

MENOPAUSAL HAY(NA)KU  
FOR P-GRUBBERS



EILEEN R. TABIOS, EDITOR

**Menopausal Hay(na)ku  
For P-Grubbers**

**Editor, Eileen R. Tabios**

**Locofu Chaps  
Chicago, 2017**

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Cover Image: “Judith” by Benjamin-Constant (Jean-Joseph-Benjamin Constant) (possibly ca. 1886). French. Oil on canvas. 120.7 x 80 cm. Gift of J.E. Gombos, 1959. The Metropolitan Museum of Art.

Book Design: Aileen Cassinetta

Interior Image: “Judith Slaying Holofernes, from The Power of Women, plate 5” by Dirk Volckertsz Coomhert (1551). Netherlandish. Engraving. 25.3 x 19.8 cm. Rogers Fund, 1966. The Metropolitan Museum of Art.

Locof Chaps is an imprint of Moria Books.  
More information can be found at  
[www.moriapoetry.com](http://www.moriapoetry.com).

Locof Chaps is dedicated to publishing politically-oriented poetry.

Chicago, USA, 2017

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*“Judith Slaying Holofernes”  
by Dirk Volckertsz Cohort*

## NOTE ON THE HAY(NA)KU

The “hay(na)ku” is a tercet-based poetic form with the first line being one word, the second line being two words, and the third line being three words. Variations are encouraged, e.g. the “reverse hay(na)ku” where the word-count is 3, 2, 1 or the “chained hay(na)ku” where the poem contains more than one tercet (both variations are included in this anthology).

The “hay(na)ku” is also a Pilipinx diasporic poetic form, which encompasses the reference by the back cover image to “Pinay Power.”

More information about the “hay(na)ku” is available at <https://eileenrtabios.com/haynaku/>

## Sheila Bare

Eggs  
no longer  
hatching. Crone rising.

\*\*\*

Heat  
flashes. Body  
descends. Wisdom rises.

\*\*\*

Sight  
dims but  
insight sharpens, pellucid

**Melinda Luisa de Jesús**

**Lesson on Menopause for CROTUS, or  
Menopausal Justice Warriors Give No Fucks!**

1.

*“Grab  
‘em by  
the pussy”* unless

it's  
bleeding or,  
God forbid, menopausal.

Aryan  
youthful pussy,  
bluster, and Viagra

must  
somehow mask  
your obvious impotence

did  
that hurt?  
grow up, grandpa.

pop  
another Viagra  
from Uncle Sam



try  
to keep  
up, old man.

2.  
*Menopausal  
pussies are  
fucking crazy bitches!*

that's  
what you  
implied about Hillary.

what  
good are  
we to patriarchy,

right?  
Can't make  
babies, everything sagging

but  
Mother Nature  
knows what's best

just  
three species  
go through menopause:

orcas  
pilot whales  
and we women.

all  
three of  
us invested in

the  
survival of  
pod and kin

did  
you really  
think that you

could  
stop us  
from *stopping you?*

menopausal  
justice warriors  
give no fucks

millions  
of years  
in the making

we've  
evolved into  
this awesome role

we  
may not  
breed now but

we're  
programmed to  
*protect our future*

we  
have you  
in our sights

don't  
be alarmed  
it's just evolution

and  
you're getting  
in our way

**Glynda Velasco**

**Menopause**

hot flashes are  
nature's way:  
                    goddess

**John Bloomberg-Rissman**

**After Charles Reznikoff**

**1. From *The Modesto Bee* (undated, after 9 August 2016)**

Re  
“Menopause makes  
Hillary unstable” (Letters,

Aug.  
9): “Hot  
flashes” of anger?

Check.  
Uncontrollable and  
potentially violent swings

in  
mood  
and temperament? Check.

Bloated  
hips, tummy  
and lips? Check.

The  
letterwriter does  
indeed give us

something  
to consider.  
Do we really

want  
a clearly  
menopausal Donald Trump

as  
the leader  
of our country?

## 2. From *The Daily Kos* (19 August 2016)

The  
*Daily Show*  
sent Jordan Klepper

out  
to a  
Trump rally, where

he  
first asked  
their opinions on

“extreme  
vetting,” followed  
by a series

of  
simple questions  
that “vetted” the

Trump  
supporters’ understanding  
of the laws

in  
our country.  
Klepper: Can a

woman  
be President?  
Woman: The Presidency

is  
a man’s  
job. A female

has  
more hormones.  
She could start

a  
war in  
10 seconds [snaps

fingers].  
She has  
hot flashes, whatever,

boom.

Klepper: Haven't  
all wars been

started

by men?

[The longest pause

you

have ever

heard] Woman: Yes.



## **Aileen & Paul Cassinetta**

### **DOYOU CARE?**

*A Montage of Menopause Memes*

WTF.  
I've got  
no idea if

I'm  
coming or  
if my mood

will  
be swinging.  
Can't tell if

I'm  
hypothermic, hypersensitive  
or in hell.

I'm  
itchy, bitchy,  
sleepy, sweaty and

sore.  
I've got  
brain fog between

hot  
flashes and  
my muffin top.

