

*Fri 19 Sept '14*

*Carol Irving*

The demented deranged grey-haired woman

Is staring back at me

Who is 'She'

Why is 'She' gawping back at me?

I can remember when she had black hair;

Innocent, unworldly and naïve

Whatever happened to her in the intervening years?

Why is she so angry; wounded; feeling sad?

What did they say and do?

Was it all so mad: so bad?

Albeit unintentional, it left her feeling crap

Who is that deranged grey-haired woman?

Oh ... now I can see

Just peek into the mirror

Oh my god ... it is, it's really ME!