Being Self-Reliant & Living a No Grid Life | Michael Major

[00:00:00] Guest Intro – Michael Major

Darin: Hey everybody. Welcome to the show, this is Darin Olien and this is the Darin Olien show. How's it going? What's happening? Knowledge is fricking power, learning, being curious, digging into things, learning from all angles, exploring all of this stuff is innate with us being human. It's so powerful, I certainly did not realize that in regular school. I don't know why this happens, but I just got an email from a teacher in Canada that was impacted by the show. She started listening to the podcast. She started listening to fatal conveniences. She read super life. She was so impacted. She's a biology teacher and she started introducing principles of super life, got it on the syllabus. Got it in the criteria, super life. Amazing is that got kids excited about it, discovering how this actually applies to their life. And she sent me this beautiful email. And I am so grateful. I just want to say, if you are listening, thank you for that email.

Darin: And this is where my next guest Michael Major, a Canadian armed forces veteran, a former NATO peacekeeper; been around the world. He's been an avid outdoorsman. He worked for the aerospace industry, but being someone that loves to do his own thing, loves to be connected to the outdoors and loves to be sovereign, loves to empower himself with doing things, to make him and his family more independent. We have become so dependent on water, power and food. We are seeing it right now any disruption in our food supply, boom prices go through the roof. So, Michael has spent his life figuring out ways, easy ways to help you and me have more power, pun intended. You wrote an amazing book called No Grid Survival Projects. Now, listen, this doesn't have to be a doomsday thing, but literally it's happening all the time. I just heard this morning that Texas is going to shut their power down for a period of time, you are having power issues. What are you going to do? Your fridge isn't going to work, you are dependent on the power grid and they are just going to turn it off, which is why I loved this conversation with Michael. He's not creating fear in you. It's just alternative ways that you can do no matter where you live there's always a way. All challenges in life, there is always a solution. Sometimes it may be inconvenient. Sometimes it may take some effort. Sometimes it may be a new habit, but this is a way that you can teach yourself, your family, your children, other ways of doing things. So, check out his book. I just got it. I love this stuff. I nerd out about it. So, there's a lot of common sense in what we talked about here with Michael Major, I loved it. I hope this gets your juices going and you check out his book, No Grid, Survival Projects. So, remember, knowledge is power. Knowledge with action is resiliency and when you have action with knowledge, that's yours, that's your currency. So, enjoy this, enjoy my new friend, ex Canadian armed forces veteran Michael Major.

[00:04:22] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve

our lifestyles, strengthen our mindsets and take better care of this beautiful planet, we call home. If you are looking for a motivation to take the next steps towards a happier, healthier life then you are in the right place and I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

[00:05:05] Interview Commences

Darin: So, man, a little bit of your journey, military supporting people in war torn areas, trying to build those back kind of threw you in the middle. So maybe quickly, what was the real kind of click point? What was that moment where you said I am going to start building these things and then it just blew up into a book?

[00:05:30] From DIY to Off the Grid

Michael: I have always been like a DIY type of guy, but I think, yeah, my experience in Bosnia's peacekeeper kind of showed me that because it was the first world country. When the war started, it wasn't like in backflow third world nation, right. We hosted the Olympics, video you see like this level villages. And they like, we rolled up in our carriers and we say, okay, what do you need? It's like well, our well went dry two weeks ago. We don't have any water. Well, come on why don't you have water? Right. And it's seeing that, that like a country that's could host the Olympics, like could go down so fast. And then next thing you know, people are struggling for water and struggling for electricity and all that kind of stuff. So that kind of opened my eyes to it. I was what? 19 at the time I was always in the preparedness mindset, usually from like wilderness survival. Like since I could read, I would read the SAS Wilderness Survival Manual, stuff like that. Anything I could get my hands on, I would be online, learning everything I could possibly learn about wilderness survival. And once I started getting into the trades, then I realized I could build a lot of stuff. So, I would start doing that then to do the book itself, came about, because I would write for a website called Ask the Prepper and that's the people, I did the book with that's their site. And they started all of this, a couple of just informational articles. And then they got me to do a couple of DIY ones and saw that had a knack for it. And they pitched a book to me and I said, yeah, absolutely. I will do a DIY book about that.

Darin: Nice. So, you started writing some articles, they offered doing this book, you jumped into it; at that point what was that point when you were doodling around your own house? Like figuring these things out way ahead of time. Yeah.

Michael: Yeah. Like that's the thought about a lot of these projects, like putting up like solar panels and stuff like that. But then the book came along. I was like, well now send force into actually diving in and really doing it like here in the Pacific Northwest, our big concern of the earthquakes I have always been preparing for this like the one day the big one's going to hit and it's going to be like a total grid down scenario, stuff like that. So, it was always kind of focused on that aspect of it. And the book came and it's a No Grid Survival like, so if you have no electricity, it's kind of projects you want to have on hand to help you out. And that kind of ties in nice. And too it's almost every natural disaster phase. It’s going to come with it. No electricity, like it's just one of the first things to go. So then yeah, I started building these projects and like they basically sent me a list of projects. I was like, oh yeah, let's go through it and start banging these out.

