

POETRY HALL

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Lisa Vihos
The first Poet Laureate
of Sheboygan, Wisconsin

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Nine Poems by Lisa Vihos

Editor's Notes

Published in this Issue's "Special Topic" are nine poems written by Lisa Vihos, the first Poet Laureate of Sheboygan, Wisconsin. Lisa Vihos' poems are lucid in language, vivid in image, inviting in the stories they tell, and inspiring to read. She once said, "Poetry exists in time, it has a meter, it has energy. Poetry sometimes sounds like music, but it is not music. The words of a poem can paint a picture, but poetry is not painting. A poem is somewhere in between a story and snapshot, but it is not a book, a film, or a photograph. Paradoxically, a good poem is none of those things and all of those things at the same time. That is the unique beauty of poetry; its ability to invoke all the arts in one succinct package." This is exactly what Vihos does in her poems. She not only fine-tunes her use of language, but also strives to achieve an integrated artistic whole.

1. Advice from the Snow

When you fall, fall as I do
soft as feathers or a baby's sleep.

With a light hand, spread an ocean of diamonds.
Make no sound as you blanket the earth.

Reflect light back upon the looker
orange and pink at morning, deep mauve at dusk.

Simply by your presence, round out flat places
and outline beauty that otherwise goes unnoticed.

And when I call you, do not be afraid to lie down
to bring forth an angel; an image of you in me.

First published in Lakefire, 2008

2. How I Got My Wings

They began
as an annoying itch
between my shoulder blades
running along the scapula
like poison ivy
turned pins and needles
turned porcupine quills
instigating an irritation
so profound I had to drink
myself to sleep each night;
a half bottle of cabernet

丽莎·维霍诗九首

编者按

本期特辑刊登的是丽莎·维霍的九首诗。丽莎·维霍是美国威斯康辛州的首位桂冠诗人，她的诗语言清新、形象生动、主题鲜明，读来情趣盎然、励志励心。丽莎曾说，“诗歌隽永，内含韵律，外发生机。诗歌听之常似音乐，但并非就是音乐；诗之辞可以作画，但并非就是绘画。诗有时介于故事与快照之间，但并非就是小说，电影，或者摄影。悖论的是，一首好诗，既非以上任何一种却也同时包含了以上任何一点。这恰恰就是诗的独特之美，即它可以让一个小小的包裹盛开所有艺术之花。”丽莎·维霍的诗正是如此，她的诗歌创作不仅着力于一词一句的精雕细琢，而更着力于整首诗的完整的艺术性。

1. 雪的箴言

你下坠，以我为样
犹如鸿毛轻柔，或如酣眠的婴儿。

用轻灵的手，撒一海钻石
无声无息地覆盖地球。

向凝望者折回你的光泽
晨橘黄，粉红，暮深紫。

用你的身躯，丰满平地
勾勒出未经留意的美颜。

若我唤你，不要畏惧躺倒
化作一位天使，予你的形象于我。

2008年首次发表在《湖畔篝火》

2. 我是怎样长出翅膀来的

初始
令人讨厌地发痒
在我的双肩中
顺着肩胛骨
象有毒的常春藤
长成了针刺状
长成了豪猪毛刺状
刺疼作痒
如此难忍，夜里我得
借酒入眠；

per side. I was beside myself
with grief over a wide array
of losses over a long trail
of years and tears.
Tears, I had shed
by the bucket.

But one day
the itch was gone.
I woke up with a feather
tickling my nose, realizing
my own wings caressed
my face like the hands
of a phantom lover
who wanted me blessed,
wanted to tease me awake
and surprise me
with a gift. The gift
to fly up out of the pain
at the drop of a hat
or the flap of a wing
like going airborne
in a dream.

First published in Seems, vol. 45, 2011

3. Love Letter for Vincent

I would have sat quietly
while you painted the stars
and I would not have tossed
the sunflowers
before you were done with them.

