# The Heart's Underside BETTY PONDER

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## The Perfect Escape

#### Indigo

Skewer memories from the indigo of years back. With precision probe and prick, spread them for inspection like blobs of paint circling a palette, slanted for inspection.

Mix and blend with a palette knife as flat as tomorrow. Then colour with brushes whose bristles are stout as a baby's stare and as long-shafted as the years from eighteen.

Fill in the needful spaces of the heart, the paint-by-numbers drawn with care by fate and skittish wishes. Stroke brilliance into spaces shaded grey with hurt staying well within the lines of possibility. The history manufactured here be true enough, perfected by your own invention.

#### Riding the Chair Lift

In February by near eleven the sun has clambered up the hill to cast filamentous circles around my goggle lenses to lure me up and up on chairs strung on silver wire like some giant's charm bracelet drawn by an impatient finger. High we go through trees heavy with rainbow crystals as though travelling through diamond facets, musical with breezes. Showers of Jack Frost's sketches swept from someone's window drift on sunbeams as we pass on swinging pendants against the sky. Below, red and blue skiers leave rhythmic snow carvings and rooster tails of white as they dance down and away from our ascent. A lone voice calls from Florida telling me it's seventy-five degrees expecting me to be jealous.

#### Flies

Some days
I have the wistful inclination
to pluck them from the countertop,
than sport them gently-wrapped to air
laced with sweet primordial heat
and the scent of yellow roses.
There they stumble into freedom
with tentative flight to they know not where,
confused by wind and slanting sunbeams.

# Some days I smash them with a lethal swatter, curse the yellow guts they leave, flick their black legs and crunchy bodies into mounds with other corpses. Their myriad eyes watch me from under their broken wings, translucent angled. They'll meet me another place they know like under the awning at St. Peter's gate.

# Brides on the Beach Jamaica

Clutching bunched roses in one pale arm outstretched, they float among the bikini clad trailing veils their skirts billowing seaward making them weightless like angels longing to be seen.

Newly minted husbands shuffle-toe three steps behind, hair coiffed to the max, sure only of the wilting rose pinned to their heaving lapels. Eyes front, eyes on the prize.

The bikini girls tan, rub oil on bodies as sleek as seals, their bums and breasts like fruit held together with strings. Observing their own long legs they look to the sea. Not yet, they say.

#### My Friend Says

My friend eats peanut butter sandwiches while watching CNN's take on blood running in rivulets along the cracks in Kirkuk's cobbles, the crimson never clear enough to comprehend lest America's mothers cry foul, and remove their sons from the slaughter of dark-eyed children. Babies lost in rubble.

Then my friend's gaze wanders to the puffed grey squirrel, tail arching like a feathered fiddlehead above black polished seeds.

The long-billed nuthatch dines there too, upside down, happy to gaze at the squirrel's shell-pink ears between nibbles, content in the sway of a breeze-nudged feeder. 'They live to be friends,' my friend says.

"Why can't we," she says. "Because," I say.

The flash of a red squirrel slices air as he leaps to snatch the morning's luncheon, his to hide in case of need. He knows he owns all present goodies because he's strong and fast and has big guns like some I know. Those born to take because they can. "That's why," I say.

#### The Reverend Doctor

There is the matter of robes.
The Iroquois Chief wears feathers.
The African Healer wears
animal teeth and nose piercing.
The Coach wears a whistle.
My Minister wears robes
with a black flowing mantle.
He beckons us to attention
calls himself Reverend Doctor
but professes to be an atheist
no longer pushing the divine.
Now he is a Reverend revering
something else, maybe the wind.

#### Escapes (His and Hers)

He lays down that filament line, gossamer like spider's web, stretched on winds to float and bobble and sink a little with a green-jewelled fly, feathers dancing to highland eddies. The easing of fingers drawn in at the perfect tempo to agitate fish. Yesterday is gone and there is no tomorrow. This a perfect hope and a consuming escape. She heard him say it.

There floats the mountain's white. Its height dwarfing her as she stands atop and yet she's a god. Below her mogulled snow promise her skis air, as she rides their knife-edges, her tummy sampling carved turns like a motorcycle rider hanging the balance, speed in her throat, the dance of down. She's found it again, the perfect escape. He heard her say it.