Darin: We look at this stuff is years ago there's always been this idea of preppers and call it fringe, call it be like always thinking Armageddon coming. That's been the, yeah ever since I have been a kid born in the seventies and it was never something that my family enacted or did anything about, but we now know the fragility of the world. And if you don't know that you are already off the grid sleeping in the forest, but if you aren't aware of the fragility of the world, we had a pandemic that sent shock waves, right? We now have high inflation. We have food shortages, food manufacturing, plants are burning up like it's a weird time. So, preparation, I feel needs to take the front line because what's never had a great marketing. Prepping has never had a great marketing scenario, but now the world is just plagued with all this fragility and all this chaotic side of it. So, it's never been about empowering yourself, right? To have the basic strength that's not necessarily always about preparing for the disaster, but you need to just because it's smart, there's no downside. There's no downside of having water, power, food, shelter. So, what are your thoughts? Maybe just step into the state of the world a little bit and how important, what you are doing, what you wrote about and what you are kind of educating people on is and why it's so important today, more than ever.

Michael: Yeah. I mean, it is always been important like I said, I live in Pacific Northwest, so earthquake has been like every time there's a tremor, a bunch of people run out and buy those little earthquake kits you get at wherever, online, stuff like that. And like, I have hearing this since I was a kid. So, it's 40 years now. I have been hearing, there's going to be massive big earthquake, we are overdue for it and all that. So, I have always thought okay, earthquake, earthquakes going to happen. We should prepare for it and people should be prepared for it. But the problem is, is that someone goes and try to prepare for an earthquake. And then they get overwhelmed of all this information. It's like, they don't really know what to do. And if they start going online, you end up down these rabbit holes. And then next thing you know, people throw their hands up in there like I can't do all this. This is way too much, but it's always been very prudent to do that. Because having say even 72 hours, if you prepare for 72 hours, having 72 hours of water, we don't usually need to store food because everyone's house should have three days suited in already. But having some type of alternate power source, whether it be a generator like a solar battery bank, just something that you can power something with, charge your phone, run a radio or anything like that. Having flashlights thinking about like going to say earthquake zone, thinking about walking around your house, saying what would fall if things start shaking? Like these all things that are very simple, they require very little upfront effort aside from like mercy power. But it's things that people need to just kind of be told that this is not really difficult to do. And all we really need to do is look at what could happen to my area is like I said, my area was earthquakes, but we have also found out that the entire world can be hit for pandemic. And we all saw that empty shells within the first few weeks of the pandemic. Even I was surprised about that, because all the toilet paper, paper towel gone. And I was like, wow, of all the things to run out first. I actually never thought that toilet paper would be, the first one to go. That was the surprised and I was very thankful that my wife likes to keep a very healthy, soft toilet paper on hand. That's always been my per thing is like, oh my well, glad I married you, guess I would have totally been completely unprepared in that aspect. But we saw like rice,

flour, all those staples starting to go as well. And it's like, I think we have now all been educated on this, but we still need to take that extra step of okay. If I know that the next pandemic going to hit all toilet paper, paper towel, hand sanitizer, and staples will be gone. Maybe I should keep a small stock pile and it's as simple as buying an extra thing every grocery trip. You go buy groceries, buy an extra bag of flour. I am going to buy an extra lot of toilet paper. I am going to buy two put one away. And you keep doing that and eventually you end up with decent stock pile. But like when we start thinking about disasters, I was so caught off guard recently, we had flooding in the greater Vancouver area and there's a Prairie we have called Sumas Prairie. In November we had these a very large amount of rain with a very short amount of time, almost brought slides, all that water had to go. Some the pump station almost sailed and a dike broke. So that Sumas Prairie, which used to be Sumas Lake now became Sumas Lake again. It cut off the only highway connecting Vancouver Burnaby and all that stuff with the rest of the country. And then there was landslides on another highway. So, all the major highways in and out of the area were completely cut off. So, the greater Vancouver area was isolated from the rest of Canada for a period of time. And then the pandemic shut down the border. So, we were completely cut off. I knew that that would happen in earthquake, but I never thought that that would happen in flooding situations. I kind of assumed the government had the Sumas Lake situations sorted out that there's no way that one of these events could happen. And yeah, I am sure enough it did. I am on higher ground fine and when we were super affected by it, but there was few communities are completely cut off, completely isolated from essentially the entire world and surrounded water. He showed me guy who's been thinking about this for my entire life that even I could be caught completely off guard by disasters that I wasn't prepared for. So now I have started preparing for that, just like the pandemic caught me a little bit off guard. I kind of always assumed it would happen, but when it did happen and it happened so rapidly with such a virus that had such a low fatality rate compared to the other ones, I was very surprised for that one.

Darin: I think you brought up a very important thing. If anyone's listening first off, you have to assess where you are at and then prepare accordingly to that. I too, I am on California. So of course, earthquakes and fire and with earthquake also we have tsunamis I am up high enough. So that's not going to be an issue. So, I just want to go back to that power. So, be sovereign, at least like the easiest thing to do right for someone is to get solar panels, some backup batteries, a generator, some fuel at least what do you think? Three days? And start there, doesn't have to be crazy.

