

ASK CATHERINE

June 12, 2023

Introduction:

We include questions submitted through <https://shop.solari.com/ask-catherine/> and posted at Subscriber Input.

Thanks for your questions!

Organized by Categories:

- A. Cash and Precious Metals
- B. Geopolitics & Financial Markets
- C. Equity Overview
- D. Feedback
- E. Health & Food
- F. Local Gatherings
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Appendix: Important Links

A. CASH AND PRECIOUS METALS

1. Question:

Catherine,

There is a significant uptick in the Cyberattack narrative. NASA recently released a statement warning of an "Internet Apocalypse" and wanna be (Klaus Schwab) recently spoke out that a "comprehensive cyber attack would make Covid seem like a small disturbance." Within my own employer (a Major Fortune Company), our emergency preparedness teams have been asked by the executives to prepare to run scenarios that assume a complete and total loss of the internet and other forms of electronic systems. This narrative has been building steam over time and an effective cyberattack taking down electronic systems essentially accomplishes what an EMP would.

My question: what should we do to be best prepared to deal with this on the financial side, specifically in regards to holding cash or precious metals? I assume the ATMs wont work, and the local small banker will essentially be shut down (conveniently). I am late to the game on buying metals/coins (and I am not sure how to transact with them anyways. Holding large amounts of cash for most people can be perilous. I try to keep a few thousand dollars spread out across multiple credit unions.

For the average middle class person in America, is there a general rule of thumb on how much cash one should keep stashed? Also, where would I get educated on how to use silver coins in daily transactions? I assume its easy to defraud or be defrauded with fake metals or mixed metal slugs (like brass covered in silver.

Thanks in advance.

CAF Notes & Links:

B. GEOPOLITICS & FINANCIAL MARKETS

2. Question:

Hello Catherine,

“A” posted two video on subscriber input. They were about 'SOFR replaces LIBOR'. This was the first I heard about the change. What bothered me the most is that they said about the loans. LIBOR, the overnight lending rates represented unsecured loans. The new SOFR is backed by Treasury Bonds. This sounds like they are getting ready to bankrupt the US and have a bail-in.

Can you please explain the possible ramifications of the change for our country and citizens.

Thank you, “F”

CAF Notes & Links:

3. Question:

Hi Catherine

Greetings from [Switzerland], I was chatting with a local buddy and we were discussing Lonza and he was of the opinion that Lonza made the Moderna vaccine. If correct I wonder when they began production, if memory serves it takes 18 months to swing to full production.

Hmmmm.

All the best

CAF Notes & Links:

C. EQUITY OVERVIEW

4. Question:

Hi Catherine,

I bought a home that had some issues that needed repaired that was noticed by the appraiser, my realtor swore everything was fixed, but it was not, now I am paying out thousands of dollars for repair, mainly the foundation for which the seller gave me a foundation warranty that is worthless because he pretended to do something about the repairs needed and did absolutely nothing.

I tried contacting my realtor but she has just ignored me. I have complained to the broker of the realtor I used who has also ignored me, I complained to the BBB and I am about to file a complaint with the realtors association of which my old realtor is a member of. I am also awaiting to get some repair people out to my home so I can get a final tally of all costs so I can sue the seller in small claims court for breach of warranty.

Am I going about this the right way? What would you do?

CAF Notes & Links:

5. Question:

Catherine,

I have been a member for 6 months now. I have learned so much. I asked you a question early on related to this, but I think I've learned more and can understand better what I'm asking. We have found a great local bank here in Virginia, and have moved our banking to them, mostly. We're still in the process of moving it all.

Here's my issue:

My husband has been with a defense contractor for almost 30 years. Our retirement, virtually all of it, is in a 401K managed by Vanguard (now I understand Vanguard is also an owner and all of the conflicts of this situation).

There is a limit to the funds we can invest in within the 401K, and the company's 401K plan doesn't allow us to take money out except for "hardship".

