

# 15 to 20 hours could save your life – and your country

by Tim Cimino

In 2014, I learned that the electric power grid that the United States and Canada share is vulnerable: We could lose power *for months*, potentially from coast to coast, because huge transformers in the grid could be permanently destroyed. These transformers have unique specifications and aren't easy to replace. Thus 340 million people are vulnerable.

I thought hard and came up with a low-cost solution that can protect individuals and the country. It helps greatly to not think of this as a doomsday situation, but as an *insurance* situation. You insure yourself mainly by buying critical supplies and by learning some essential information. Then you move on with your life, since you're "covered."

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A blackout could occur for any of four reasons: a large solar flare; one high-altitude nuclear detonation that would be too far up to harm people directly; terrorist attacks to nine key transformers that would bring down the rest; and cyber-attacks. The odds are not tiny. The odds are roughly in the same range as having a house fire or a major car accident. In other words, you don't expect a house fire or car accident this year, but you still get insurance in case it happens.

Almost no mainstream media adequately covers the grid's vulnerability. The consequences are too disturbing. No electricity would mean no factory production of food, fuel or medicine; no heat or air conditioning for most people; no cell phone or internet communication; and thus no contact with police, firefighters and paramedics.

The grids of China, Russia and some other countries are not as vulnerable because their governments own the grids and have already upgraded their grids.

I learned that Congress has been aware of the problem since 2004. Over the last 16 years the US government, including FEMA and Homeland Security, has done little to educate the public on the threat and how to protect ourselves. When I learned this, as well as how bad things could be, I felt angry and betrayed.

Many people who hear about the situation quickly put it out of their heads. It's too overwhelming and scary to think about. About 1% of the country become 'preppers,' spending thousands of dollars to prepare. Of course, most people can't afford this.

After doing more research I felt despair. There seemed to be no solution that protected most people. Finally, I worked out a powerful solution that can protect almost everyone in both countries. You insure yourself by doing six things that take about 15 to 20 hours.

Before I explain what's involved, let's agree that no one likes to pay for insurance, but they buy it when they need to protect something. You'll find that the 15-20 hours gives you much more protection than any other form of insurance you already have. You're

protecting your life and protecting yourself from great misery and hardship. It's a one-time expense of time and some money for supplies. Here are the six steps:

First, you spend about an hour learning why the grid is vulnerable. I created a website, [SimplyPrepare.Org](http://SimplyPrepare.Org), with links to short videos, government documents and newspaper articles. So you can become 100% convinced that the threat is real. From the "Problem" web page, there's a drop-down to the "Information Sources" page where you can find government documents. (Another good site for information is [securethegrid.com](http://securethegrid.com).)

Second, you spend 4-8 hours to do essential preparation. On the homepage download [our free 40-page PDF](#) about preparation. The PDF explains how many things that you already own can be re-purposed to protect you. The plan is that most people would spend about \$300 per person for food, supplies and a few essential pieces of equipment, for instance, to cook food or collect water. Unlike most forms of insurance that require recurring payments, the \$300 is a one-time cost, not a recurring expense. This \$300 can protect you for about two to three months. (Note: in a worst-case scenario, the grid could be down a year, but within 2-3 months a rescue & recovery effort should be well underway.)

If people absolutely cannot afford \$300 per person to prepare, they should spend enough to be prepared for two weeks. If even that's impossible, they can still learn valuable information from the PDF. They should also pass the information on to people and local nonprofits that might later become their safety net. Finally, they spend *more* time doing the advocacy mentioned in the third step just below, since that leads to more supplies.

If you have difficulty staying focused on action, ask a friend to be your support & accountability person. Plan at least one task daily, and text your friend the result. Or ask them to text or call you each day, asking for a progress report.

Third, spend two hours to contact government officials to urge them to do their part:

a) Pressure national, state and local government to purchase and stockpile supplies for the roughly one-third of people who can't afford to prepare or who won't prepare. This would cost about \$50 billion and should be pushed as *emergency funding* (just as when billions are spent for disaster relief.) Many people doubt that the government could act so quickly, but remember that we're all in the same boat and our survival is at stake. Thus, large numbers of people will be motivated to push the government to act quickly.

b) Urge your members of Congress to mandate that Homeland Security and FEMA quickly work out the rest of a strong national rescue & recovery plan.

c) Pressure federal and state government to force utilities to upgrade the grid.

Fourth, people need to inform and support close friends and out-of-town family to follow their example. You'd emphasize the low-cost solution and the good feelings that come from being prepared. Once people have had time to learn about the problem, they should be encouraged to create a shopping and preparation list and to begin acting right away.

Fifth, after your friends and family have taken action, actively encourage them to inform and support *their* extended family and friends. That makes this go viral. The key is to treat this as urgent. If everyone passes this on to three others within 10 days, it would reach everyone in the US and Canada in about six months. In other words,  $3 \times 3 \times 3 \dots$  (18 times in six months) = 387 million people!

Sixth, subscribe on the website for updates on preparation and advocacy efforts. Emailing me a photo of the supplies you bought will help other people grasp that this is for real.

Realistically, some people that you contact won't prepare or tell others. Don't be disheartened. If this chain reaction spreads, then other people they know will urge them to prepare, and then it will seem more real and urgent to them.

My approach has four benefits: 1) It starts to boost your security and optimism *as soon as* you prepare. You become less and less vulnerable. 2) Once you pass on information and support to loved ones, you'll feel even more relief and optimism. 3) The plan offers significant protection *for almost every mega-disaster* – from hurricanes and earthquakes, to pandemics, super-volcanos, limited nuclear war, or anything disrupting the global economy. 4) Every action you do tips the balance away from a nightmare mass-terror scenario toward a calm “camping out at home while the problem is being fixed” scenario.

Once people do the research and realize that the threat is real, I get two basic reactions. One is “This is excellent! On your own, you thought of a low-cost way to give Americans and Canadians considerable protection against almost any mega-disaster!” But the other reaction is a string of doubts: “The government won't really take action.” “What about gangs, violence and theft?” “Many people won't do their part.” And so on.

My response to this is: First, my plan takes into account that some people won't do anything. Second, “Raindrops make rivers.” In other words, small “raindrop” actions build up to an unstoppable river. If people keep passing it on, there will be quite enough pressure to force the government to act. That's because we're *all* in the same boat and right now the boat is extremely vulnerable. Third, once you really understand the situation, it's a no-brainer. Your one-time self-insurance effort protects your *survival* – not your house, or car, or possessions. *You*.

Let me put it another way, it's unwise to spend thousands on other forms of insurance if you fail to protect the most important things: you and your loved one. In essence, the United States has the equivalent of an aneurysm that could burst at any time. If you had an aneurysm, you'd probably get an operation as soon as possible. This is essentially the same situation. Job One is to protect yourself.

Our vision is a resilient America. Your participation in our plan helps protect you, your loved ones, 340 million people; the world's largest economy; and indirectly the economic and political stability of the world. – That's a lot to feel good about for just 15 to 20 hours of effort!

If you have questions, you can email me at [tim@simplyprepare.org](mailto:tim@simplyprepare.org).