[00:14:44] Preparing for losing power

Michael: Yeah. It's like a gas generator usually, you would want to power your fridge, you don't ever need

to run that generator from seven. You only need to run it enough to get the compressor to the fridge, to kick on, get everything back in temperature and then you can leave it for a while, several hours and then you could do it two or three times a day and still keep the freezer and the fridge cold, as long as you are careful about how you are opening it. I bought a generator after a massive power outage. We had many, many, many years ago. We only lost power for a day but some people around us lost power for three days. So, I decided,

okay, it's time to get a generator. So, I bought a generator and I calculated the amount of fuel that I would have in generator, how long it would run for, it will run for about nine hours. So, I figured, okay, nine hours of runtime tank of gas. I have another tank of gas reserve. That's going to give me 18 hours of power. I divide that up over several days, that's three or four days where we are keeping the fridge cool. And I thought, okay, that's fine. That's perfect like that's exactly what I need because after three or four days, the power should be back on. But at some areas like, and this, we have to be realistic about things like even some areas like Province, if you lose power, it could be like a week to get power lines to you, but power line gets nailed at the wrong slot. And now it's kind of in the back country and your community is now completely cut off of power, just because of the nature of where the power lines are or a force fire takes up power. That becomes a serious issue for hydro company trying to get that tower back up and get your power, it could be weeks. So, then you need this plan for realistically how long I need my fridge cool for? What do I also want to power by generator, want power electronics? Do I want to charge my phones, the air conditioning? I want to run stuff like that and calculated that way. But for like the average urban portion, two days is more than enough. You should have power back in three days and if you are prepared for that really, it's just a benefit. The only problem with generators is they do require a little bit of maintenance. Like you got to pull it out every once in a while, you get to fire it up every once in a while, change the oil, drain the gas out, stabilize the gas. There's quite a bit that goes with generators, which is where solar panels batteries are very real maintenance. So that's what in the book I talk about setting up a solar power system with a battery bay for the specific purpose of running your fridge all day. So, if you can run your fridge all day, completely batteries, you can run it for several days and just did it intermittently.

[00:17:08] SafeSleeve Ad

Darin: Protect yourself from harmful radiation emitted from your electronic devices, by using SafeSleeve's cases. Electromagnetic fields, frequency, radiation, electromagnetic pollution- Yes, these fields are created all over the place from smart devices, televisions, wifi routers, laptops, and our cell phones. They are everywhere and they are invisible that they are causing us harm. And we need to protect ourselves from this pollution because it's having devastating effects on our biology and physiology. I have been using SafeSleeve for six or seven years now. Well before I have been in touch with them and even telling you about them. It's a great cellphone case that goes over your phone. Each case is designed with a radiation shielding technology that was tested by a third-party FCC Certified Lab that drastically reduces radiation by up to 99%. They also have a brand-new product - Privacy Pouch, which is awesome. It's based on the Faraday cage. Incredible technology. So, this new Privacy Pouch, you can stick your phone in there and cut off all the radiation straight away if you are not using your phone. And, all of their products have passed the military grade drop test. So not only are they great sleeves and products, but they are actually highly functional. To check out their really cool EMF blocking and lifesaving technologies go to safesleevecases.com and use the promo code DARIN10, to get 10% off your purchases.

[00:19:17] Stop relying on other people - do it yourself

Darin: I bought this property in California. It's shy of 50 acres, 85% of it's surrounded by the National Park, incredible piece of property. I am just so blessed to have it. It's got a thousand

Oak trees, it's got a river, it's got a well. In late 2018, got wiped out by the Woolsey Fire 96,000 acres got wiped out. So now I am in this process of rebuilding and everything I am doing is with all of this in mind, but they me off so much that I am now sitting in a year. I have lived in this year for three and a half years. I have got solar panels, got a battery bank, I am off the grid. I haven't turned on my well yet because I am moving my water tank, but all of it is off and there's something so right and powerful and empowering. When they flip the power grid off in LA or do the rolling blackouts and I am sitting there going, I am good. That's the thing of what you are talking about here that I think everyone listening it's in our, in alienable right. It's in our freaking DNA as a human to be self-powered. And so, I just want to say right now everyone should go get this book. So, what do you think is the biggest challenge for people to just to start doing something so that they can gather the snowball of empowerment here?

Michael: It kind of goes to empowerment where it's like, it's not so much about stuff. It's about skills and far too often, when things happen, our first instinct is call someone. People don't do their own projects anymore. They don't fix things around their house; they don't get their hands dirty anymore. I think that's probably the first thing to do. It's just to stop relying another people and give it a shot yourself first, like do all the DIY stuff like something breaks you're at house, get on YouTube, figure it out. Like that gives you the basic skills because when the grid goes down and if you haven't prepared having the basic skills a little bit of knowledge, then you start figuring it out and it's a lot of it will be trial and error. A lot of the stuff in the book I started working on, I was like, oh, is this working. I got to know how to do this. And a lot of it was just me figuring it out and then I figured it out then I wrote to how I basically went about doing stuff. And it's the base level of skills, like just knowing like your basic farming electrical stuff like that. Understanding not even being like a master perfect, but just kind of understanding how like what joins together. If you know how the screw couple two by fours, now you can start building stuff. Just not going to be pretty as the little roughly take you five times as long as it as a pro would, but at least we will get done and you can do it, you can learn from it. One of the biggest things is people need to learn from their mistakes, makes some mistakes, learn from them and start getting better and start pushing themselves a little bit further, little bit further and get those basic skills of anything you want. Like anything that you need to survive and start thinking about water, food, shelter, like having some very basic carpenter skills is good. If all your windows get blown out, but hurricane how to screw your ply woods inside your house like if you have never ever done it before, it can be a bit of daunted task and they just don't do it. Right? Because you are too afraid to do it, you don't have the tools. You have never done it before you don't know what screws to use, you find yourself ahead of time, you get those basic skills. And then you can start building along that as long as you have that, when things go really wrong, at least you have that little bit of knowledge. And maybe you got a few books on hand, buy the same by book, you buy survival manual, stuff like that. And if you read them a little bit, you can read them in the moment, you could start figuring things out. And the ability to do that is almost more important than just buying a bunch of stuff, throwing it in a closet, and then hoping you good. So, you can have all the water in the world, but if you don't know how to filter, make more water. Once that runs out, that's it, it's gone. If you try to drink down of the local stream, then wonder why you got sick? Because you never thought to read about water filtration or you just try to wing it at, in the moment. And it never came to you to think, oh, I should