The investment selections, of the limited funds in the 401K, were selected for us by a financial planner we used to use.

How do I know how to invest it now? Do I put all of the money in the company "Stable Fund", or Vanguard's money market fund?

Please help me, or steer me towards someone who can, with suggestions how to protect this money

Are there any legal structures that I don't know about that will let me turn this into cash?

Any help would be appreciated.

With so many thanks for EVERYTHING!

THIS WAS SENT IN AS A FOLLOW-UP:

Dear Catherine,

I sent in a question last week about our Vanguard Retirement account. I think maybe I sent it in late, so I didn't see your answer. And here's an addition in case you get to it this week:

My husband is still with his employer and since Vanguard is the "employer chosen record-keeper", we can't move the money out of Vanguard until he is 59.5 or leaves the company.

It turns out that there is a Self-Directed option he can select. It is a "partnership" between Vanguard and TD Ameritrade.

The Vanguard 401K has limited fund choices (mostly Vanguard funds), and the Money Market funds have been taken away except for the Leidos Stable Fund, and I'm not sure that's a money market, just the least risky (I guess).

We like the option to move it to Self-Directed, but I need to know how safe the money will be in TD Ameritrade. I see that it was recently purchased by Schwab and the transition to Schwab will be complete by the end of this year. Vanguard would still be the overseer.

If we continue to make contributions (employer match up to 6%), that money would still be managed and provided through Vanguard, and in Vanguard accounts until we transferred it.

We haven't stopped making the 6% match contribution, but I think we should stop as long as we're limited to the funds we can choose from.

Would you please advise on 1.) what you think about the self-directed option through TD Ameritrade, eventually Schwab, and 2.) continuing contributions?

Thank you – “A”

CAF Notes & Links:

6. Question:

Seems there are states that are rejecting CBDC. How can they do that without foregoing Federal money? Is there a list of states that one might possibly live in with some degree of financial freedom? Im from NYC and terrified of their shenanigans, Also afraid to buy property here as I believe they will get me with property taxes and vaccine past. I sold my home Nov 2022 and now not sure that was a good idea. I sold because I had bad tenant who left me a mess. After repairs and cleanup, I was in debt so I thought Id sell and buy a home for less in another state and put the rest in something for investment and as an emergency account. Things changed every day. I was fearful. Im 71 and have money in 3 CDS in 2 banks. I have some cryptos and a trading acct. I haven't purchased silver or gold and I think this may be something I should do. I have stocks in gold royalties, and a mining stock that seems to have promise. The other reason I haven't bought property is because some are all elec. some are oil, some gas, once in a while it's a combo. NY is my home. I have family & friends here – a support network – as I have a brain injury so moving is challenging, but staying is frightening. NJ, Ct, Pa are close by. That may be doable, but Im afraid to go from frying pan into the fire.

CAF Notes & Links:

D. FEEDBACK

7. Question:

This visual came to me as I listen to your 2005 or so audio on big banks. I feel like I have a better grasp on what to say to people as to why they are so bad.

It reminds me of a story my neighbor told me about a woman that works at the steel mill and said her python was snuggling with her in bed.

The guys at work said “u better ask the vet about that!”

The vet said the python was sizing her up for its next MEAL!!!!

CAF Notes & Links:

8. Question:

Hi, this is just FYI: I was at the HV Women's Club Meeting yesterday. At one point, the conversation turned to the walking path, new benches, and water fountain Uncle Sam is putting up, and "yay" and all that. Then, one lady mentioned that she had received a phone call from the Gov't. It was a survey about the new walking path (she received a \$5 Walmart gift card for participating). In addition to getting her feedback on the walking trail and her use of it, they also asked her how much milk she drinks (?!), how long it takes her to travel to the grocery store, does she eat vegetables, does she grow her own food (!), and does she walk for exercise....

Also, did you know that Bolivar received a \$300,000 grant from Fed for "Christmas Infrastructure", meaning a Choo-choo train in middle of town, and other decor. Wow, I bet that will require beaucoup \$ to maintain year 'round.