## The Heart's Underside

#### Lonely

If

lonely descends like a fanged surprise when you wake alone to your grey plaster walls still clinging to dreams of lovers and bluebells that escape like make-believe to the heart's underside.

Then go to the ocean where sandpipers drift, and your song startles eagles riding the wind. Leave a string of prints for waves to nibble, where clams burble when you pass and bloodworms await a rising tide. And when your spaniel bounces about your knees pleading for play, a stick thrown perhaps, then you can't be lonely. You are tuned to what lives for one more day.

#### The Farm's Ballad

My son-in-law thinks he owns this farm, its haze of blue when berries ripen in rough patches hedged by pines whose mossy approaches silence steps of wary foxes and hungry bears.

But forgotten souls claim the winds that undulate fields and ripple ponds that dream of fish, though claimed by frogs who call for love.

Once, a rock-strewn cavity held a home as in its hand before sickness stalked the souls within, sucked blood, gutted bodies too smashed with grief to want to live.

The neighbours burned the house of death, left a fence that wandered to daisies where they buried the family in a circle of graves marked by rocks around a young oak tree.

Now knobbly roots knit bones, branches strum a song of ownership while winds blow over fields of oats, over frog ponds that dream of fish and rattle the fence that leads to nowhere.

#### Grief

Sometimes the sun sits low behind spaced pines that mark my way, shooting spears of light at intervals, orchestrated by the speed at which my tires take me, flick and pause, flick and pause, a tattoo of energy too hurtful for my eyes to bear. When closed eyes wait for the reprieve of darkness.

So it is with grief that knifes with points as sharp as any tool. It's in my heart it strikes, that place nestled under ribs where sorrow skewers drawn breath like popping a pale balloon. My body wilts searching for some distraction, devising its own reprieve of twilight to mark intervals of where I go.

#### Poppy Day for Some

Her rheumy eyes absorb
the likeness of a boy imaged in a 2x3,
frayed and brown with fingering,
taken some sixty years ago and more
before bombs fell and fire took
her world in one gigantic gulp.
Now, ankles crossed, she rocks,
her hours, seemingly in tune with
the changing swing of moons
and the laughter of someone else's child.

Remembrance Day in Canada eyes front, aged men march as strength allows to granite shrines where etched names immortalize ghost brothers who with courage lost their game to poppy fields. Now paper poppies adorn breasts as pipers play a remembrance dirge. Such love, such pride, such celebration. I heard one veteran say of Normandy, 'It was like the Stanley Cup and Grey together mixed, and I was there.' So he won, cheated death and lived to receive his laurel dues.

She rocks alone, no medals fingered, no songs of honour sung for her.
Each day ends as it began the boy's photo beside the flower pot.

Henry hadn't phoned for a while. I missed his drunken guffaws, always ending the conversation with 'that's the way the cookie crumbles and the mop flops.' We had partied lots, he and his wife and myself, drinking warm scotch while he played the guitar. Myrna wasn't much of a drinker though and she would wander off to some wifely chore like retrieving clothes from the line. They lived behind the small apartment building that I owned and Henry had been its caretaker until he became less than reliable.

The last time I spoke with him was one hellish cold night under a frail moon. The phone call arrived around the time I was about to close down the day.

'My wife left me,' he said, 'left a while ago and I have no car.' I knew she didn't drive so I assumed rightly that he had either misplaced the car or lost his licence. 'My daughter brings frozen stuff for me to eat, and I'm not feeling so good these days, I think I got something.' Yes sure, I thought. Probably the shakes that were in need of a top-up.

'Could you drive me to the gin mill.' Good god, I thought. Did he honestly think I would be happy to drive him through the dark night to get his fix. Yes, he did and he knew I would.

The last time I saw him was with his arms heavy with jugs when I dropped him off on his porch as I said 'good-night, and have a good one.'

There were no more calls. A month slid by. Eventually I contacted one of his neighbours. 'Where is Henry.' I asked. 'It isn't like him not to leave a phone message or little song about how the mop flops.'

'He died,' she said. 'Simple as that,' she said. 'About a month ago. His daughter found him curled up like a baby at the bottom of the stairs. Never made it up to bed. Died of a heart attack they said with the bottle empty in his hand. And his wife, Myrna, she left long ago, not that I blame her, poor dear,

couldn't stand the loneliness of an alcoholic marriage I guess. Maybe it was the shame. I'll give you her address if you like.'