probably learn, how do I get bad stuff out of my water? Because there's a bit of a process to it and you can do it DIY. You don't need to have like a bunch of fancy filters even the fact of boiling water, a lot of people are under the misconception you need to boil water for like 20 minutes when you don't, you just need to get it to a boil good, unless you are living into high altitude. As long as you have big bubbles, you are going to see waters now pure. And a lot of people don't know that they sit there and watch water. Well, for 20 minutes they just heard about some TV show somewhere and never gave them the second thought. Now they have this false information and they are just wasting resources.

Darin: Some of this stuff again, it's not about it, it's about when, unfortunately it's just the state of the world. Like going back to rolling blackouts, they are just going to flip our power off. It's like what? We had a wildfire, there was no power anywhere for the people's houses that survived. They didn't have power and then again, we have the craze phenomenon of something like the pandemic or the inflation. Hell, if you just look at it from an economic standpoint, give me some of those things like, okay, let's not even say emergency, but it will help you in an emergency. Let's talk about this economically and that's where I think it's cool what you have done is you really just broke all this down and you get super detailed as to how to actually do this. So, break it down like, economically, what are some of the most important kind of things for the self-reliance for economic stability to not be victim, to paying for this or paying for that?

[00:25:15] The economics of being self-reliant

Michael: Well, I think like the number one thing start talking about economically start thinking about what you are spending your money on like, we spend a lot of money on a lot of stuff. We really don't need to be spending money on. Right? Like I think that's like the first question everyone should ask, where do we get the money for all this stuff? And it's like, well, where did you get the money for the latte? Cut that out. And like, there's a long places like water comes up free from the tap, right? So, you can secure your water resources by just filling containers. And as long as you know, a few things and I have got a chapter in the book about water preservation, that's essentially free unless your water's metered and you got to pay for it. And here we don't have to do that quite yet. But also, just like thinking about reusing things, not throwing stuff out, like getting all that stuff together, like really thinking about, especially reusing stuff, like stop throwing stuff out. I always look at something and be like, is there something I could salvage from this item that I can just kind of toss into a corner and I am going to use it one day like I always think about that; something like that too. Like even things like cardboard boxes, like stop throwing stuff like that out, start keeping it to the side and as you start to get that mindset of like, I need to like start making all my dollars last longer, especially at the hyperinflation standpoint or kind of edging your ways into, then you can also start thinking about, okay, if I make a little minimal investment here and I buy some seeds, I buy a little planter and I buy this and that maybe I put a, even if I am in an apartment, I could put a little herb garden on my balcony and now I don't have to buy that stuff, it's just growing for free. If you inside, like I have a chapter about an indoor greenhouse, apparently inexpensive, again, you start growing your own food inside of your house, especially this winter, like first Columbia here, it gets a little bit gross during the winter. It's raining wet and stuff like that. So, you can't grow things outside, but you have the indoor greenhouse, you can grow things in the inside. So, you start securing your food

security that way. I mean, obviously you can't do all of that, but then you can also like start thinking about, even with students like that, where are you spend that money? Are you buying a bunch of process stuff or are you buying like good stuff? And are you growing good stuff? Are you like sourcing it out that way? Instead of wasting your money on empty calories, are you putting your money into good calories? And then that too will help now, you are streaming up cash that way. And well, pretty much everything like that like, there's also, when you start thinking about big ticket itself, like a solar generator, solar panel batteries, regular generator is a big-ticket item like that's huge. I have a Jack solar generator that I did review on that was given to me for free for a $2,000 item. That's not a lot of money for someone to put down for a box that's above that big. And when I was doing a review and I was like, oh man, this is like a lot of damn money, but it's the upfront cost is huge. But man, when your power goes out and you pull that thing out, you plug your fridge into it and it works. It's just like, it's an amazing feeling to have that. Okay. I have now secured now my food security for these three days or whatever. And I got my solar panels of this thing now, and that's now secured. I have now not going to waste all that money, that I just spent on good foods in that fridge. It's not going to go bad in a day. Now it's going to last me and I can eat all of it anywhere else. And it's really hard for people to do, but if they started thinking about its long term, like, no, this is going to save my ass one day, hopefully. Well hopefully it doesn't ever have to save your ass but hopefully you did your entire life without pulling the thing out, stuff like that. It's so hard for people to justify to spend the money on, but then you start thinking about it like, oh again, I am going to save my latte every day. I am stop doing this, stop spending of that. I am going to cancel that stream service I never use. I am going to scale back with all this stuff that crap and just kind of pull it in together. And then I can start focusing on the preparedness stuff. You are going to find at the end of this, that you are not going to lose out of anything.