I would have tended
the irises, dusted your chair,
and made your bed, in love
with the vibration inside all things—
just like you. I would not have judged

the cut ear or the old sermons.
I would have cooked your potatoes,
wiped clean your shoes,
and bought you another absinthe
at midnight in the pool hall.

I would have brought a picnic lunch
and a cool drink to the wheat field.
I would have marveled with you at the sun
and the patterns the black birds made
as they flew low along the horizon.

First published in Forge online, April, 2014

半瓶赤霞珠葡萄酒
对付一边。我不知如何是好
愁容满肠，旷日持久地
面对此难
年复一年，以泪洗面。
泪，我流了
一大桶。

某天
痒痒消失。
醒来，有羽毛
挠我的鼻子，我意识到
我长出了一对翅膀
象爱的幽灵用手
抚摸我的面颊
想把我闹醒
给我一个
惊喜。
这份礼物
让我忽地
从疼痛中飞起
在梦想的
空中
扇着翅膀

2011 年首次发表于第 45 期《仿佛》

3. 致文森特的情书

你写生星星时
我须默不作声地坐着
你完成画作前
我不要
把葵花扔掉

我须照料
那些鸢尾花，掸去你椅子上的灰尘
铺好你的床，热爱
一切饶有兴趣的事物——
就象爱你一样。我不须议论

你割下的耳瓣，还有你的说教。
我须替你做好土豆
擦亮你的皮鞋，
半夜里再替你在台球房
买好一瓶苦艾酒

我须把野餐
和冷饮送到麦地。
跟你一起赞叹落日
欣赏黑鸟如何变换队形
沿着地平线飞行。

4. The Wind Has a Way For S.C

I try to walk protected
from the wind, but the wind
has a way to find me.

I go between houses, but
there are spaces, and the wind
is diligent in this regard.

The wind only wants a friend,
it says, wants to show me things
I cannot yet imagine.

Slipping down the neck
of my coat, it wants more
to find a warm place

than to shiver me cold.
I should let it in, the wind.
It means no harm. Unexposed,

I stay planted, never go
high aloft to those places
only wind can see.

First published in *This Particular Heaven* (Kelsay Press, 2017)

5. When Does the Sun Get Tired?

Green fields never tire
of turning golden. Bare trees
never tire of new leaves.

Snow drifts and melts
without the slightest worry.
Rain falls but does not want.

Bees do not regret their honey,
and birds sing on the last day
the same as on the first.

The road rolls on and on,
with endless asphalt energy.
A fence will stand, even

when it must turn. The moon
pulls the weight of all the oceans.
Stars outlive themselves, grow faint.

The sun gets up each day
never tardy, no complaint.

2014年4月首次发表在《突飞猛进》

4. 风儿自有办法 献给南卡

我想避开风
去散步，但风
总有办法找到我。

我在两屋间穿梭，但
那儿也空荡，风
在那儿特勤勉。

风只想交个朋友
它说，要让我看看
我想象不到的东西。

它钻进我的衣
领，是想
找个温暖的地方

而并非是要让我打寒噤。
我该让它进去，这风儿
并不有害，它只想隐匿而已。

我生于地，永远不可企及
唯风可见的
高度

首次发表于《特殊的天堂》（Keksat 出版社，2017）

5. 太阳何时会疲惫？

绿野从不懒于
泛黄，无叶树
从不疏于抽芽。

雪飘雪融
无忧无虑；
雨潇潇无所祈求。

蜂儿乐于酿蜜；
鸟儿日日吟唱
至死不渝。

道路连绵，
发挥着沥青的无限威力。
围栏直立，哪怕

必须拐弯。月亮
牵引所有海洋。
星星至死不灭，只是渐渐暗去。

Is that because it does not move,
 against our constant spinning
 but only seems to rise?
 We trudge, we toil
 we lag behind, exhausted.
 The sun just glimmers,
 burns a hole into the sky.

First published in *This Particular Heaven* (Kelsay Press, 2017)

6. Lesson in the Subatomic

They say everything is empty space
 and that what seems solid is just an illusion,
 a convenience for getting along.

This chair, so I can sit.
 This table, a place for my elbows.
 These hands, a place to rest my chin.