When I found her, Myra was as I remembered, a little vague but smiling. 'I'm sorry about Henry,' I said. 'I didn't know.'

'Yes,' she said. 'It was in the *Gleaner*. It was the night he got all that booze. They didn't find him for a while and I wasn't there. I couldn't let him see me like this. I'll soon be totally blind now so I had to leave him. I couldn't let him be worrying about me stumbling around like I am. I loved him you see and he couldn't take care of me. I know he loved me and I thought the kindest thing was not to tell him. He never knew. He died not knowing.'

#### My Dying Fish

He is old, his years now spun to twenty.

His body hovers like a freckled moon between midnight and dawn, the iridescence muted, the flash lost somewhere through time.

A button eye as black as coal watches as he pivots sucking and pumping water through gills gone soggy. Working to live he waits, his stare skewers mine.

Does he understand that plastic plants anchored in bright pebbles are meant as kelp-like seaweed, that suffusing life, the air pump spewing bubbles is a waterfall,

and his buddies huddled nose to tail are his comfort-school, His flowers now are made of concrete, black with algae. This abode I give to placate him for walls transparent enough to engender dreams of some other world.

All this so he can pleasure me with showy splashes against a painted backdrop when I deliver grubs, pellets that float. This so I can have his beating heart to tend and therefore love.

I impose my outline across his world this one last time, his ebbing life flutters along our connection moored heavy with his accusation and forgiveness now that he is too weak to skitter at my shadow. We wait.

#### Memories

Once she sought experiences, peered into corners of dark closets with remorseless diligence.

Probing at frailties she threaded needs like coloured beads: red for passion, purple for weeping, black for loss placed next to white for breath and yellow for terror.

But where was anger?

There was none, who could afford it.

She collected memories as jewels in brain pockets for future scrutiny when in the winter of old age she would gloat and finger them one by one saying she had missed nothing.

But with racing years, stored treasures lost their brilliance, became clouded under the light of conscience, became fragile with repetition ground to powder with excuses.

They were lost to the most diligent of recall, like dust from a feather mop, leaving only today and today and today.

### Little Garden

#### Body Messages

My ears hear the wind's sigh that lofts gull's screams and the shuffle of pebbles nudged by waves. And when the lake mirrors morning my ears understand the loon wailing between hills like loneliness put to music.

But it's my feet that bring me another song. Laced boots that resonate the child's tune, the whisper of curled leaves piled so high a girl could get lost in the love of a sky seen from under, through a lattice of brown laced with the fragrance of sweet mould.

#### My eyes see

the raindrops that wander the windowpane, in hesitation merging into rivers that speed to splash on butterfly wings and flower beds and spider webs and the red worms that will die on tomorrow's scorching earth.

But it's my feet that splash rainbows. Yellow boots that stamp waterways meandering the ditches, and mud dams appear sure to impede the hurtle of stick boats. I sample the depth of velvet lined pools so clear one's foot might sink to China.

# My forehead knows cold that pounds like a fist in wind that snatches breath from lungs and pastes tears to eyelashes, sometimes strangling buds in a crystal shell. And there is snow that muffles street racket

when it falls huge and soft to blanket cedars. But my feet know the lure of black ice as a platter to run to where I stride and slide. And my skis dance the rhythms of down through troughs and hillocks over squeaking snow carving my hill into patterns that speak of a beating heart and pure transparent joy.

#### The Story of Eyes

My excellent brother says
Surely I didn't morph from apes,
lose my dangling arms and disagreeable bum,
and those yellow teeth anchored in bristly chin.
Not me, he says, I was fashioned by gods
to be as I am to praise deities,
and bear witness to perfection,
to inherit the Universe.

I'll tell you of the workings of a half billion years, about the apes and me and you too, my brother. When our reptile ancestors crawled away from the sea they knew colours to be of undreamed numbers. more numerous than those found in my diamond's flair, colours that fattened the stripes of the morning rainbow and shimmered mud flats from haze to opulence.

Then some creatures grew huge to dinosaur dimension prodigious enough to claim the sun as their own.