Darin: And you said something really important. You said skills; skills now are something you did and you experienced and you have forever and they are free and they are good for your brain. Doing shit with your brain, figuring stuff out. It's good for the brain, it's good for your body, it's good for you. It builds self-confidence, it's really fucking cool. It's something about that, that feels right. Talk to me about the empowerment, the emotional side of it. How do you feel every day? It's got to feel great to do what you are doing.

Michael: Well, it does like with my garage, I have a 55-gallon drum turn outside, that's mostly full of clean water. And I look at that, I am like, that's like a week worth of water for us. And I got Jerry ends of water underneath that, there's more water. Right? And like, I have got filters, I can filter my water and I have got like, we even just did camp filters, more efficient filter, a lot of stuff. And I look at that, I am like, yeah, I am set. Like, that's like the number one thing that you are really going to need and you can't mess around with is water. Like it's probably the most important thing because if you make one mistake with water it's disaster, you drink the wrong water, you get sick and that causes so many more problems for you. And it can be deadly, right. So, every time I see that, like yeah, I am dialed in. There's a little bit of uptake, you got to change the water out every six months and stuff like that. But even when I do that, I am like, yeah, I am securing more of my family's water securing just by doing this process. That's a pain in the ass, it takes like couple hours to do, but it's like, yeah, that's great. And then I see my solar battery bag, but yeah, it's so fully charged, ready

to go. Like if the tower goes out, I can plug it into fridge and off it go. So, at the little solar generator that I did review on and yeah, I could take that into the kitchen, charge all our devices, get everything, go and get it plugged at and bridge it to that as well and that falls sales at generator like I used to do green selection. How to take that down for various reason. Put it back up, coming into the rainy season here, coming up soon or like at the end of the summer. Collecting rainwater is great too, because then like our garden, you don't have to use the city water. Right? You just use natural rainwater, water your plants. It's not the most ideal source of backup water, but like we have a filter. That's like a robust that we filtered good hiking filter then you can filter that water too. So, there's another 55 gallons of water. But even looking at our gardening, I mean, we don't have a lot in our garden because you have tons of space, the food that we do have pull right out of the ground. And we often do that, right. Pull out of the ground you are having a bad day. It's not even a related thing, but we trying to; like my kids and I would go crab fishing. Well, we go from ocean to table in like an hour, it doesn't get fresher than that. And it's like not securing our old suit. Yeah, it's not like a survival prepping thing, but it's a skill that gives you that journey from where the food came from to like plates and that, even though it's a recreational thing for us, it still kind of ties into survival skill, all sorts of things like that. Even just walking around the house and knowing that I have secured all the bookshelves and everything to the walls and nothing is going to fall on anyone if there's an earthquake; like this, stuff like that is just to know that you are prepared to that level and satisfy.

Darin: That's an important point because many people buy way too much stuff. And then there's stuff in their homes, in their cars and their junk control them. So, at certain point it's owning you because you have to contain it. You have got to keep it, it's just junk, piling up because you thought you needed it and you didn't really need it. But what you are describing is walking around your property, highly functional stuff is giving you just by the act of looking at it. It's knowing that that's a lifeline and that it's there and the next one and the next one and the food and the preparedness and all of this stuff for the earthquake, all of these things, is it giving you rather than taking you? I have to be careful because I have so much land that I can get involved in so many projects. I look at stuff and I am like, I got to do that, I got to do that, I got to do that and I get kind of like, holy shit there's so much to do. So, it's a little different, but I know you talked about water and power. If people are in a tighter community, maybe they are in apartment buildings. Like what the hell should they do? Let's just say, yeah, they can get some solar. They can get some batteries. What about water for them? Keep some gallons here in a corner somewhere or something like that.

[00:33:50] Living the No Grid Life in small spaces

Michael: Yeah. My wife and I used to live in an apartment when we first got married and before we were married and I had that, this was like years ago, it was like 20 years ago. So, what we did was, we had jugs of water. You get at grocery store like gallon, maybe two gallons of water. And we just kind of put those into the bottom of the closet and kept them there and then rotate them out every once in a while, just kind use the water and then buy new one's stuff like that. They are not designed to be kept. Definitely, their plastics will leak in to the water, make it taste funny and stuff like that. So, it's possible to do. It's Just kind of designating like a spot with water, like even bottled water. If you can't like, if you put a couple flats of bottle of water, Costco, it's not the best stuff to use because of you think about how

