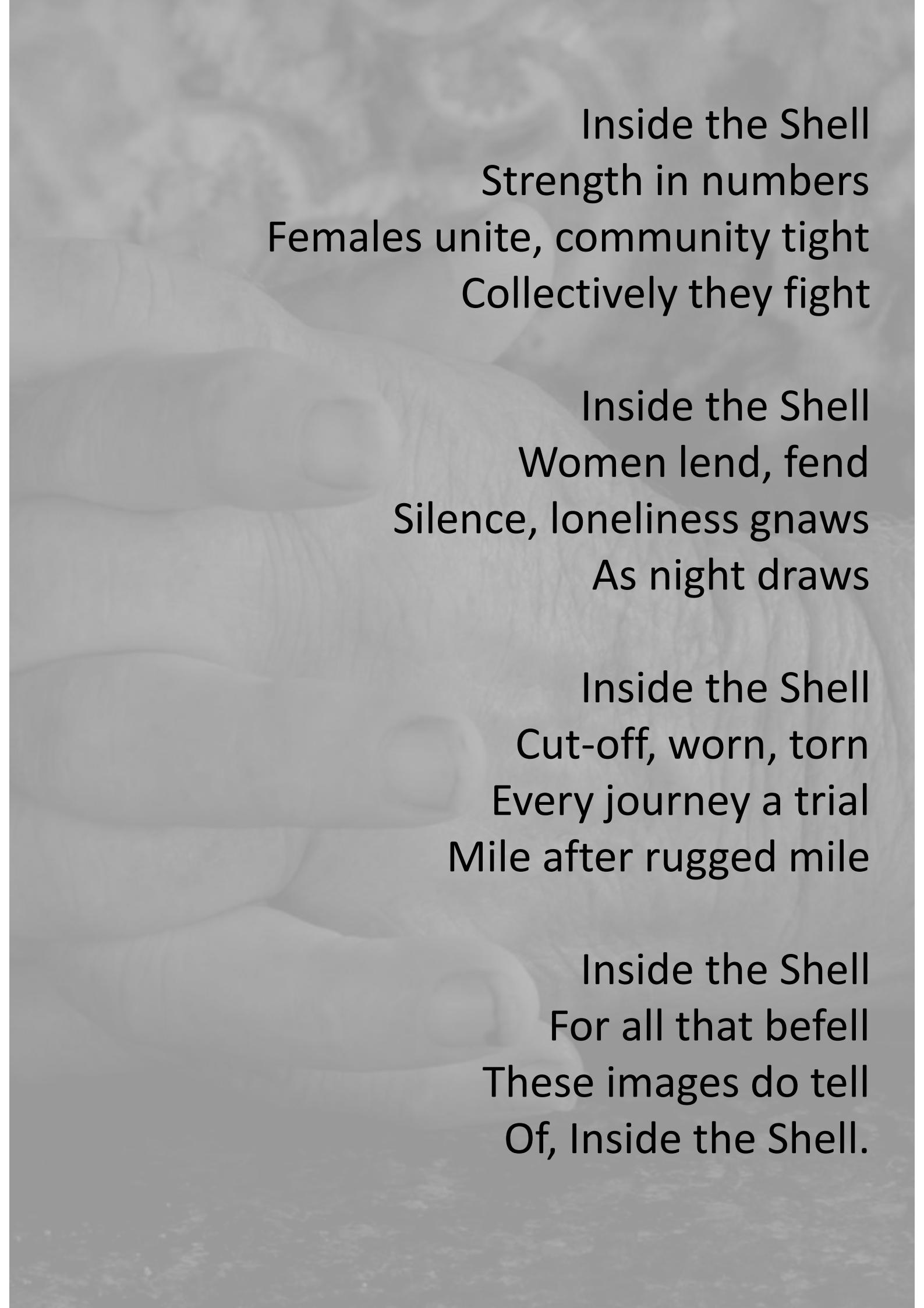


Outside the Shell
Wind's swirl, clouds curl
Isolated, forlorn
A world torn; weather born

Outside the Shell
Steep beach, tractors sleep
Slip and slide over the ages
Ropes, cages, old sages

Outside the Shell
Man magnet, a different planet
Fishing thinking
Wishful drinking

Outside the Shell
Those with boots
Sea state appalling
Off trawling, money a 'calling



Inside the Shell
Strength in numbers
Females unite, community tight
Collectively they fight

Inside the Shell
Women lend, fend
Silence, loneliness gnaws
As night draws

Inside the Shell
Cut-off, worn, torn
Every journey a trial
Mile after rugged mile

Inside the Shell
For all that befell
These images do tell
Of, Inside the Shell.