We, our ancestors, hid in the black niches shivering in our smallness, lost perception to monotones and moon-splashed grey but we alone survived when the great meteor struck and the air darkened.
The green hills died and the winds clawed at our shelters till we learned how to grow fur and warm blood to pump.
We found the courage to wander again into sunbeams to enjoy again the flash of our now reduced rainbow but never again the brilliance beyond.

At dusk the birds sing to those colours we've lost. Their mates parade pinions of unimagined hues, and bright leg bands and come-hither bills. We're jealous of course but are buffered by infallibility. When the gods said let there be light they meant let there be colour with an additional gift for birds, and salamanders and snakes that slither.

#### The Sea

Toward my beach ladder rungs of waves barrel roll, growing in grandeur as they suck the ocean floor, advancing, spitting froth from lacy lips anxious to be lapping at high ground. Sweeping tongues tear shuffling gravel in a bristle of chatter like tiny teeth sucked back into the next wave now grown huge and thrashing with proximity to a promised peace. Bloodworms burrow deep and blue muscles clump and cling to beaded seaweed, rubbery in attachment to rocks that margin the shore.

And no birds fly.

The air too thick with salt, and wailing winds undulate in frequencies that seagulls understand as well as I.

We wait for the rogue wave counting in sevens.

I know it's gathering strength beyond the farthest rung.

#### The Larva and the Parasite

Exposed while munching a pink petal the larva works back and around embroidering into lace the edge of space with nibbles and kisses, much tuned to the moist beat of the rose who gives him perfume knowing well there is enough for all.

A small hinged wasp, black with intent finds him warmly hunched in succulence and sweet with promise of a boudoir nursery. Dancing with determination she finds her spot and pierces with a spike of ovipositor a perfect puncture in which to drop her babe of egg that soon becomes a mouth and more.

The baby parasite feeds working deep on beating cells, its mandibles studious in consumption of cringing life until its black head bulges and its own white self has grown too gigantic to hide beneath the larva's parchment skin now crumpled like a spent balloon.

When all is dry and crinkled brown the intruder leaves its head as gift of residence then rolls apart to form a perfect oval palely waxen, resplendent in simplicity till it morphs into a folded duplication of her mother, hoping to unfold before the sun, her own tarsi and splendidly veined wings.

#### The Ant and Me in Autumn

In autumn the fireball sun slants light into shadows stretched to impossible lengths anchored by trees resembling giant club moss black and regular that shelters my yellow-lined highway built by others to cross the planet. Like my brother ant who follows his own kin's scent-markings through club moss, we two pause to scan the sky looking for clouds and the reason for going.

#### Requiem

Nose down as though hooked by pebbles, body rigoured. Death claims him with the first fingers of morning. And other fish huddle well apart, for comfort fin to fin. They stare in flat-eyed anxiety, immobile, gills atremble.

His body unexpectedly heavy to my fingertips gathers my attendance with an eye not yet opaque, fins spiked into symmetry, perhaps surprise, demanding to know his final resting place, his bier.

Inching through snow, I could lay him on the fence for plundering ravens, screaming and flapping to trail guts in flight to the bare oak tree. Or a passing bald eagle might be hungry enough.

But no, the snow is too deep and the sun too strong for stinking fish even for some other creature's delight. I enclose him in plastic wrap for my freezer, to await the garbage truck which comes in two weeks.

#### The Garden

Little garden, you think to sleep now that frosts have nipped you once. You'll rest till spring when the sun rides higher than the arbour vines that shelter you from busy winds.

This day I bring you gifts of love. Ashes grey as dusk seep through my fingers layering a film of what was once a lop-eared dog now yours to nurture marigolds and forget-me-nots and maybe catnip for a wandering cat.

#### **Illusions**

My eyes swing to
what might be brown birds,
that sweep and careen
in a drunken dance
in an effort to settle on
mounds of snow stretched
like a down quilt
laid out after shaking.
There under the noon sun
these birds sink into graves,
transfixed and crucified.
Nothing but leaves shed
by the tenacious oak
who hoards her trove
past the time for giving.

#### Pheasant Preserve

I see entrails balloon
as polished grapes
rouged and glistening
between the flying stuff
and spikes of feathers
as Owen skins. The dog's
rapt nose probes blood
on skin pulled taut with ripping
towards a head as beautiful
as a Christmas bauble
hanging quivering beyond
the table's edge. Its
crimson eye pasted on
green as dark as cedars.

