians have not received a COVID-19 vaccine, and an additional 14% have received one shot. In the US and in the European Union, less than half the population is fully vaccinated, and even in Israel, the “world’s lab” according to Pfizer, one third of people remain completely unvaccinated. Politicians and the media have taken a uniform view, scapegoating the unvaccinated for the troubles that have ensued after eighteen months of fearmongering and lockdowns. It’s time to set the record straight.

It is entirely reasonable and legitimate to say ‘no’ to insufficiently tested vaccines for which there is no reliable science. You have a right to assert guardianship of your body and to refuse medical treatments if you see fit. You are right to say ‘no’ to a violation of your dignity, your integrity and your bodily autonomy. It is your body, and you have the right to choose. You are right to fight for your children against their mass vaccination in school.

You are right to question whether free and informed consent is at all possible under present circumstances. Long-term effects are unknown. Transgenerational effects are unknown. Vaccine-induced deregulation of natural immunity is unknown. Potential harm is unknown as the adverse event reporting is delayed, incomplete and inconsistent between jurisdictions.

You are being targeted by mainstream media, government social engineering campaigns, unjust rules and policies, collaborating employers, and the social-media mob. You are being told that you are now the problem and that the world cannot get back to normal unless you get vaccinated. You are being viciously scapegoated by propaganda and pressured by others around you. Remember; there is nothing wrong with you.

You are inaccurately accused of being a factory for new SARS-CoV-2 variants, when in fact, according to leading scientists, your natural immune system generates immunity to multiple components of the virus. This will promote your protection against a vast range of viral variants and abrogates further spread to anyone else.

You are justified in demanding independent peer-reviewed studies, not funded by multinational pharmaceutical companies. All the peer-reviewed studies of short-term safety and short-term efficacy have been funded, organized, coordinated, and supported by these for-profit corporations; and none of the study data have been made public or available to researchers who don’t work for these companies.

You are right to question the preliminary vaccine trial results. The claimed high values of relative efficacy rely on small numbers of tenuously determined “infections.” The studies were also not blind, where people giving the injections admittedly knew or could deduce whether they were injecting the experimental vaccine or the placebo. This is not acceptable scientific methodology for vaccine trials.

You are correct in your calls for a diversity of scientific opinions. Like in nature, we need a polyculture of information and its interpretations. And we don’t have that right now. Choosing not to take the vaccine is holding space for reason, transparency and accountability to emerge. You are right to ask, ‘What comes next when we give away authority over our own bodies?’

Do not be intimidated. You are showing resilience, integrity and grit. You are coming together in your communities, making plans to help one another and standing for scientific accountability and free speech, which are required for society to thrive. We are among many who stand with you.

Angela Durante, PhD

Donald Welsh, PhD

Denis Rancourt, PhD

Claus Rinner, PhD

Laurent Leduc, PhD

Jan Vrbik, PhD

John Zwaagstra, PhD

Valentina Capurri, PhD

STOP THE SHOT CONFERENCE

LifeSiteNews is becoming a real hero in this fight. They sponsored another fabulous video conference this week. You can watch replays here: <https://www.lifesitenews.com/conference-stop-the-shot/>
You can hear Dr. Peter McCullough, Dr. Lee Vliet, Dr. Mike Yeadon, Sr. Deidre Byrne and attorney Thomas Renz.

VAXXX EXEMPTION FORMS

You can download legal forms here if you or your family members are encountering pressure to get the shot against your better judgment. There *are* ways to stand up for your rights.

www.defendingthepublic.org/covid/

- Religious exemption for Catholics
 - Religious exemption for Protestants
 - Statement to Employer or School of Their Assumption for Liability for Requiring the Experimental Shot
-

LEGAL REMEDIES

Listen to attorney Thomas Renz, an Ohio attorney who is bringing suit against the Federal government for covering up information on the deaths from the Vaxxx. He is the guest on this episode of the Patrick Coffin show:

<https://www.patrickcoffin.media/exposing-covid-19-vaers-lies-in-court/>

VAXXX MAY MAKE COVID MORE DANGEROUS

Dr. Robert Malone, expert in mRNA technology, and Harvard-trained physician, was interviewed by Steve Bannon last week. He explains how antibody-dependent enhancement works, and why we are seeing more disease among vaccinated people. Watch the video or read the transcript here: <https://www.lifesitenews.com/news/mrna-vaccine-expert-covid-19-vaccines-may-make-virus-more-dangerous/>

WATCH FRANCE

Have you been wondering why so many of the large protests we see on video are taking place in France? French courts have enacted a “Health Pass” disallowing entry to leisure and entertainment venues to the unvaxxed, as well as mandatory employee jabbing. There were mass walkouts of employees as a result. The entire state-run medical establishment now requires mandatory jabbing, so there will be losses of personnel in the hospitals and clinics as well. Retail and grocery stores are under similar laws, so truckers are expected to strike, bringing a halt to the movement of goods. In October, all street vendors and small kiosk eateries will close down. Do you see the progression? If the French people don’t fight, they will be economically strangled and starved. (From a post to Robin Monotti Telegram channel)

It should be a warning to us to stand strong.

WALKOUT WEDNESDAY

On Wednesday, August 11, at 12:00 noon in your time zone, employees and students will walk out of buildings to protest mandatory vaxxing. Forcing people to receive the experimental COVID injections is a violation of federal law and ethical principles set forth in the Nuremberg Code. Walk out!

<https://www.breitbart.com/politics/2021/08/03/walkoutwednesday-to-protest-forced-vaccinations-at-jobs-schools/>

TAKE HEART

Despite the media’s effort to make it sound like the unvaxxed are a small, isolated minority, there are actually many. Although 4.36 billion doses have been administered globally, only 15% of the world has been fully jabbed. Another 15% has been partially jabbed. That means the majority of the world is still safe from the Vaxxx.

Prayer

Staying right with God



Now is a great time to get to Confession, especially if you haven't been in a while. Do it for your spiritual health and strength, and do it before any possible church lockdowns that may be coming.

Here's the Grace Force Guild to Confession:

<https://usgraceforce.com/confession/>

It has a thorough examination of conscience, and precise instructions for making a good confession. Come back to the heart of the Father!



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