Welcome  
to the  
Hormone House of

Horrors.  
Oh, joy.  
Oh, wait. I'm

trans  
and I'm  
about to lose

my  
cool, my  
hair, my Obamacare.

Call  
it Ryancare.  
I don't care.

Trump  
promised coverage  
for all, and

that  
includes my  
bleeding, ripping uterine

wall.

## **Dan Waber**

Men,  
Oh, pause.  
Who named that?

Eileen R. Tabios

**Hay Naku! That Menopause!**

(#1)

Men—  
O pause:  
Reconsider, then begin

(#2)

Men—  
O pause:  
Apparently, its “deepest

*Truths*  
are hot  
flashes, barely suppressed

rage  
and memory  
loss.” “Drump who?”

(#3)

Men—  
O pause:  
On the other

hand  
*I feel  
quite proud of*

*my  
hot flashes.  
I feel amazed*

*over  
generating so  
much heat. I*

*think,  
drenched in  
sweat, I could*

*absolutely  
warm up  
an entire city!*

(#4)

Men—  
O pause:  
When memory loss

begins  
happening regularly,  
you stop wanting

conversation—  
You may  
forget your point

before  
you finish  
your sentence! [PAUSE]

“What  
happens when  
dementia becomes politicized?”

But  
*He* cannot  
excuse himself by

using  
women for  
their words, like

“Sorry,  
it’s my  
menopause brain.” SAD!

(#5)

Men—  
O pause:  
Female CEOs demanding

through  
my phone:  
“I am losing

my  
mind. I  
need help **NOW!**”

(#6):

Men—  
O pause:  
When Angelina Jolie

courageously  
decided to  
remove ovaries and

breasts  
because she  
risked breast and

ovarian  
cancer, reaction  
included concern she

might  
enter menopause  
early. But she

objected,  
pushing back  
against the narrative

menopause  
is unwelcome,  
pushing back definitively

against  
the narrative  
aging is bad.

*Angie,*  
*Thank you!*  
You remain beautiful.

(#7)

Men—  
O pause:  
How wonderful if

we  
all got  
to a place

where  
we can  
share in these



conversations  
openly and  
without shame. So

others  
can understand  
we are not

*Insane!*

(#8)

Men—  
O pause:  
My “menopause brain”—

when  
I own  
it out loud

fear  
lessens. Don't  
we often fear

what  
we don't  
acknowledge, or know?

(#9)

Men—  
O pause:  
I repeat, *I*

*can*  
*warm up*  
*an entire city!*

(#10)

Men—  
O pause:  
I regret nothing.

*Author's Note: This was inspired by "The Truth is Out There (About Menopause)" by Gillian Anderson and Jennifer Nadel, LENNY, March 7, 2017. Some lines quote or paraphrase from the article.*

## **Jean Vengua**

menopause

one last

initiation before freedom

## ABOUT THE POETS

**Sheila Bare:** “Aging Crone”

**John Bloomberg-Rissman:** [http://www.johnbr.com/zeitgeist\\_spam/](http://www.johnbr.com/zeitgeist_spam/)

**Aileen Cassineto:** <http://www.oovrag.com/poems/poems2010a-ibardaloza.shtml>

**Paul Cassineto:** <https://www.instagram.com/cassineto/>

**Melinda Luisa de Jesús:** Melinda Luisa de Jesús drinks hard liquor and loves Hello Kitty. More about her at <http://peminist.com>

**Eileen R. Tabios:** <http://eileenrtabios.com>

**Glynda Velasco:** <https://www.facebook.com/gt.velasco.1>

**Jean Vengua:** <http://www.local-nomad.net/>

**Dan Waber:** <http://logolalia.com>

## Locofo Chaps

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Eileen Tabios — *To Be An Empire Is To Burn*

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Francesco Levato — *A Continuum of Force*

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Donna Kuhn — *Don't Say His Name*

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mLEKAL aND — *Manifesto of the Moment*

Garin Cycholl — *Country Musics 20/20*

Mary Kasimor — *The Prometheus Collage*

lars palm — *case*

Reijo Valta — *Truth and Truthmp*

Andrew Peterson — *The Big Game is Every Night*

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John Lowther — *18 of 555*

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Luisa A. Igloria — *Puñeta: Political Pilipinx Poetry, vol. 3*

Tom Bamford — *The Gag Reel*

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Poems*

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Kristian Carlsson — *The United World of War*