Before this morning's work of knives when freed from his cage, he flew arrow straight, dissecting the sky into halves of blue. His rasping cackles announced his joy, as giddy with hope he scampered through grasses golden with sunlight

not understanding he was bred only for the sixteen-gauge and the hunter's table.

### Her Kind

#### Bread

Flour clings to old cracked palms as she kneads life into rising dough. These same hands were surprised by love when she was young and sought to educate all who'd listen.

Then she found him who was hungry for a hearth when winter came and he was lonely.

Her virgin's bread was heady as was the promise of his bed.

She married him, rode to his tune and tossed her dreams of saving natives from bedevilment through holy words and redemptive signs. She forgot her books and bore him a child with raven hair whom he named after the girl he once loved as a connection to his own lost dreams.

#### Janie

Pretty Janie knows
the stranger's outstretched hand
bearing candy will snatch her
should her eyes wander.
She understands her parent's hand that
guides her home from the yellow bus
to a television that splashes
blood on the streets and doles out Viagra,
sometimes shows an African lion, or alligator
nosing in a swamp somewhere.

Does she long for the sweet waft of blossoms when the wind dances? Will her mother tell her of her own long-ago swing in the old apple tree whose teetered seat could carry toes into a canopy of green that scattered sun blobs like petals on knees when pumping to the rhythm of a song as old as grandmothers.

How do you like to go up in the swing Up in the air so blue Oh I do think it is the pleasantest thing that only a child can do.

#### Catherine

I remember her, attention held with the intensity of a puppy, her back stooped, fingers outstretched seeking to absorb through touch what her eyes embraced — the all of it — the flat splashes of brilliant petals nestled in the fairy fonts of the portulaca, the flower of her heart found in the shade of the old elm when summer comes. It's her flower, hidden unless sought out. She is love.

She herself was sought when a girl, lured into a marriage enormous in its demands for giving in another woman's house, another woman's babies, a man wedded to his life's work.

Her complaints hid behind a smile as open as the first beams of morning as she chased each speck of dust, lined kids up in their Sunday best, beat rugs on the clothesline, and yet she had her protest ways.

She was late. Late for the school concert, late for the doctors' appointments, late for church, late for the movies on Saturday night.

And while the world waited in annoyance at what they could not control, she smiled.

#### Women of Nepal

Women polish what they must to transfer hours into gold. She shines brass pots with roadside dust.

Back braced against the wind that gusts, she picks up gravel round and bold. Women polish what they must.

When I rinse with water bits of rust, a drying cloth lets my face unfold. She shines brass pots with roadside dust

No water hers or soap's cream crust. She squats, palms red with stones she holds. Women polish what they must.

Our eyes converge clear with trust. Her pots reflect the sun she holds. She shines brass pots with roadside dust.

Our lots in life may seem unjust as reasons for our lives unfold. Women polish what they must, She shines brass pots with roadside dust.

#### For Maryanne

Would that I could place my palm against your heart to shield it from that shaft of hurt for a beat or two to give you breath.

When the season was ready you unfolded your petals like a tulip, eager to believe what his lips murmured at dawn, that he would love you forever.

The rains came without thunder. He witnessed you as tattered, or so he said as he hurried on to search for the perfect one. Crumpled he left you.

Lay out the pain for viewing. Regard its shape with care. Let it bring you what it must, the underside of tomorrow's joy. It will never leave you.

#### Casual Funeral

Six yellow roses as requested with her last breath, wilted, never to be pressed in any daughter's bible.

I too was there when the family gathered in the empty church, their faces eager for the end of ritual. The air was void of ragged loss or happy stories meant to reinvent what might have been.

My memory sieved through thirty years hoping to recognize a kinship for a homage to be proffered in some bundled words.

One time I sat by her fire, drank her tea, knew her home to be anchored in the earth rich with pine needles, comfortable in its aloneness, attended by deer.

Still I mourn a life so distant that no friend rose to cry a loss. She planned it this way, I think, perhaps hoping no one would notice that she was gone.