CAF Notes & Links:

9. Question:

Hi Catherine, Is there a way you can increase the volume for the various reports, etc? My hearing isn't what it used to be, and my hearing aids are in the repair shop...

Thank you.

CAF Notes & Links:

10. Question:

RFK Jr. interviewed by Jordan Peterson – Disappointing

[I'm posting this in hopes that someone else heard differently, more positively, than I did.]

I had high hopes for RFK, Jr. to present a serious alternative candidacy for Democratic Party voters, but his responses to Peterson's rather gentle questioning were decidedly short on "how ya gonna do it" seriousness. I left with the impression that he is only running as an issues candidate, and then on only a few issues.

By stark contrast, a week or two earlier, Peterson interviewed another politician, conservative US Senator Josh Hawley, who proved surprisingly adroit, classically educated, widely knowledgeable, and able to discuss some topics "down in the weeds" of current research, and even challenged Peterson several times. Maybe that interview left me expecting too much from Mr. Kennedy.

Mr. Kennedy spent most of his time offering biographical "scenes" rather than hard content (with a few exceptions, which were well received but still limited),

and showed no sense of how he would get anything done in Washington, despite specific prodding by the host.

He straight up refused to engage the question about “how far is too far for the left wing to go, in terms of policy or support?” He wouldn’t comment on trans-humanism, trans-genderism, Antifa, or how he planned to wean the DNC off from the teat of Big Pharma money and other global entities that he cited as the cause for Democrats turning away from liberalism and toward tyrannical structures.

And just being politically realistic, with his speaking voice being difficult to listen to for very long (despite my eagerness to hear everything he had to say), his campaign hopes are utterly dependent on him communicating concisely, in content-dense sentences. But instead, he was long-winded and (especially in the context of a Jordan Peterson podcast audience) shallow, offering solutions that were sentimental rather than substantive.

I was very saddened by the end that I had heard no real answers, no plan, and only substance on the few topics you would anticipate. It was not that he sounded “canned” or over-handled by political advisers... he just didn’t sound up to the task. Convince me otherwise, please.

[The interview is available on YouTube in video, through several podcast venues, as well as on Peterson’s regular home on DailyWire+.]

CAF Notes & Links:

E. HEALTH & FOOD

11. Question:

Hello Catherine:

First of all I would like to thank you wholeheartedly for the Solari report 1st Quarter Wrap Up, Volume 2022, Number 2, the information is enlightening.

I find myself in a predicament I need some Elder Law advice. A distant family member is under care in the Healthcare and Rehabilitation Center in Philadelphia, Pennsylvania . He is in a bad state of health and I have received solicitation from Trinity Law that represents Healthcare and Rehabilitation Center. Trinity Law is trying to insinuate that I should be his guardian, that's impossible because I have my own health issues and limited finances. Trinity Law has issued me six notices of Zoom meetings, I was informed that I do not have to attend. So, I did not attend.

I would like to make contact with an Attorney who practices Elder Law so that I can get a firm understanding of my rights under the law.
I was born and raised in Philadelphia, Pennsylvania and now reside in North Carolina

CAF Notes & Links:

12. Question:

I just was automatically signed up for Medicare last month with \$164 taken out of my SS benefit. I just wanted to ask you about taking Medicare. I chose to no longer pay for Health Insurance, saving us thousands per year. Thank you for your help in making that decision – "my health is my wealth!". I'm torn because if I ever have to go to the hospital in the future, I figure it's a "backup insurance". However, I know criminals are running everything and I don't want to fund it any more than I already am! Appreciate any advice.

