

S C R E E

Wah
South Slokan, B.C.

February 1972

Uqa-Buga, or Polly's Folly

For each person: 1 or 2 eggs, as desired
1 banana
 $\frac{1}{2}$ to 1 onion
1 or 2 cups steamed brown rice

Put rice on to cook. Slice onions and fry in butter or margerine. Keep warm. Slice bananas once lengthwise and fry in butter or margerine until they are darker in colour and soft. Then fry eggs, sunny side up. Arrange in a pile with the brown rice at the base, then the fried onions, then fried bananas and topped with eggs. Believe it or not, it's good!

THE BEACH PEBBLE FROM MATINICUS

the beach pebble from Matinicus
(that some words I read of Olson's
led me to hold this fall morning)'s
cold as the wind the wave there
on West Beach coming into its own now
at the equinox

swept clean of collectors
the tide's roll rattling stones
juxtaposing..."one perception
must immediately and directly lead
to a further..." the whole
process Poseidon's

Ruth Fox

Here's how it works:
the vapours rise from the seas
oceans and lakes in clouds
of liquid love for earth
flow in over the peaks
and fall in pearls of rain
or snow by the release
of its own worth downward
and here the soils distil
from whence the rivers flow
and creeks and springs
gush out
the total soul

Wah

[caption to names, he likely images from (not to be confused with)]