They say if one atom of me was as big
 as Yankee Stadium, its nucleus would be
 a baseball in center field, and all the rest,

empty. That is how much emptiness
 there is inside. And we wonder why
 it's all about filling the void?

Stop looking for certitude
 in all these whimsies of nothingness
 for there is nothing certain but death,

and even death, when viewed
 from inside my spacious atoms,
 reveals a chink in its dark armor.

First published in *Dispatches from the Poetry Wars*, 2018

7. Looking for Joy

For so many years,
 I've been looking for Joy.

She's always been
 ten steps ahead of me.

Clever girl. She was always
 on the run, hard to catch.

太阳日日升空
 从不偷懒，从不抱怨。
 这或许因它其实并不运行

只是由于我们在不停地旋转
 它才看上去升腾？
 我们步履维艰，举步沉重

总是落后，精疲力竭。
 太阳只是发发光，
 在空中燃个大洞。

首次发表于《独特的天堂》（凯尔赛出版社，2017年）

6. 一堂关于亚原子的课

他们说一切皆虚空
 视觉里的所见物只是一种错觉，
 它们只是方便的产物而已。

我可安坐的这把椅子。
 我双肘可栖的这张桌子。
 能支撑我双颈的这双手。

他们说，假如我体内的一个原子
 像洋基体育场那么大，它的原子核就如场地中心的棒球那般小，其余皆

虚空。可见虚空
 何其大。我们会好奇
 这空无里究竟是什么呢？

不要再纠结
 空无里这些怪象
 除了死凡事皆不确定，

即便死亡，从我
 空洞洞的原子内朝外看
 无非只是黑铠甲上出现了一个裂缝而已。

首次发表于《诗歌大战》，2018年

7. 寻找欢乐

多年来，
 我一直在寻找欢乐。

可她总是
 离我十步之遥。

她是一个机灵的姑娘，总在
 不停奔跑，很难追上。

I followed her footprints
up many mountains and down
to the sea. Never could I keep her
near me. But last night,
in a circle of wise old women,
wrinkled and weary, there she was.
She didn't leave for hours,
as we shared our stories. Maybe,
now that I am becoming old,
Joy will come find me
and sit with me, like she did
when I was a child.
If Joy would give me her attention,
I would ask her, what kind of house
would you like? What kind of bed
do you need? I would ask her,
why are you so fleeting, Joy?
What on earth are you looking for?

First appeared in the The Aging Poems (Water's Edge Press, 2018)

8. Thinking of an Old Love

It was not my idea
to go that route
to take a canoe
down an unknown river,
but you had work to do.
I followed you into the jungle
and got dive-bombed
by blue morphos butterflies,
drank Coca-Cola
from a shack on the shore.
The locals welcomed us
and shared their food,
their huts with tin roofs.
When the rain came,
the metal roared.
We talked to macaws
and stood next to monkeys,
cut our way through thick vines.
We planned to fight
the good fight forever.

我踏着她的脚步
攀过很多高山
下过大海，却始终无法
靠近她，可就在昨晚
在一群满脸皱纹，心力疲惫，
但极富睿智的老妇中，她显身了。
她在那里呆了好几个小时
我们在那里分享了我们的故事。或许
我正在日趋衰老，
但欢乐总会把我找到
坐在我身旁，就像
我小时候那样。
如果欢乐能够倾听，
我会问她，怎样的房
你会喜欢？怎样的床
你会需要？我会问她，
欢乐，你为何如此难找？
您究竟在寻觅什么？

首发表于《衰老的诗歌》（水边出版社，2018年）

8. 想起旧爱

并非我的主张
踏上那条路途
乘上独木舟
顺无名河而下，
但你有事要做。
我跟随你进入丛林
迎面冲来
一群蓝色的大闪蝶，
我们在岸上的棚子里
喝着可乐。
当地人欢迎了我们
分享了他们的佳肴，
他们的小屋盖有铁皮屋顶。
下雨时，
铁皮哗哗作响。
我们跟鹦鹉说话
站在猴子身边，
割断茂密的藤蔓开路

Now you are long gone
from me. The butterflies
are a dream, and air plants
are only that, air. I cannot find
our jungle on any map.

