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Playing leap-frog

There's a woman
A woman with firm hands
And a strong back
A woman with an allotment
She grows vegetables

There's a woman who cooks
Whose smile is wide, and warm
Embracing jokes and anecdotes

There's a woman
A woman with deft fingers
Who knits
Wearing flaming sweaters,
She sews bright banners for them

There's a woman who leaps and leaps
Leaving the stove and vegetable patch
With firm hands placed on their strong
backs
She soars right over them
And on the other side
She sprints
She calls on them to join her

And one by one they vault
And one by one they stoop
And up the mountains they sprint
Playing leap-frog

And with them come the banners and
blankets
The seedlings and pots and pans
For they are women
Women with firm hands and strong
backs
Women with deft fingers
And they carry vegetables and grains
Laundry pegs and string
For they are the forerunners
Women who weep, and dance, and keen
Women who sing
They cut down fences
And let the rebels in.

Valerie Free

CANADIAN VOLUNTEERS ARE HELPING TURN THE WORLD AROUND. YOU CAN HELP TOO.

Concerned Canadians are aware of the needs of developing nations. You want to help but how can you be sure that your support will be practical and effective over the long term?

Since 1958, Canadian Crossroads International an organization of dedicated volunteers, has been providing such practical assistance in four ways.

- Overseas volunteers serve in 34 developing countries for four to six months, without pay, working alongside local people on self help projects in health care, education, community development and agriculture.
- CCI brings Third World citizens to Canada to learn skills that they can take back to their home communities.
- CCI's volunteer committees in over 70 Canadian communities promote international understanding and awareness of world problems.
- CCI provides seed money to initiate projects in Third World countries, which are recommended by CCI's volunteer groups responsible in that country.

Canadian Crossroads International provides you with practical, effective ways to help people in the Third World to promote international understanding. Your financial gift, pledge or bequest can be directed to a specific project, volunteer or country. Donations are tax deductible and are matched by the provincial governments and the federal government through CIDA. Please write or phone for more information. Volunteers for overseas placement or for work in Canada are always welcome. You too can help turn the world around.

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