CAF Notes & Links:

F. LOCAL GATHERINGS

13. Question:

CAF Notes & Links:

G. RECOMMENDED LINKS

14. **Comment:**

Hi Catherine, the short video below is doing the rounds. It sounds very defeatist about the consequences of companies not following the Woke agenda. There is not even the suggestion of seeking funding from smaller banks. Very grateful if you would address in Ask Catherine:

[The People's Lawyer]

<https://t.me/thepeopleslawyerchannel/4932>

Thanks, "S"

CAF Notes & Links:

15. **Comment:**

*Follow up link to Dr. Steven Greer's Disclosure Conference I forgot in the email just sent: <https://siriusdisclosure.com>

CAF Notes & Links:

16. **Comment:**

*In a recent YouTube, I saw an interview of Robert Brame, a forensic arborist. His Ideas, his photos are chilling. Photos show things like: 1) trees burning from the inside out, while leaves are intact, 2) houses burned into piles of white ash, while surrounding trees still stand, 3) plastic items (toys, etc) seemingly untouched while all else is burned — plus lots more dreadful images. His documentation covers multiple years. Over the recent years, he has found only 3 fires that he has considered natural. The interview is attached below.

I find this info horrendous and I would like your take on it.

Thank you for all you do for us. I begin my days, by first connecting to the Divine, which is very helpful. Then I try to do something nice for someone.

<https://www.youtube.com/watch?v=mHeoalh7cx8>

LOOKING FOR CLUES in the CANADIAN FIRES

"Robert Brame is a forensic arborist who has analyzed 38 California fires and has come up with hundreds of photographic evidence of IMPOSSIBLE normal fire behavior. Let's use this information to help us look for CLUES in the CANADIAN fires to see if the same anomalies exist"

CAF Notes & Links:

17. **Comment:**

*FDA Rejects Neuralink Clinical Study Application and Then Immediately Grants Clearance for Human Use

<https://karenkingston.substack.com/p/fda-rejects-neuralink-clinical-trial>

The full article is behind a paywall in Kingston's substack. Use one or both of these links instead:

<https://www.reuters.com/investigates/special-report/neuralink-musk-fda/>

<https://www.reuters.com/science/elon-musks-neuralink-gets-us-fda-approval-human-clinical-study-brain-implants-2023-05-25/>

CAF Notes & Links:

18. **Comment:**

BRICS Economies Surpass G7 in Global GDP Share

Tom Luongo: 'Now, if you want to understand why the world told the West to go scratch over Sanctions on Russia last year watch this simple video.

Remember GDP is a bullshit statistic. GDP PPP is less bullshit, by an order of magnitude.'

<https://youtu.be/uoZ6HEkvful>

“Saw a chart in the Economist and couldn't believe it. So I ran the data and created this. #BRICS have already overtaken the #G7 in global share of GDP, adjusted for purchasing power (PPP). Why adjust for PPP? This measure adjusts for the cost of living, the standard of living, makes international comparisons easier and captures real economic output.”

CAF Notes & Links:

19. **Comment:**

Dr. Dick Day in 1969

This has a little bit of everything. A report in 1988, from a speech in 1969.

Population control, planned parenthood, abortion, goals of gay movement, promote drugs while increasing enforcement (<https://dillonreadandco.com/>), chemicals to decrease sex drive, promote sex to youth as a path to make abortion acceptable, population control, book burning, outlawing growing your own food, single card id, then implant, destroying the Roman Catholic Church as a path to introduce a new global religion... A bit creepy.

If we had a population of home-schooled children, they couldn't get away with any of this.

[Confessions of a Dick]

<https://www.youtube.com/watch?v=YiSvm0ygYKs>

part two: [A Little More Dick]

<https://youtu.be/dhRQ82n6jEE>

CAF Notes & Links:

20. **Comment:**

Christine Anderson, German MEP: "STOP COMPLYING!"

"You cannot comply your way out of a Tyranny."

<https://www.bitchute.com/video/kYEED6sE5SYo/>

CAF Notes & Links:

21. **Comment:**

Atty Reiner Fuellmich & Maria Zee – Important New Zealand News

Fascinating information & interview – Affecting the International Community....