Roy Bentley — *Men, Death, Lies*

Travis Macdonald — *How to Zing the Government*

Kristian Carlsson — *Dhaka Poems*

Barbara Jane Reyes — *Nevertheless, #She Persisted*

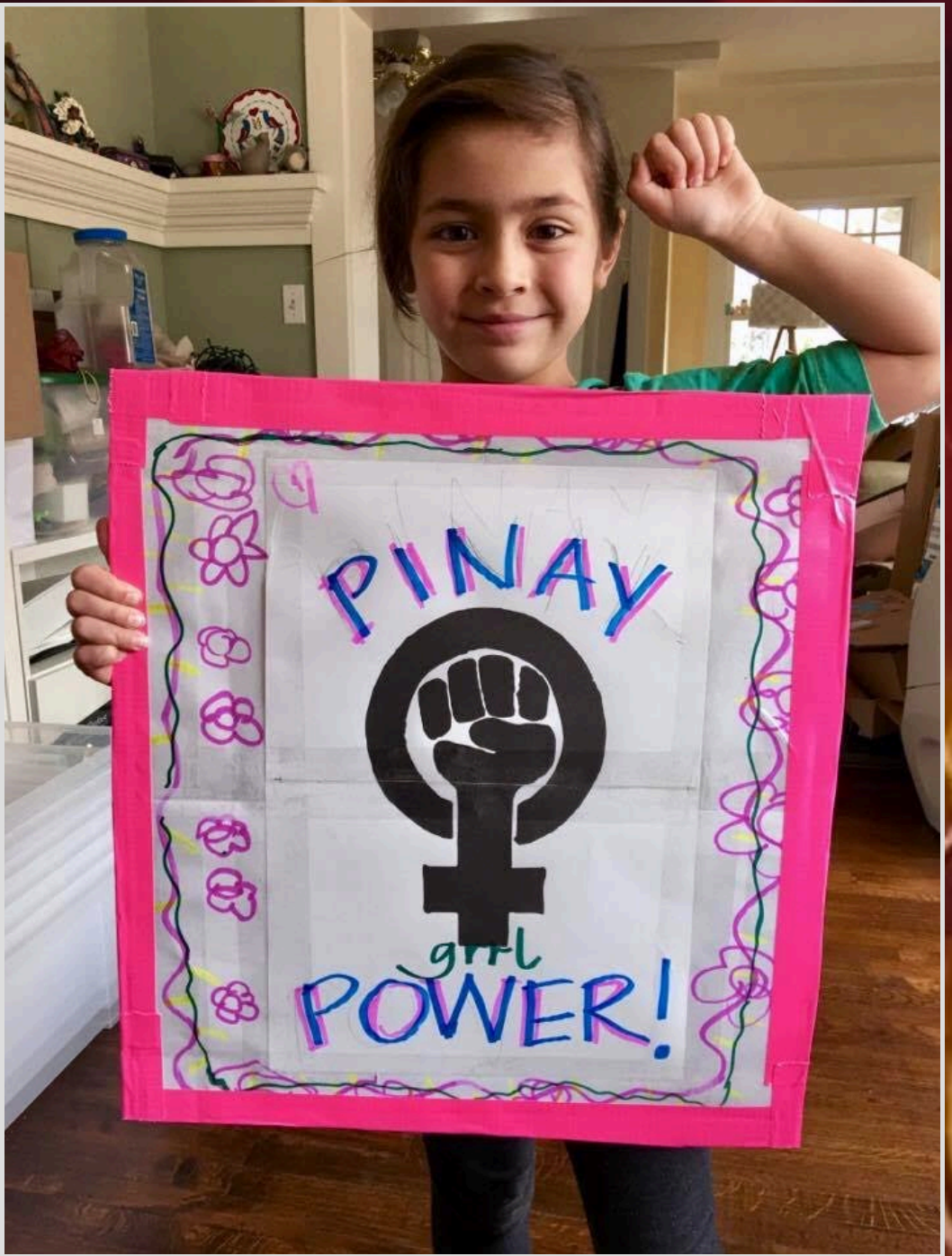
Martha Deed — *We Should Have Seen This Coming*

Matt Hill — *Yet Another Blunted Ascent*

Patricia Roth Schwartz — *Know Better*

Melinda Luisa de Jesús — *Petty Poetry for SCROTUS' Girls,*  
*with poems for Elizabeth Warren and Michelle Obama*  
Freke Räihä — *Explanation model for 'Virus'*  
Eileen R. Tabios — *Immigrant*  
Ronald Mars Lintz — *Orange Crust & Light*  
Aileen Cassinetta — *The Art of Salaams*  
John Bloomberg-Rissman — *In These Days of Rage*  
Colin Dardis — *Post-Truth Blues*  
Leah Mueller — *Political Apnea*  
Naomi Buck Palagi — *Imagine Renaissance*  
John Bloomberg-Rissman and Eileen Tabios —  
*Comprehending Mortality*  
Dan Ryan — *Swamp Tales*  
Sheri Reda — *Stubborn*  
Christine Stoddard — *Chical/Mujer*  
Aileen Ibardaloza, Paul Cassinetta, and Wesley St. Jo — *A*  
*Force With No Name*  
Nicholas Michael Ravnika — *Liberal elite media rag. SAD!*  
Mark Young — *The Waitstaff of Mar-a-Largo*  
Howard Yosha — *Stop Armageddon*  
Andrew and Donora Rihn — *The Marriage of Heaven and*  
*Hell*  
Reshmi Dutt-Ballerstadt — *Extreme Vetting*  
Michael Dickel — *Breakfast at the End of Capitalism*  
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Malaya Lanikai, 7yo feminist activist, January 2017.  
Photo by her mother, Melinda.