First Published in *Poetry Hall*, issue 7, 2020

9. Interior Renovation

My heart holds rooms, crowded
with the furniture of old loves.

Mismatched chairs gather
in the kitchen's gloom

and a couch with sagging springs
sports its original plastic.

Time to clean out the pie safe
and stereo cabinet.

The mahogany buffet waits
for the party to start.

Wing-backed chairs ponder themselves
and lamps with dangling crystals

grace the end tables. Everywhere,
beauty is waiting to happen.

I see now, I must act the host.
Restyle my heart, restore my soul.

Make space for new loves, new art
to decorate this singular domain.

Lisa Vihos

The poems of Lisa Vihos have appeared in numerous journals, both print and online. She has received two Pushcart Prize nominations and other awards from the Wisconsin Fellowship of Poets and the Wisconsin Academy of Sciences, Arts & Letters. Her fourth chapbook, *Fan Mail from Some Flounder*, was published by Main Street Rag Publishing in 2018. She is the poetry and arts editor of *Stoneboat Literary Journal* and the Sheboygan organizer for 100 Thousand Poets for Change. She compiled the anthology, *Van Gogh Dreams* (HenschelHAUS Publishing, 2018) and co-edited with Dawn Hogue, *From Everywhere a Little: A Migration Anthology* (Water's Edge Press, 2019)

我们规划着披荆斩棘
绝不解怠。

现在你已离我
远去。闪蝶
只是一场梦，空气植物
仅仅只是空气。没有一张地图上
找得到我们的这个丛林。

9. 内部装修

我的心内装有几个房间，里面放满了
爱而不舍的家具。

不相配套的椅子堆在
厨房的暗角

一张弹簧已松的沙发
还蒙着原有的塑料面料。

该清理馅饼柜
和音响柜了。

红木自助餐桌渴望
聚会者光临。

扶手椅在沉思
水晶吊灯

点缀着茶几。到处
盼望着焕然翻新。

我明白了，我必须要以主人的姿态行动起来。
重塑我的心，重整我的魂。

腾出空间，用新爱，新的艺术
装饰我这独一无二的心域。

徐英才、薛凯译/Tr. Xu Yingcai, Kai Mills

丽莎·维霍

丽莎·维霍斯的诗在众多的纸刊和网络期刊上发表。她曾两次获得全国诗人“手推车奖”的提名，获得过威斯康星州诗人联合会和威斯康星州科学、艺术和文学学会的奖项。她的第四本书《粉丝致迷失者的信》于2018年由“大街小报出版公司”出版。她是《巨石船文学杂志》的诗歌和艺术编辑，也是“十万诗人求变”世界性活动雪堡根市的组织者。她编辑了诗歌选集《梵高的梦想》（亨舍尔豪斯出版社，2018年），并与道恩·霍格（Dawn Hogue）共同编辑了《世界各地诗歌点滴：移民选集》（水边出版社出版，2019年）。

本期人物 / Personage

Lisa Vihos

I am happy to report that Lisa Vihos has recently been named the first Poet Laureate of Sheboygan, Wisconsin. I have known Lisa for many years and have witnessed firsthand her devotion to not only writing the finest poetry, but to sharing the art of poetry with the larger community. Lisa has worked with student groups and has paired non-poets with poets for public readings. Lisa has been the Sheboygan organizer for the world-wide movement, 100 Thousand Poets for Change, for ten years. This group holds poetry readings all over the world every year on the last Saturday of September. She has also organized poetry readings in conjunction with her role as poetry editor for Stoneboat Literary Journal.

Lisa is a strong believer in the power of public poetry readings to enrich a community. She firmly believes that poetry is not just something to be read on the page, it is something to be spoken out loud, and to be heard by those who listen. Lisa explains, "Poetry exists in time, it has a meter, it has energy. Poetry sometimes sounds like music, but it is not music. The words of a poem can paint a picture, but poetry is not painting. A poem is somewhere in between a story and snapshot, but it is not a book, a film, or a photograph. Paradoxically, a good poem is none of those things and all of those things at the same time. That is the unique beauty of poetry; its ability to invoke all the arts in one succinct package."