# Happenings at Ste Anne's Court, (gracious retirement living)

And the band plays on. Actually the band is a high-tech keyboard that produces anything from sonatas to hard rock in the tones of many instruments. The middle-aged operator with a singing voice like an angel is hugely pot bellied and dressed in a round necked undershirt. He manipulates the machine with fat fingers and sings much-loved oldies like Danny Boy and Chattanooga Choo Choo to orchestrated rhythms much to the delight of his aging audience. Gerry has come to entertain the old folks, at least those who might be classified as elderly by anyone younger than seventy years of age. They are positioned in a semicircle in the atrium. The sun pours in from above this being the afternoon. They clap to the beat, some perched on their walkers, some snuggled into the flowered sofas with their feet well raised. Most of the audience have long since relinquished their driving licences so attention to entertainment on the part of management is a necessity.

There are lives brimming with stories here, most of them untold or unheard as memory is dulled and hearing declines. But there is caring.

There is Paula, a little French lady who was once a geneticist. Her understanding of the world has been lost somewhere. She wanders incessantly, inside and out, always dressed in a heavy black sweater clutching a shopping bag. Her few words are delivered with anger. She is mostly avoided though is invariably assisted when disoriented.

But music finds another Paula. Someone reaches for her hand and leads her into the middle of the circle. She is wearing little red dancing shoes with silver buckles, and she dances head back with impossibly intricate steps, laughing in the afternoon sunlight, perhaps remembering herself as a girl who skipped in the park or a with a lover who cared. The beat carries her

round and about through air like the fragile creature she is. The audience breaths with her, absorbing her happiness, knowing they will never forget her as she might have been.

The music weaves memories of phrases once whispered or strummed or danced in all those who sat there in the sun that day: You are so Beautiful, I'll be Seeing You, I'll Hang my Heart on a Weeping Willow Tree, The Camptown Races. More of the audience venture into the centre of the of the circle, some struggling out of their walkers, some holding hands of support, feet often moving a little behind the beat and so they danced. A newly formed pair of lovers try out their new liaison unsure of their steps perhaps remembering bygone partners, curious as to where this one is going.

Then at the last come the Robinsons; she has been ill, quietly weakening. Both are tall and slender. He tucks her head under his chin, their bodies merge as they have always done, his hand flat against her back leads her through the remembered steps. It's a gentle melody. They dance slowly with elegance, their eyes on each other, then closed. They are twenty again, remembering and treasuring all the steps in their long lives. The circle understands. When the song ends the circle weeps for the beauty of it.

#### The Journey

The curious Child delights in daisy petals that do-si-do round a golden button, and when she finds iridescent pathways at her feet left by meandering slugs in search of home, she finds she can touch rainbows made by chubby horned creatures as pale as bread dough. She knows the death rattle of June bugs under lights and the hum of bees when nectar is warm and time slides on orchestrated by the rythms of her heart. She is besotted with being.

When a Girl, she steps into a world of promises that cast lines to her like a fisherperson playing a feathered lure to provoke pursuit as irresistible to her as a rubber ball bouncing ahead of a happy puppy.

And just over the hill playing in and out of her horizon, the coloured orange of success bobs like a wayward sun, now you see me, now you don't, catch me of you can.

I'm yours, perhaps.

When a Woman she scrambles to ingest her dream, scratch her route with high heels and fingernails bloodied with exhaustion. She'll climb mountains only to see more barrens where bodies rest covered with burnout. She'll attend to power as to an idol, proffering support, well understanding spinoff, and she'll do crazy things like take a lover just to paint one more day red with memories or drive a race car at high speed till tires disintegrate.

When Old, the lady views what remains with wonder, her worldly space as empty of ambition as a stringed cat's cradle, her voice muffled in the urgent yang of youth. Yet the heart of a girl as young as morning beats on with love for the grass's struggle to seed, for the hawk moth splayed on her window, love for the rightness of things that stretches to clouds in a sky so blue it could be an ocean. She again sees daisies with petals that do-si-do round yellow.

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The artist, Jill Langford, studied art in England and textile design in Norway before settling in Parrsboro, Nova Scotia, where she is a member of an artist's co-operative. Her Dancing Beggar's Studio explores the mystical and the mythical with images that resonate with the art lover, using vibrant colour and pattern. The original paintings reproduced in this book and cover are 14 x 20 inches, mixed media and ink on paper.