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## Numbers and Greys

by Melody Bertucci

Bit of a bombshell today, I'm no longer a member of the twenties club. To add -in salt to injury, the cherry on my birthday cake was mother nature's not so welcomed gift...my first grey hair!

After all the piss-taking I jokingly used to put my boyfriend through four years on I have now joined him, age bracket and greys. Fuucckk, the big freaking 3-Oh. I mean as cliché as it might sound, age is merely a number and not a reflection upon how old one portrays or feels about oneself...right?

I mean, in many aspects I still feel like a teenager. I'm still a mischievous kid at heart, I listen to the same music, I still go to gigs and my dress sense it's still pretty much the same. Having said all of this, it does feel like I've simply blinked, and years have caught up with me. Ok, I'm only thirty, but I swear that some weird magic has taken place overnight, because there were things I did yesterday, that today I struggle with.

Getting up from the sofa- This was a swift one move thing. Today, it seems I need to first summon the energy and then aid my ascent to get me on my feet.

Celebrating my birthday- Well, tonight I was back home by...11pm. Oh yes, the yawning started as soon as I left my house, but then the pub crawl still happened. Although, the 'crawl' was because I felt every pub we went to was too loud. Ok I'm insane!

Drinking- So, instead of downing shots and dancing, I looked for quiet and was ordering lager shandy, oh with...let's not forget a pint of water in between these shameful drinks. Yeah, the me from yesterday is very ashamed with this new representation of me.

What happened to the carefree me that would return too drunk to even, get changed, remove make-up or get under the covers. She's a far distance away. Tonight, I realised I became one of those women with a bed routine.

STEP 1- DRINK TWO PINTS OF WATER TO AVOID HANGOVER

STEP 2- REMOVE MAKE-UP

STEP 3- CLEANSE FACE

STEP 4- BRUSH TEETH

STEP 5- APPLY ANTI-AGEING LOTIONS AND POTIONS

STEP 6- GET INTO MY PIJAMAS

STEP 7- BRUSH HAIR 100 TIMES

Simply despicable!

Today I have witnessed a significant change. All the sudden every fine line and wrinkle, has become more defined and my hair's turning grey. I gave video gaming a go at the pub, for a laugh and guess what? I don't understand new technology and I'm clearly blind as a bat.

Yeah...so I was holding the controller upside down for a good while before I realised. The TV volume must be on 4, because anything above that seems too loud. I now return home from a night out; at a time, I would usually be heading out and I'm quickly becoming a cripple. Yay me but good thing I still feel young at heart!