two flats of bottled water go in and think about that much space. And if you had it's, there's a lot of wasted space there. So having like a jug of water stored somewhere and you don't have to like, go buy it. You can repurpose, if you are careful about it clean very well. You can repurpose pop bottles. You can't repurpose milk jugs, but there's other containers you can repurpose, you can buy special containers just for water, but for an apartment situation, there are these things called. I can't remember what they are called, but they are designed to go in a bathtub and they connect with a faucet and the idea is they are designed for hurricanes. I think the hurricanes coming, you hope cover up your faucet, you fill your bathtubs full of water. It's like an expandable plastic closure and it's like a big bag of water. And then it comes with a little pocket for the water, that's perfect for perfect dwelling because if something happens and you got like a little bit of notice, like as soon you pressure the pipes, as well. So, you will have a little bit of water when can turn tap on and you can use that so that in the bathtub start filling it up and eventually the warm start running, maybe you will fill the bathtub. Maybe won't get extra water and it's contained, it's clean, it's potable and it's perfect. And it takes up no space because once it's compressed, it's like the size of the sheets, like folded sheet, slide it anywhere, keep it in your bathroom. Also just thinking about a way to gather rainwater too most per of balcony is you can just kind of look at your balcony saying, is there a way I could, like, you don't have to actually do it. But if I had said a plastic sheet and a couple of brooms, but I build up a way to catch rainwater. And if I think if most people typical few minutes to think about it, they probably would come up with a couple of different ways that they could build up something to capture rainwater as well and can get a roof apartment too. You can start thinking about how you would build something up there and then even just exercise thinking about it. You can eliminate a bunch of bad ideas right off the bat and you are doing it in safe environment. And think about it, look at it, say, oh, have this idea to do that, this idea, but that’s that idea now you're not trying to determine what's the best idea in your high stress situation. You can think about things, you can ponder for a little while and you can come up with plans ahead of time. Even if they are just simple, almost sort of take a garbage bag and put it out there it's; every little bit helps. And just that exercise a little when that’s going to get people thinking about it and it's going to get their minds used to being able to kind of do that. DIY, trying to figure things out in the fly type mentality game it's only going to benefit.

Darin: Yeah. Or they could just get your book. You have done all the thinking for them in a certain sense, and they just adapt whatever you need to do for your, again, your scenario. That's going to always be a part of the scenario that you have to adapt for. But my takeaway from that water thing, people can get some reusable jugs. Now, even some glass, two, three-gallon jugs, and just rotate them out in your use your existing water source, filter that and just rotate them out and always have 5, 10, 20 gallons sitting around that you are rotating out. Then, you know, hey, I have got the most important source maybe get a couple solar panels, a few batteries, boom, you have got the essentials. I think you mentioned straight away in one of your videos, just at least if you are on an apartment or whatever, maybe do a smaller indoor garden. That would be just cool as hell, but certainly an herb garden where you can do something. I always say that people plant something anyway because it's just so great to just pick your own plants and especially medicinal plants and everything else.

[00:38:19] Bite Toothpaste Ad

Darin: I am constantly on the lookout for clean products to use, but also of sustainable and clean packaging when it comes to the bathroom. Bite Toothpaste has all of this sorted out, which is why I love them. Most commercial toothpaste is packed with parch chemicals and we are putting it in our mouth. And when you consider doing that twice a day on average, the consumer swallows about one block every week. Not to mention, they are being absorbed in your mouth as well. But of course, there are safer solutions, I use Bite Toothpaste bits, which are a sustainable and completely clean alternative to toothpaste. Just pop them in your mouth, chew down on them with some water, and it creates a foam. And they use refillable glass jars - so, it eliminates that whole regular toothpaste tube, that's just plastic and ends up in the landfill. So, I love when you can integrate all of this into one thing. Bite is on a mission to replace the contents in your bathroom cabinet with safe and practical personal care items. And they are dedicated to packaging and shipping their products in a sustainable way. Many of their products, like the toothpaste bits and their deodorant, come in refillable containers. That's so cool. Finding companies that are committed to reducing this plastic waste gives me so much hope for the future, which is why I am so excited to share this with you. So, to try Bite Toothpaste products today, you can get 20% off your first order by going to trybite.com/DARIN20 or using the code DARIN20 at the checkout to claim this great deal. That's T-R-Y-B I-T-E.com/DARIN20.

[00:40:26] How to prepare for an EMP?

Darin: I want to ask you one thing that got me ruminating, it has on and off over the years. And that's an EMP like if electromagnetic pulse comes and it's so easy to deploy, which is why it's so freaky, right? A small plane could fly over LA, a suitcase size EMP could basically wipe out most of LA that's freaky to me. Right? And seems quite logical if I was some sort of maniac. So, describe what an EMP is and does because I don't believe people truly have an understanding of the fragility of virtually every electronic that they have. And then what can we do about it?

Michael: Well, there's EMP and there's also a mass ejection as well, kind of falls into the same envelope. So EMP is created by a nuclear weapon, nuclear weapon detonates and basically make it simple as possible. The charge particles are hitting our power lines and electronics, which are essentially acting as an antenna gather of all this energy. That energy goes to the transformers that are power plants and even the ones near power poles and they blow them out, right? It's just overload them and blows them out. Problem is especially the big transformers they are like millions of dollars and they take like a year to build. There's no warehouse where you just take them off the shelf. It's a serious deal that kind of replaces those things. And most governments are still unwilling to harden their power infrastructure, for whatever reason. If you want to start a really big fight amongst survivalists, just ask of the vehicles will be affected by EMP and it will start. People are going to be thrown studies this way, that way. The thing is we don't really know for sure exactly what's going to be affected by the EMP, there's a lot of variables involved. It depends what device was used Like is it a new high altitude, was it an actual EMP device? Where was it deployed? How was it deployed? Where you in relation to being deployed? So, a hundred percent power grid is going to go down. It looks probably a lot of complex electronics that probably be affected. It

