

## SECOND WAVE ISOLATION: Learning to Reframe the View

Every day the same  
view through the northern window  
the same neighbour's fence  
still only partly painted  
same trampoline cage behind the fence  
bobbing heads on weekends.

Every day the same  
cement-coloured sky  
presses down like a slowly collapsing ceiling on  
those dark, pointy-top spruce trees  
those white birches in the distance.

Until I look again and see  
the safe enclosure of the neighbour's yard  
those evergreen tips pointing  
fierce as a mother's finger  
sturdy birches whose torsos glow  
in the light of a singular sunbeam.