[Dr. Reiner Fuellmich – BREAKING! Crimes Against Humanity Trials Begin in New Zealand!]

[<https://zeemediamedia.com/interview/dr-reiner-fuellmich-breaking-crimes-against-humanity-trials-begin-in-new-zealand/>]

CAF Notes & Links:

22. **Comment:**

*Decline of the EU w/ MEP Clare Daly [Ireland], Alexander Mercouris [Greece] and Glenn Diesen

If you want to know what goes on in de European Union give this a listen.

That Union needs to go!

<https://youtu.be/M5gY0SFXQho>

CAF Notes & Links:

23. **Comment:**

*The Survival of Humanity Depends on This Dr. Steven Greer

Luckely, this interview is much broader then UAP & UFO info. In fact, the other subjects had a lot more of interesting tibits.

What does Nicola Tesla, UFO's, UAP's, a shadow government, non-human origin UFO retrievals, zero point energy and free energy, have to do with our freedom? Turns out, EVERYTHING, and tonight, with Dr. Steven Greer of The Disclosure Project, we'll look at this powerful connection. We'll dive into the "powers" that be, what the power struggle really is, WHAT you're REALLY seeing with those UFO's, what's being hidden in plain sight, and why we're not truly free—AND most importantly, how we can set ourselves free, and get ourselves and humanity back in the light.

[The Survival of Humanity Depends on This! UAP & UFO Non-Human Retrieval Program - Dr. Steven Greer] <https://youtu.be/g2VY2oz-S2c>

CAF Notes & Links:

24. **Comment:**

Suspicious – the Canadien fires all started almost simultaneously anyone else think it's very unusual for so many fires to erupt all over at about the same time ?

[Are Canadian Wildfires Caused by Energy Weapons? Are "UFOs" Behind This?] <https://medicalkidnap.com/2023/06/07/are-canadian-wildfires-caused-by-energy-weapons-are-ufos-behind-this/>

CAF Notes & Links:

25. **Comment:**

*Tucker – we're ALL Guilty because they don't define the crime

[Tucker Talks Taboos After MSM Ignores Instagram Kiddie-Porn Bombshell] <https://www.zerohedge.com/political/tucker-talks-taboos-after-msm-ignores-instagram-kiddie-porn-bombshell>

CAF Notes & Links:

26. Comment:

All should Bail on Bank of America as it goes WOKE

[Bank of America Goes Woke and You Will Suffer]

<https://www.breitbart.com/politics/2023/06/09/bank-of-america-goes-woke-and-you-will-suffer/>

CAF Notes & Links:

27. Comment:

“Out of Shadows” just how Satanic is Hollywood ?

The False Narrative the Corporate Media Wants You to Believe

[Unmasking Who is Behind the Plandemic and Rioting to Usher in the New World Order] <https://created4health.org/unmasking-who-is-behind-the-plandemic-and-rioting-to-usher-in-the-new-world-order/>

CAF Notes & Links:

28. Comment:

That’s a very good, revealing movie that I’ve watched at least three times now over the years. In addition, I’m posting a link here to the famous monologue that comedian Ricky Gervais gave at the 2020 Golden Globe Awards, in which he spoke very directly to all of the actors and celebrities in attendance. If you begin watching at 3:20 into the video, he soon brings up the subject of Jeffrey Epstein to the audience, and when he says, “I know he’s your friend”, note the reaction from the audience. They burst into laughter, and then take a look at the expressions on those faces. That burst of laughter and those facial expressions indicate the acknowledgement that the truth has just been told, because if he was off base in saying that, there would have been groans and looks of disdain and disgust on those faces in the audience instead.

[‘Video has been removed for Violating YouTube’s Terms of Service’]

<https://youtu.be/sR6UeVptzRg>

CAF Notes & Links:

29. Comment:

*Few understand this

<https://twitter.com/i/status/1665503332192927745>

CAF Notes & Links:

30. **Comment:**

*Phone surveillance admitted

Hi, the news is in French from France, but in short they're stating the police could activate cameras, microphones and geotagging on cell phones from a distance.