kind of depends on whether they shielded or not vehicles may or may not be affected, but kind of leaning more towards the fact that it probably a lot of vehicles probably would be affected. I doubt the Tesla will survive it, but like your standard car I am pretty sure would still either run or be able to be made to run down, but to prevent or protect against EMP there's not a ton to do to stop the full power grid from going down. If you have like solar power bank that or solar battery bank or stuff like that, that will be fine unless you have like a lot of wires connected to it and reverted and stuff like that, all connected in. And then that's going to drive a lot of that EP power that we might end up with some problems there. If it's just something, a battery bank set up with side, like I have got that battery bank probably be fine or solar panels would be fine. Any complex electronics, like I am a hand radio operator. So, I have some radios in my book actually it's an ammo can Faraday cage and Faraday cage is how to detect. It's basically a metal box where the items inside the metal box insulated from the actual metal. So, the charge particles hit the metals, it electrifies the metal basically. And as long as the stuff inside the box is touching the metal, it will be shielded from the EP. One way you can check is still hear, cell phone from one of these boxes and try to dial it, it's going to come up as nonservice because you can't get through. Same thing with radio. I tested, I put my radio aside and I keyed up and listened to the ammo can and see if it would key up. None of those wavelengths and radiation are getting through there. So, it was protected. You can make changes out of a lot of stuff. I describe an ammo can on one, you can make it out of any metal box. It just has to be seal lately, like electrically sealed. So, if you have like a painted box, you have to make sure that lid and the actual box itself are bonded electrically together there's no gaps. So, like I had the ammo can one, I took all the paint off and left the body, and put aluminum tape all the way around it. And that completely electrically sealed it. And on the inside, everything was just like insulated from the outside by cardboard. So, cardboard slid in there and that's enough to electrically insulate the radios and the stuff put inside from it. So, like, yeah, EMP, like you can protect against it. So, there's more to accept, there are some devices you can buy to put on your house to protect your house. So, power grid goes down unless you are connecting your solar system to your house. Like if you are planning on powering your entire house off solar, then yeah. It's probably a good idea to have that these little EMP shield devices on your main panel to your house, you are right about wanting it. They are so easily deployable, but an EMP is actually less right into me than a Chrome mass ejection because an EMP affect the country or maybe a city or an area of the country. Not a large area, but it's not going to affect the entire planet. So, after an EMP gets and everything goes down, you have other countries in the world, hopefully they are still friendly to you. That could help by building these transformers to ship in and get power grid back up and running. But a cruel mass ejection is big enough and it hits the earth is going to be like a low-level EMP. So, take out just power grid, your complex electronic should be fine. It will take out most of the satellites soon because NASA does shut down satellites, the call mass ejections commuting. But if this a big enough one, I don't even think NASA is prepared for that; like it probably wipe out a lot more satellites and a wipe out the power grids it takes long enough and enough of duration. It's hard enough, it could take out the entire planet's power. Our entire globe goes dark overnight. That is more serious because now there's no help. There's no other country out there. They have voiced up their own problems. And we are now in the grid down situation, planet wide. And there's literally nothing we can do to prevent this. And every so often sun verso with chrome mass ejections, just these supercharged particles that it happens all the time. It's constantly cheating these things out

and it's like a game of rush from the left like eventually one of these things that's going to hit us and it does. 1859 was called the Carrington event, a coral mass ejection hit earth. And at the time we didn't really have massive power grids. We didn't really have power grids at all, but we had a Telegraph. So, what happened was a lot of Telegraph operators were burns and severely by injure. And I think the two actually died because the telegraphs, they caught fire because all that power surged through the lines. And in some cases, they were able to send telegraphs without any power at all because the chrome mass ejection basically powered the entire Telegraph grid for them. And so that gave us kind of an idea, just looking back in history at this event, if that had hit and there was a power grid in place, it would have completely wiped out that power grid. If that same event hit now, we would be in serious trouble on that one. I don't think it was sort of in a global event, but it would've taken out like a hemisphere at least of this completely overload and wiped-out power grid. That's a massive, massive amount of people who are going to be in the dark. And if it affects enough of the planet, there's no help. There's no one you can lean on, you can't contact another country and say, we really need some power grid or we need some new transformers we will pay anything. Right? Which is kind of what would happen in EMP, it would be like, no, we need to this.

Darin: Wow. So, does anyone have statistically significant numbers to that likelihood?

Michael: I think it's one of those things that's definitely going to happen. We are going to hit with chrome mass ejection, but it's so random. Like you can't really predict when and where it's going to happen. There should be some warning though, because they are watching the sun constantly. So, there would be a little bit of warning that one of these is coming and I am an armature radio operator as well. And we very interested in the sun. So, there's a lot of times we will see on the instead of the forecast or how open the amateur radio band is and I'll see, yeah, there's this chrome mass ejection came out of this, the sun or a solar layer here. And every so often you will hear that we will have Aura Borealis for ourself. Well, that's because we have got sides swipe by one of these things. So, it happens all the time. It's just like a crap sheet like it was almost certain to happen, but it could never happen ever again. And the next billion years and the suns still around, realistically speaking, now we are going to get hit by one of these again. We have no idea how many times it has been hit before, because aside from 1859, we never had any technology that affect it throughout all the human history. Before that it could have hit like very regularly. We would never notice, maybe you would've had primitive culture say, yeah, we have some weird lights in the sky. But aside from that, like there's no way to measure it how often this happens or whether it has happened before.

