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YVONNE TRAINER

Betrayal

This February my body betrayed me
It was always wanting to lie down or waddle into the living room
and sit in a cushioned chair to spill its pale full moon over
the horizon of my waistline
My thighs just sat there like two dumb stone-boats
bearing the weight of this four-million-year-old lunar object

Outside the trees grew tall as towers without leaves
The footprints in the snow appeared as long and narrow
as the milky way in a thin line of sky
Every picket in the fence stood long and lean
as if to mock my curved spine burdened by layers of flesh

Then slowly March staggered in
The sky became weighted down with cold
The Canada geese grew heavy They flew low
Chickadees grew round and full It was as though they might burst
The roofs of houses sagged with tons on snow
After three tries I hoisted myself up

I was a mountain waiting to topple
My round face looked out the window The earth’s face looked back.

Yvonne Trainer (Lethbridge, Alberta) holds an MA in English/Creative Writing and a PhD in Contemporary Literature/Special topics in Medicine in Literature. As a member of the League of Canadian Poets, and full-time poet/freelancer, she has published five works of poetry plus numerous poems and non-fiction pieces.



S. Kasaei. Mixed media on canvas. 20 x 60 cm