

MySurvivalAlliance



7 FOOL-PROOF FINANCIAL TSUNAMI SURVIVAL TIPS

1. Multiple income streams.
2. Think negatively.
3. Stay awake.
4. Don't lean on politicians.

.. Continue Inside

EMERGENCY PREPAREDNESS FOR A TSUNAMI: BEING PREPARED TO FACE THE WRATH OF THE SEA!

In 2004, a powerful tsunami washed over coastal areas in Southeast Asia, extending all the way to Africa's west coast. The tsunami took more than 200,000 lives, and some people were never recovered or identified. Much of this loss might have been avoided had an effective emergency preparedness system been in place.

The 2004 tsunami may have been the most deadly in recorded history, but it was not the first - 25 of them were recorded in the 20th Century alone. And while many of them have happened in the South Pacific, tsunamis have been recorded all over the world, from Japan to Chile, from Italy to the United Kingdom. New Zealand's geologic record documents a tsunami 125,000 years ago, and written history documents these disasters as early as 1580 B.C. (following the Santorini volcano).

Until very recently, scientists have not been able to

predict when and where a tsunami will strike, making emergency preparedness very difficult. Caused by earthquakes, volcanoes, and landslides on the sea floor, today we can make an educated guess about when they will happen after such an event.

Today, regions at high risk may use a tsunami warning system to warn people before the wave reaches coastal areas. Computer models are used to predict the time and location of impact. Until now, the exact location where tsunamis will strike cannot yet be predicted. But once an underground earthquake occurs, an alert is sent to coastal communities that something could go in that direction. Emergency preparedness efforts are more likely to succeed when these alerts are timely.

The famous "Ring of Fire," where many volcanoes

have occurred along the lines where tectonic plates meet in the Asian Pacific, was not adequately protected by an early warning system in 2004. This was a valuable lesson for coastal areas around the world, and scientists are working hard to prepare for future events in that area.

Emergency preparedness for tsunamis begins with early warning systems that include four elements: information, advisory, watch, and warning. When the system detects an underground earthquake, Hawaii's Pacific Tsunami Warning Center releases the news to the effected communities. Because it is too early to predict the size, time, or location of the potential tsunami at this stage, a more general advisory will be delivered to likely targets. It may take hours from the seismic event to the actual tsunami.

Where evidence suggests that a tsunami is likely but hasn't been witnessed or verified, early warning systems issue a watch alerting populations to the likelihood. Emergency preparedness plans dictate that, at this time, people in coastal areas should be alert and watch the sea for signs, like a quick receding of ocean waters, that a tsunami is on its way. A siren may be used to alert the people, anywhere from three hours before the event is expected. If the water does begin to recede, a mandatory evacuation will begin.

Once a tsunami has been seen and verified, they issue a warning with more detailed information about where and when the giant wave will hit. A siren will again alert people. Once a warning is issued, people should already be moving out of the danger zone. They can go to high ground or try to go farther inland, taking fresh water, food, and extra clothing with them as they go. Part of the emergency preparedness effort includes announcements that will be made over the radio

telling them when it's safe to return. The early warning system continues to work during and after the event. People will remain in the area to monitor the situation and to cancel the warning if the tsunami does not materialize.

World leaders now recognize how important emergency preparedness is to potential tsunami victims. They encourage community leaders to develop plans and conduct exercises so that they know how long it will take to evacuate vulnerable areas. They should also have current estimates on the number of people in the area so that they'll know if people are missing after the crisis has passed.

Canning Rhubarb

Ingredients (makes 1 quart or 2 pint jars)

- 1 ½ to 2 pounds rhubarb, chopped into 1 inch pieces
- ½ to 1 cup sugar (I used ¾ cup)

Preparation:

1. Add the rhubarb and sugar into a large saucepot. Mix the sugar and rhubarb well. Allow the rhubarb to rest for 3 hours in a cool place.
2. Heat the saucepot over medium heat. Boil the rhubarb for 30 seconds.
3. Ladle the hot rhubarb into jars leaving ½ inch headspace. Place a lid on the jar and fingertip tightens the two piece cap.
4. Process 15 minutes in a boiling water canner.

HOW TO SURVIVE TIDAL WAVES

Not all earthquakes cause tsunamis or tidal waves. But some do. When that happens, it pays to be prepared.

To avoid trouble, here's what to do:

A strong earthquake in coastal areas should be interpreted as a natural seismic sea-wave warning. Don't stay in low-lying coastal areas.



A tsunami is not a single wave but a series of waves. If you have been evacuated by authorities, stay out of the danger zone until the danger has been passed.

Approaching tsunamis are sometimes heralded by a noticeable rising or falling of coastal ocean water. This is nature's seismic sea-wave warning and should be heeded by those in low-lying coastal areas.

There's no accurate way to determine in advance the size of tsunamis in a specific location. A small tsunami at one beach can be a giant a few miles away. Don't let the modest size of one make you lose respect for all.

All tsunamis - like typhoons - are potentially dangerous, even though they may not strike the coastline or damage each coastline they strike.

Never go to the beach to watch for a coming tsunami. When you can see the wave, you are too close to escape from it.

Sooner or later, tsunamis will visit every coastline in the Pacific. This means that tidal wave warnings apply to you if you live in any Pacific coastal area.

During a tsunami emergency, heed warnings by your local weather bureau, civil defense, police and other disaster organizations. These will save you in the long run.

To help you rest after an emergency, take Sedamine - the supplement that promotes natural sleep. Visit <http://sedamine.com/> for details.

7 FOOL-PROOF FINANCIAL TSUNAMI SURVIVAL TIPS

I said it before... I'll say it again:
Living by the sea is extremely cool. Especially having grown up in Illinois which, if not the armpit of the universe, is in farting distance of it.

Still, there's one thing I don't like about the coast:

Tsunamis.

It's a big danger around here. And just a matter of time before we're whacked by one.

Anyway, here's why I bring this up:

Just like water tsunamis... there are FINANCIAL tsunamis, too -- which can happen ANY time and (if history is any indication) unleash miseries galore on the unprepared.

And you know what?

Lots of smart folks see one coming. Are you prepared? If not, here are seven ways to prepare for the big "hammer-drop" that may be zipping to a bank near you...

1. Multiple Income Streams

Having just one income stream is DANGEROUS right now. If that's you, then you could do worse than building a second (and third) one as fast as humanly possible.

2. Think Negatively

Well, sort of.

I'm talking about this wise old adage:

"Hope for the best, expect the worst."

That may make some of the more "militant" positive thinking gurus weep and gnash their teeth. But it's a great way to prepare you for life's curve balls.

3. Stay Awake

Opportunities ABOUND right now. If you're awake (and sober), you'll see them. And if you're smart, you'll *seize* them while you still can.

4. Don't Lean On Politicians

Pinning your fate to some "super hero" politician (or party) is a bad idea. Gary Halbert nailed it in "The Boron Letters" when he said:

"Rely on your own strength instead of someone else's compassion."

5. Know Thy History

Many smart folks got rich in the last depression.

Find out what they did, and then rinse, lather and repeat.

6. Sharpen Your Skills

Negotiation "guru" Jim Camp said it best: *"The more effective we are, the more respected we are."*

Good deals often chase people who excel at what they do. (And not the other way around.)

7. Learn To Sell

Selling is the world's HIGHEST paid profession.

Those good at it are always in demand. And there's mucho value in being able to sell people on your ideas, talents or even on YOU.

And there you have it.

Seven steps that are like strapping on a life preserver during the next financial tsunami.

SURVIVING A TSUNAMI: THE SAMOA EXPERIENCE IN OCTOBER 2009

If I think about surviving a tsunami I also think it will happen to somebody else -- not me. But on 2 October 2009 Samoan families and foreign tourists were shocked and shattered by the speed of the tsunami that roared over the reefs, lagoons and low, flat, plains of villages and resorts on the south coast of Upolu island. Drowned. Dead. Missing. Destroyed. Every family, local and tourist, lost something. One local family lost 35 members to drownings and injuries. How do you survive a tsunami?

Can you survive a tsunami?

It depends. You have to get to a location that is out of reach of the tsunami. You can be out of reach by getting to ground that is high enough. You can also be so far inland, on flat terrain, away from the coast, that a tsunami's force will be exhausted before it reaches your location. In 2004 thousands of Bali citizens and tourists were drowned, or otherwise killed, by a huge tsunami that swamped hundreds of kilometers of Bali's coastline. Nevertheless some tourists and locals survived by running inland, along with wildlife, far enough to escape the full force of the Bali tsunami. Those survivors were lucky. So were some of the Samoa tsunami survivors in October 2009. Some survived despite the tsunami catching them on the flat, coastal, plains of Samoa's Upolu Island.

They survived by sheer good luck because -- along with those who were killed -- they were caught by the full force of the tsunami and somehow managed to hold onto a tree or object without being fatally injured by tumbling cars, trees, concrete, logs and other flotsam in the roiling waters.

A typical wave of water is like any wave in that it has an amplitude (distance from top of crest to

bottom of trough) and a frequency (number of crests passing a fixed point in one second). In normal weather conditions you can count the waves coming onto a beach. Some waves are small. Some waves are big (that is they have a large amplitude). During one minute, sometimes 30 waves will break on the beach. This means the frequency is 30 waves divided by 60 seconds which equals 0.5 waves per second. At other times you might see 60 waves break on a beach -- in one minute. Then the frequency would be 1 wave per second. The greater the frequency the more the number of waves.

A tsunami's destructive force is caused by its extremely low frequency. For example, a tsunami wave that takes three minutes to pass fixed point will have a frequency of 1 wave divided by 180 seconds which equals 1/180 waves per second. That is a very long wave. It contains a lot of water. Tsunami observers and survivors call it "a wall of water."

In one minute the weight of water passing a fixed point is 160 tons if the water is a one-meter wide wall of water that is one meter high and moving at 1 kilometer per hour. If the same wall of water is 100 meters wide then 16,000 tons of water will land on the beach in one minute. If the wall of water is 100 meters wide and moving at 10 kilometers per hour (not 1 km/hr) then the same 100 meters wide (and 1 meter deep) wall of water will throw 160,000 tons of water onto the beach in one minute. That is a lot of water and the associated force will pulverize most things in its path. Also, that much water will roll inland, from the beach, a long way. The faster the tsunami wave travels as it lands on a beach, and the larger its amplitude, and the lower its frequency, the greater the destructive force.

I think you get the picture.

For example in the October 2009 Samoa tsunami many locals and tourists were still recovering from the magnitude 8.0 earthquake that shook the region. Barely ten minutes passed after the start of the quake. One Australian couple, holidaying on the south coast of Samoa's Upolu Island had been shaken severely in their resort accommodation. Husband and wife made their way to a resort parking garage so as to avoid falling debris during the earthquake. The tsunami caught the couple in the parking garage. The husband hung onto his wife. As they tumbled in the roiling waters, the husband caught hold of a tree but lost his grip on his wife. She drowned. In the same tsunami on a tiny island, more of an islet, a few hundred meters off the shore at another resort on Upolu's south coast, a Kiwi school party had scrambled to high ground during the magnitude 8.0 quake. The party watched the tsunami sweep past their island and take all their possessions from the campsite.

A Radio New Zealand crew member described his experience of sudden fear and shock as he got up from a reclining position after watching water drain out of the big lagoon next to his beach-side hut. The crew member yelled "RUN," as he ran for his life away from the beach. Some of the people in other huts were caught. The run to high ground was not easy. There was a lot of vegetation in the way. Later, in the aftermath of the October 2009 tsunami, Samoans and locals on Upolu recounted their shock and grief.

One local family lost four generations of members. One Kiwi family lost one child and regained two; all had been swept out to sea. Survivors, locals, Samoan police, New Zealand Army and Navy, Australian Army and Navy, worked for weeks to find the dead and drowned.

So, can you survive a tsunami it depends? If the

tsunami catches you by surprise then your survival chances are limited. Even if you are, somewhat, prepared but the vegetation and other obstacles are difficult for you to pass then your chances are limited. On the other hand, you can get lucky. Some locals were caught by the Samoan tsunami and got lucky. One woman, tossed about in the waters, caught hold of pole in the ground. She survived. And old man caught hold of a palm tree and survived. Others were not so fortunate.

Strawberry Rhubarb Jam

Ingredients (makes about 6 half pints)

- 2 cups crushed strawberries
- 2 cups chopped rhubarb
- 1 package powder pectin
- ¼ cup lemon juice
- 5 ½ cups sugar

Preparations:

1. Put strawberries, rhubarb, and pectin in a heavy bottomed saucepot. Bring the mixture to a boil over medium high heat.
2. Slowly add the sugar while stirring constantly.
3. Once the sugar is dissolved, bring the solution back to a boil. Boil hard for 1 minute.
4. Remove the jam from the heat and quickly ladle into hot, sterile jars leaving ¼ inch headspace.
5. Place the lids on the jars and adjust the two piece cap until fingertip tight.
6. Process 10 minutes in a boiling water canner.
7. Remove the jam from the canner and allow cooling completely. The jam may take several days to set completely. Mine took 48 to completely set and have an actual jam texture.