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www.qwf.org/programs/wic

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BB

Contributors

AP
CT
DD
EA
GW
LL

FREEDOM OF EXPRESSION

I see a garden filled with flowers
In it holds an aura of pink and black
I keep all my favourite songs in my backpack
All worries gone, no anxiety like towers
In this moment, I'm sure who has power
A sweet smell floats my senses, fresh berries
the beautiful colour of cherries
and the delicacy of flour.
A warm blanket, soft like a praline chocolate
There is a wolf who hides under
in the garden I contemplate
My world is full of mischievous wonder
No room to manipulate
No room for the abomination of thunder.

- AP



My bones, as feeble and brittle as they may appear,
have never been broken.
While my heart, unseen to the naked eye,
has been broken.

- *LL*

I can't sleep
My heart's racing
I'm counting my breaths
I hear all kinds of noise
I hear dogs barking
I hear cats meowing and
I hear cars speeding
The winds whistling
I'm nervous, I can't sleep
I don't know why
but I can't sleep
I hate it
I'm tired but I can't sleep
I'm tired but I still get up
I can't sleep

- *CT*

Unseen

I walk through the hallways, people passing by me unseen
I sit at the table being unnoticed and invisible just unseen
I'm in my bathroom looking at the scars you caused
you pass by me...unseen.

I pass by you, I call you, I text you still you reject
my calls my messages unseen.

I scream and shout at the top of my lungs
and you hear me, but you don't care
in your mind I'm unseen.

- EA



The laughter makes me feel lonely...

It's so weird how laughing can make you
feel joy but also make you feel so lonely.

It makes you think of the monsters

in your mind. Laughing at you, making you feel
so small and left out. You yell out stop but
they keep on growing. You try to cry but you
can't. Now all you see is darkness, and all
you hear is laughter and all you can think is
'will somebody save me?'

-EA

The chair is armed like a government.
A map is free like love.
But love does cover the world.
The world is trapped in selfishness.
My brother is selfless like a kidney.
The world is bloody like organs.
- *GW*

The pen is as hard as reality
Keys are as warm as ice cube
Ice cubes are as cold as people on the street
The streets are as tough as a hard cover book

Paper is as soft as bricks
Shoes are as tight as oceans
Light is as bright as happiness
but you don't see me hiding it behind my mask

Glasses are as clear as hope
Clocks are as complicated as global warming
Clocks are a symbol of time
Meaning we are all going to run out of time...
sooner or later.
- *CT & EA*

I'm deep into the forest of a mountain, for a ski lodge gathering with friends.

I hear the whistling of the trees, the hiss of sharp gusts of wind, the crack of stray branches strewn across the trail.

I can hardly see past the flurry of an evolving blizzard. The trees loom in an imposing fashion, drooping and stopping in the blast of substantial drafts of wind. Snowflakes smear my vision in a blotchy white-tinted haze.

I lose track of my group, fall behind. Unintentionally isolated. I trudge through the snow in heavy gear, calling out for friends in sequences of desperate pleas.

I do not win. No, on the coldest and darkest nights, my screams and cries still linger, only to be swallowed up by the vast territory as I was. A warning for those who follow in my footsteps.

If a tree falls in the forest and no one is there, does it still make a sound?

- *LL*

A ghost sitting in the corner of my room
In my house, on my own
3am at night
Trying to sleep
The ghost whispering at me
The ghost sitting in the corner of my room.

I wake up and my dog is sitting there.
My dog wants food, barking at me.
I get up and get my dog food.
I escape by giving my dog food.

- *DD*

In a big house, or a small apartment.
It was midnight on a Monday
I'd just recently moved, and was unpacking boxes in a room.
I was by myself.
I hear whispering, silence, a giggle, distant crying.
I see the silhouette of a person, my shadow, boxes and luggage.
The lights start to flicker. Some boxes start to move or turn over.
Some of them had glass frames in them. I look a mirror that was
left uncovered. I see a lady with a white gown but blood dripping
from her dark eyes, and she had this grin on her face but she
wasn't forcing it. It was cut into her face. I put a blanket over the
mirror so that I wouldn't see her.
She was attached to the locket I was wearing that I got from
someone when I was a child.
I burned the locket.
-EA

I'm behind my house.
It's quarter past 6, before supper. Chilly.
I'm taking out the trash by myself.
I hear a...buzzing.
I see translucent yellow light in a dotting motion.
The light gets closer and shows its thousands of eyes.
It wants to dig itself in my flesh!
I try to kill it with my hands.
I feel its flesh hitting my white fleshy hands.
- GW

IT'S MY BODY!

You think you can tell me how to dress?

My beauty is not for everybody.

I will not listen to you.

It's my body.

I'm not a slut or a whore.

I'm more than just somebody.

Your words will not hurt me.

It's my body.

- *AP*

TRUMP SUCKS BIG BUCKS!

You're a rapist

You look like a duck

I hate you

Trump sucks big bucks

You're sexist

You smell like a truck

You're homophobic

Trump sucks big bucks

You reek of rape

You resemble much

I hate you

Trump sucks big bucks

- *CT*

COOL THE WORLD DOWN!

- *DD*

EXPLOITATION STOPS, LIFE STARTS!