This means they already have the means to command your phone.

For those who were still hesitant.

[Loi Justice : l'activation à distance des caméras ou micros de téléphones validée par le Sénat]

<https://www.rtl.fr/actu/politique/loi-justice-l-activation-a-distance-des-cameras-ou-micros-de-telephones-validee-par-le-senat-7900272299>

CAF Notes & Links:

31. **Comment:**

*Must see FILM – “The Great Awakening” Everyone should watch starts about 1hr 35 minutes in – all before that is fluff leading up to film

[PLANDEMIC 3: THE GREAT AWAKENING]

<https://thehighwire.com/thegreatawakeningpremiere/>

CAF Notes & Links:

32. **Comment:**

Love changes everything

*<https://youtu.be/0cvVAAT6iTM>

CAF Notes & Links:

33. **Comment:**

*First Impressions of Vision Pro and VisionOS

https://daringfireball.net/2023/06/first_impressions_of_vision_pro_and_visionos

This was posted on Joseph's forum and I am going to add the link because of an interesting comment from someone that works in the industry that is well worth a read.

[Ahriman's Dimension has arrived - Reporter tests Apple's new Vision Pro goggles]

<https://forum.gizadeathstar.com/t/ahrimans-dimension-has-arrived-reporter-tests-apples-new-vision-pro-goggles/14843/4>

CAF Notes & Links:

34. Comment:

*CBDC from the past

If you want to know what a CBDC society will look like, have a look at Russia before glasnost & perestroika.

[How the Soviets "Fixed" Inflation, but Ruined the Economy]

<https://mises.org/wire/how-soviets-fixed-inflation-ruined-economy>

CAF Notes & Links:

35. Comment:

And so it starts – QR code and cashless payment only, for food

London Supermarket Bars Entry Unless Customers Download their App for Cashless Payment <https://needtoknow.news/2023/06/london-supermarket-bars-entry-unless-customers-download-their-app-for-cashless-payment/>

CAF Notes & Links:

H. TAKE ACTION

36. Question:

CAF Notes & Links:

I. OTHER

37. Question:

Hello,

What was the book you mentioned after Terror Factory on the June 1 report? It started History of... couldn't understand rest of the book title. Thank you, "N"

CAF Notes & Links:

38. **Question:**

I found this site where I can put in a zip code and see what businesses got PPP money and how it is forgiven.

One business I know got a million dollars and new cars, boat, camper and plastic surgeries seem to appear.

What is the trap? Is the increase in IRS employees part of this.

This seems ridiculously unfair to businesses that won't take government handouts to be watching similar businesses enjoy all the free money with their families.

CAF Notes & Links:

39. **Question:**

On vacation at gated community with activities, we chose to go to "world affairs". Anyone could name a country they wanted to talk about and others were allowed to opine.

One gentleman said "the poles". He proceeded to say the ice is melting and land can be seen now. He said there are 5 countries that have rights to the land minerals and I immediately thought, "this must be what chem trails are for!" They needed to warm climate to melt ice so they could get the wealth from Antarctica.

The humorous part was most of the group was older and convinced that governments want the best for their people and would never do anything to harm them.

We simply could not control telling them much of what we learned from solari and I saw these looks like a child finding out there is no Santa.

Afterward one man handed me his business card, and he was retired secret service. He did multiple presidential duties. He said I was not far off and he has seen and felt frequency weapons when he was in Moscow.

What is your opinion of people that work in that level of government?

CAF Notes & Links:

Additional Resources

Send in questions: [https://shop.solari.com/ask-catherine/
Subscriber Input](https://shop.solari.com/ask-catherine/Subscriber Input)

APPENDIX

Our best collection of links can now be found at our Building Wealth curriculum. Check out at <https://buildingwealth.solari.com> Please make sure you are logged in at solari.com first.