

The tide is high, sandbag your street!  
Converging, swelling channels meet  
The torrent roars, banks are breached  
Stay calm, be cool, a part at least

The brakes are on, controlled retreat  
Quick-go-slowly, heart valve weak  
Fairness flounders, sincere cheats  
Disgraced champions, taste defeat

Beware the timely statement leak...  
The trigger is the price of meat  
Barricade your first floor doors  
Evacuate your sick and poor

Be larger picture, stronger, deep  
Be good, be bad, be more, elite...  
A prince of bread, a pint of peace  
In Middle Earth, in Middle East

Go east, go north, go south, go west  
Leave mouths open, with your best  
Adapt to change, stay unimpressed  
Adopt: 'Chekov', to family crest