- *GW*

The calendar is blue-eyed like evil.
Evil is calculated like a calendar.
Corruption is transparent like my emotions.
A calculator is numbered like my days.
Days are boring, like my humour.
Humour is harsh, like freedom.
- *LL & GW*

The room is boiling like the planet's increasing
temperature.
The wall adorned with paintings like the galaxy.
The floor reliable like friendship.
The clock swallows time absentmindedly like a black hole.
The projector is warm to the touch like the sun.
My hand is steady as rhythm.
Math is abstract like Picasso.
The board is stuck like me.
My sweater strapped to my waist like a gun.
Chromebook is open like a void.
- *LL*

My hand is steady as rhythm
My breath is as quick as a friendship.
Air is polluted, like perfection.
Pollution is harmful as math.
But we need math to fight pollution.
Is pollution calculated?
- *GW & LL*

Lights are as bright as happiness.
Clocks are a symbol of time as in running out of time.
Darkness is the same as Death, is almost like loneliness.
Speakers are loud as joy.
The person sitting beside me is friendly as friendship.
Books are hard like learning to let go.
Binders are restricting as binding.
- *EA*

Dear Stomach

Why do you protrude
like a balloon
don't you think it's quite rude
to take up so much space
to grumble and groan
until you're red in the face
why do shirts call attention to your curve
what does it really serve?
for you to expand
you contain my organs
connected me to my mother
oh how far I'll go to smother
your swell
until I'm sick and unwell.

If I were to measure the time/how long it would take to give
my body a break
how long will it take to reconcile
to heal the damage
of years and years of hatred
all stuffed in some emotional baggage
I'm sorry

- LL

Dear Testosterone

Oh testosterone – you are something else
You hurt me but you help me
You give me masculinity but you give me acne
You seem to help me deepen my voice but you
grant me voice cracks that I have to deal with
everyday. Yeah, you may change my hormones
but I'm raging everyday and I can't control it
I try to keep it in but I can't you help me
in so many ways that I can't even imagine
but you hurt me, but it's okay I'm used to
being stabbed, in the leg, in the back by so
many people once I came out and even in
the heart, it was broken by so many people...
...wow that got dark easily sorry...
-EA

Dear you,

I honestly hate this. I hate how you always stick out, how guys stare at you and make comments or whistle. It makes me uncomfortable why can't you seem to just go away, why do you have to bring me down with you, you're a pain in the neck and it's pissing me off, you are like this rash or bump on my arm that won't seem to go away, why do you have to be related to me or connected to me we're not even sisters and frankly I'm not even a girl, you know what I hate you, I wish you didn't exist. And I don't regret saying that, thank you for listening this rant really got the weight off my chest I just wish you did too screw you damn chest!

- *EA*

Dear M_____

O old friend how we used to laugh
we had good memories and bad ones
but after what you did I only remember the bad
you laughed, you teased, you hit and kicked as you pleased,
you made me cry and almost say goodbye
but still I stayed and I definitely prayed
for good, for better for it all to stop
but still you teased and laughed as I wheezed
You made me feel horrible, you tried to make me a loser
I left and I cried and I said goodbye
But I didn't let you see so you thought I was weak
So good and farewell forever, O M_____.

- *CT*

Dear school

You're very hard sometimes.
I'm not so good at my classes.
But you teach me life skills.
Also some really stupid shit I don't need to know.
I look forward to the day I'm done with you.
For now, I've got to push through.
O School, I hate how you start so early in the morning
Why can you let me sleep more?
My emotions about you are inconsistent.
I like English but I don't like my other classes that much
I'm not good at studying yet
The truth is, you make me frustrated
And I wish I didn't need to you to get a job
Or to go on with life
You're stupid
I hope I never see you again.

- AP

Oh treatment center, I hate it here
Keeping me away from my family
thinking it would help it doesn't,
I haven't felt really happy here, when
I get home in the weekends, I play
my Xbox. It makes me forget about you,
I hate you, please listen and let me
leave, let me be happy, let me go here
I feel worse than before, let me go,
let me be free, I can't live like
this, treating us like babies. It pisses
me off, please let me go home and
let me spend my time with my family
and friends, people don't live forever,
let me spend time with my family,
let me go, let me go home and be
treated like a normal human being.
Let me go home. I blame you for
making me feel worse, I blame you for
keeping me away from my family,
I need to see them everyday not
every weekend. I know I messed
up, I will change, I will do what
I have to do, let me go home.
I hope I never need to come back.

- DD

I hate you Covid-19.
You ruined my summer.
You ruined all sports
and you made the world such a weird place
that'll never be the same.
I hate you, I hate you, I hate you.
I can't wait till you're gone forever
so I can stop wearing these annoying masks.

You make me have so much anxiety
about getting it
and giving it to the people I love.
I barely wanna see anyone
because of you.
You make me breakout
from these itchy masks.
If you were a person I'd want you dead
that's the truth.
I hate all the stress and sadness you've caused
for everyone.
You've caused more stress in this world
than Trump.
I might even hate you more than him.
I can't wait for you to die,
goodbye and good riddance.
- *CT*

If the world stops
silence would be the only thing I hear,
no faint sounds of cars passing by
making the world seem so busy.
No clocks ticking making it seem that
time is passing by, only the faint sound of
my breathing making me calm yet so lonely.
No one else, if the world stops the only thing
moving would be the rain, making it seem
so sad and lonely. If the worlds stops...
There would be nothing left....

- *EA*

Cracking open a book
musty, smoky, earthy, woody
bibliosmia
an escape from reality
author poured their musings and whims
sound of flipping pages
delicate pages
gentle
all colours and no colours at all

the words blur into pages
within them a tale for the ages
you'll set the stage, engaged

a story
to be displayed in all of its glory
- *LL*

Freedom

Looks like going to the dep by myself at night.

Smells like gas and cigs.

Tastes dry.

Sounds quiet, the sound of cooling machinery.

Feels liberating. Like I rule the world.

If it was an animal, it'd be a raccoon.

If it was a colour, it'd be navy.

- GW