In addition, Lisa believes she can help to introduce people to their own poetic voice, and that although not everyone feels compelled to write poetry, she believes that people would be a lot happier and more connected to the world and to each other if they honored the poet-voice in their heart. Lisa thinks the poetic voice is a voice that comes out of childhood, a voice of innocence and freedom. When one combines that voice with the experience that comes with age, a person will find poetry.

My own poetry club students have always enjoyed the meetings where Lisa comes to share her poetry and her philosophy. My students come away from Lisa's workshops truly energized. In Lisa's words, "Poetry wakes us up. Because poetry combines the sound of language, the rhythm of speech, and the imagery of metaphor, good poetry has the ability to stop us in our tracks and make us recognize ourselves in the world in a way that no other art form can do." I have seen my own students awaken to poetry in this way.

Lisa is an accomplished poet in her own right. She has been published widely and has won awards for her writing, such as from the prestigious Wisconsin Academy of Sciences, Arts and Letters. When reflecting on her inner motivation for writing poetry, Lisa says, "I write poetry because I really admire it as an art form. I mean, when I read a really good poem, my first thought is often, 'oh, I should just give it up. I will never write something that good.' But, then, instead of letting myself be shut down, I feel inspired. I try to understand what about that particular poem is so compelling, so thought-provoking, so gut-wrenching. What is making that poem so good in my eyes? Usually, it is because the poet has hit upon the perfect blend of sound, rhythm, and image. And because the

丽莎·维霍诗

我很高兴地告诉大家，丽莎 (Lisa Vihos) 最近被提名为美国威斯康星州希波依甘 (Sheboygan) 的第一位桂冠诗人。我认识丽莎很多年了，亲眼目睹了她不仅致力于写最好的诗歌，而且还与更大的群体分享诗歌的艺术。丽莎与学生小组合作，并将非诗人与诗人配对进行公开阅读。十年来，丽莎一直是“十万诗人争取变革” (100 Thousand Poets for Change) 全球运动的希波依甘的组织者。这个团体每年九月的最后一个星期六在世界各地举行诗歌朗诵活动。作为石舫文学杂志的诗歌编辑，她还组织诗歌阅读。

丽莎坚信公共诗歌阅读能够丰富社区的生活。她坚信，诗歌不只是一要读在纸上的东西，它还是要大声说出的东西，是要被聆听者听到的东西。丽莎解释说：“诗歌存在于时间中，它有韵律，它有能量。诗歌有时听起来像音乐，但它不是音乐。诗的文字可以画一幅画，但诗不是画。一首诗介于故事和快照之间，但它不是一本书、电影或照片。矛盾的是，一首好诗不是这些东西，而是同时拥有所有这些东西。这就是诗歌的独特之美；它能够在一个简洁的包中装载所有的艺术。”

此外，丽莎认为她可以帮助并向人介绍自己的诗意和声音。虽然不是每个人都觉得不得不写诗，她相信人们会更快乐，连接到很多自己之外的世界，如果他们拥有一颗互相尊敬的诗心。丽莎认为，诗意的声音是一种来自童年的声音，一种天真和自由的声音。当一个人将这种声音与随着年龄增长而来的经验结合起来，他/她就会发现诗歌。

丽莎诗歌俱乐部的学生总是很喜欢丽莎工作室，他们常来到这儿聚会与丽莎一道分享她的诗歌和其哲学思想。她的学生们离开丽莎工作室后，精神焕发。用丽莎的话来说，“诗歌唤醒我们。因为诗歌结合了语言的声音、说话的节奏和隐喻的意象，好的诗歌有能力让我们停下脚步，让我们意识到自己在这个世界上的存在，这是其他艺术形式所不能做到的。”丽莎看到她自己的学生就是这样被诗歌唤醒的。

