

a breath of fresh air
in response to Cornfield (1963) by Joan Eardley

the wind in my hair, the wind at my back
pushing me along, nothing to lack
enjoying the rush, feeling the breeze
sitting on the ebike, resting at ease
following a path, watching the grass
carefree and happy, joy in a mass
out in the country, looking at sky
unfinished business, feel I can fly
onwards and upwards, whizzing in gear
gentle on muscles, nothing to fear

the wind at my back, blowing me along
no longer depressed, I hum a new song
freedom to be wild, just like a child
change from within, something I give out
the beauty of nature, no need to shout
quietly pedalling, feeling so green
dressed up in yellow, easily seen
the blues blown away, hope surges in
I can do this today, it's been a big win

Jo Beth Gray