Darin: Yeah, added to people's plate of things to worry about. But again, it goes back to a self-reliance, self-sovereignty, learn, grow, expand, do some things, you know, hit some nails, put some shit together. Use this opportunity now to build your resiliency. Because if you were to say like, I am kind of laughing inside, because again, it's not about if, it's about when, from your perspective is the grid going down and when do you think it's going to happen?

Michael: Probably, a likely scenario just given the state of the world. I don't know if you would ever see like a legitimate mid grid attack. I do kind of worry about, let's say a terrorist group

or a radical group, getting their hands on something to relaunch immediately and doing that on a more localized scale. But I think just given how little governments seem to care about power grid, it seems to me that it's getting almost more fragile as we get more advanced and with electric cars and with more people getting saved, like air conditioning or things like that, all the devices we power. I mean like at an iPhone doesn't take out much power, but we multiplied that by 350 million people you are now pulling, like it's a significant amount of energy off the grid that wasn't there before. And a lot of that infrastructure really there was the case years and years and years ago on Eastern Coast United States when black basically, because I can't remember what exactly happened, but something went wrong. It was a cascading blackout, and it's got to be like 15 or 20 years ago. And it was such a small thing like a small incident happened in one area of the grid and it just cascaded down and it would've been worse if someone hadn't shut it off, when it did. And just simple things like that are almost certain to happen like I would say within the next decade, we are going to see like a lot of, maybe not like Countrywide grid problems, but definitely like state in the United States like statewide grid problems like I think we saw Texas where their grid is completely separation from the rest of the country and they had issues there. Like I think that's what you're going to see more of, this is more localized stuff. I think the attack of nuclear weapon yeah, it could happen then that would be absolutely catastrophic. And if people want to kind of get an idea of what would happen, there's a book called One Second After it's this fictionalized accountable EMP attacks. It's written by some survival guys so it's, you want your eyes open to how serious that would be. So that's a good book to read, I have read a couple times and it scares me every time.

Darin: Wow. What I want to spend the rest of my life doing is making, upgrading our ancient way of building and building with all of this stuff in mind, because it just makes common freaking sense. Why wouldn't you? Why would I connect to a one power grid when I could just produce my own power? Like just doesn't make any sense, build that way, construction the fact that they are putting two by fours in corners and everything else and nails and all of this shit. And we haven't updated, upgraded our way of building in 150 fricking years come on, man. There are some really cool systems and then integrating, you know, you have seen earth homes and all of that stuff where your passive heat and passive AC and got your own food forest inside. It's like, this is not something that some 70 something or in the seventy's prepper, who's crazy. This should be modern day common sense. Let's build and create our world this way, because it just feels better if my neighbor has tomatoes and I don't, but I have zucchini. That just makes better sense. What are your thoughts on that, about building better? Just updating our fricking modern-day living.

Michael: Yeah. That's something we should be doing, but it's so hard to do because like, if you try to build the old way, and even though it was better, next thing, you know, you try to build a house and building stuff comes in and it's like, well, it's none of this is the code. It's like, well, come on down, it's like, it requires almost like a paradigm shift of how we think about things and where I live. Now we have like British Columbia, we think very green. And I know a lot of city councils, lot of stuff like that. And they try to think it's green as it can. They are trying to like work out building codes and stuff like that to try to be greener and try to take advantage of like past feet and cooling and stuff like that. And it seems like just getting like stone walled every step of the way, it's just like being tied up in bureaucracy and red tape.

But the only ideas seem to get through are really dumb ideas. Like we do need to think about how we build and build better, but it's one of those things that you almost need to get. People like elected into government to fix that. But who's winning on the platform of, I want to redesign single family homes to be more energy efficient. No, one's winning that platform right. With cooling like I think like, staying warm, we can always like warm ourselves up. You can throw a sweater on stuff like that. Cooling has always been an issue, like an issue everywhere. Maybe learning how to cool your house without AC is one step because that will help you when AC goes down, like we just recently got AC put into our house before that during like we super heat zones, we had to like go through this whole routine of how we both would, they were opened up in the morning at this time, we shut everything down, close these blinds, we do this. We are going to like, there's all these little things we are doing. And we are able to actually kind of, sort ourselves out fairly well without having to use like the grid power cool us down. And it took a lot, it took a lot of trial and error. It took a lot of thinking about it and it took a lot of like experimentation and trying to figure out how we can do it. But when we were able to get it done, it would be all it was, was effort from our part, it didn't cost us anything just like, oh, I have to remember to do this, I have to remember to do that. And once you got into it a few times, we had some hot days and we were able to get through it and that's without any help from the grid. So, to speak.

Darin: Yeah, airflow, shading, where the suns at time of day, all of that stuff can be certainly utilized. Just a little common sense around that stuff can save people a lot of energy. Well, dude, I feel like it tells you for another three hours. Dude, thank you for all the work you've done and please stay in touch as I will with you. And let's get people literally just using common sense principles, self-empowerment because that's really what I feel all for this stuff anyway. So, thank you for all the work you've done, dude and thanks for this great conversation.

Michael: Yeah, thank you. Thank you for having me.

[00:56:38] Podcast Outro

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would like to learn more about my incredible guest, you can find all of their information in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode.