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## KATERINA FRETWELL

### Celtic Knots Introduction (paternal side)

Vaughan Vychan Campbell – Welsh Irish Scots:  
Celtic forbears and UK dissenters

no surprise they staged risings – a desire  
for fair play stoked their flinty genes

against mercury as medicine land  
as foreign-owned borders as porous ...

and my rants against aggression and inequality ...  
until I grew into a woodland-calm.

Now forested a widow I heed the creeds  
of animals crossing my destination

with intent. I'm content in my détente  
from omnipresent screed and screen

My shadow-side welcomes palpable air  
night-hued atoms and dappled darkness.

*Katerina Vaughan Fretwell's ninth poetry book, which includes her art, We Are Malala, was published by Inanna Publications in 2019. She lives in Seguin, Ontario.*