丽莎凭着自己的能力成为一位有造诣的诗人。她的作品被广泛发表，并获得了许多奖项，比如著名的威斯康辛大学的科学、艺术和文学学院颁发的奖项。当反思自己写诗的内在动机时，丽莎说：“我写诗是因为我真的很欣赏它作为一种艺术形式。我的意思是，当我读到一首非常好的诗时，我的第一个想法通常是，“哦，我应该放弃它。我永远写不出那么好的东西。但是，这样一来，我就不会让自己停滞不前，反而觉得受到了鼓舞。我试图理解为什么这首诗如此引人注目，如此发人深省，如此令人揪心。是什么让这

metaphor is just so eye-opening. That is probably the thing I grapple with the most in my poetry. Trying to master metaphor. It is not easy. And it is something you can learn, but in order to learn it, you have to practice."

One of Lisa's most important mentors has been the poet Philip Dacey. Early on in her poetic journey, he helped her see that what is not said in a poem is almost more important than what is said. In Lisa's words, "It is similar to how negative space is important in a sculpture, the part that is not there. That 'negative space' leaves room for the reader (or listener) to enter the poem and own it."

Lisa has been thrilled with her role as English Language Editor for Poetry Hall, and has been fascinated with the process of translation. She is so impressed by people who can translate poetry. Her work with Poetry Hall has made her aware of how much one word can really add layers of meaning to a poem and can suggest so much nuance. Lisa adds, "The words we pick really matter!"

Lisa Vihos

The poems of Lisa Vihos have appeared in numerous journals, both print and online. She has received two Pushcart Prize nominations and other awards from the Wisconsin Fellowship of Poets and the Wisconsin Academy of Sciences, Arts & Letters. Her fourth chapbook, *Fan Mail from Some Flounder*, was published by Main Street Rag Publishing in 2018. She is the poetry and arts editor of *Stoneboat Literary Journal* and the Sheboygan organizer for 100 Thousand Poets for Change. She compiled the anthology, *Van Gogh Dreams* (HenschelHAUS Publishing, 2018) and co-edited with Dawn Hogue, *From Everywhere a Little: A Migration Anthology* (Water's Edge Press, 2019)

首诗在我眼里这么好? 通常, 这是因为诗人偶然发现了声音、节奏和形象的完美结合。因为这个比喻太让人大开眼界了。这可能是我在诗歌中最难克服的问题。试着掌握隐喻。这并不容易。这是你可以学习的, 但为了学习它, 你必须练习。”

丽莎最重要的导师之一是诗人菲利普·达西。在她早期的诗歌之旅中, 达西帮助她认识到在一首诗中没有说的几乎比说了什么更重要。用丽莎的话说, “这就像负空间对于一尊雕塑的重要性一样, 是不存在的部分。”这种‘负空间’为读者(或听众)进入诗歌并拥有它留下了空间。”

作为《诗殿堂》的英文编辑, 丽莎对自己的角色深感激动, 对翻译过程也非常着迷。她对能翻译诗歌的人印象深刻。她在《诗殿堂》的工作让她意识到一个词可以为一首诗增添多少层次的意义, 可以暗示多少细微的差别。丽莎补充道: “我们选的词真的很重要!”

任诚刚译 / Tr. Ren Chenggang

丽莎·维霍

丽莎·维霍斯的诗在众多的纸刊和网络期刊上发表。她曾两次获得全国诗人“手推车奖”的提名, 获得过威斯康星州诗人联合会和威斯康星州科学、艺术和文学学会的奖项。她的第四本书《粉丝致迷失者的信》于2018年由“大街小报出版公司”出版。她是《巨石船文学杂志》的诗歌和艺术编辑, 也是“十万诗人求变”世界性活动雪堡根市的组织者。她编辑了诗歌选集《梵高的梦想》(亨舍尔豪斯出版社, 2018年), 并与道恩·霍格(Dawn Hogue)共同编辑了《世界各地诗歌点滴: 移民选集》(水边出版社出版, 2019年)。

