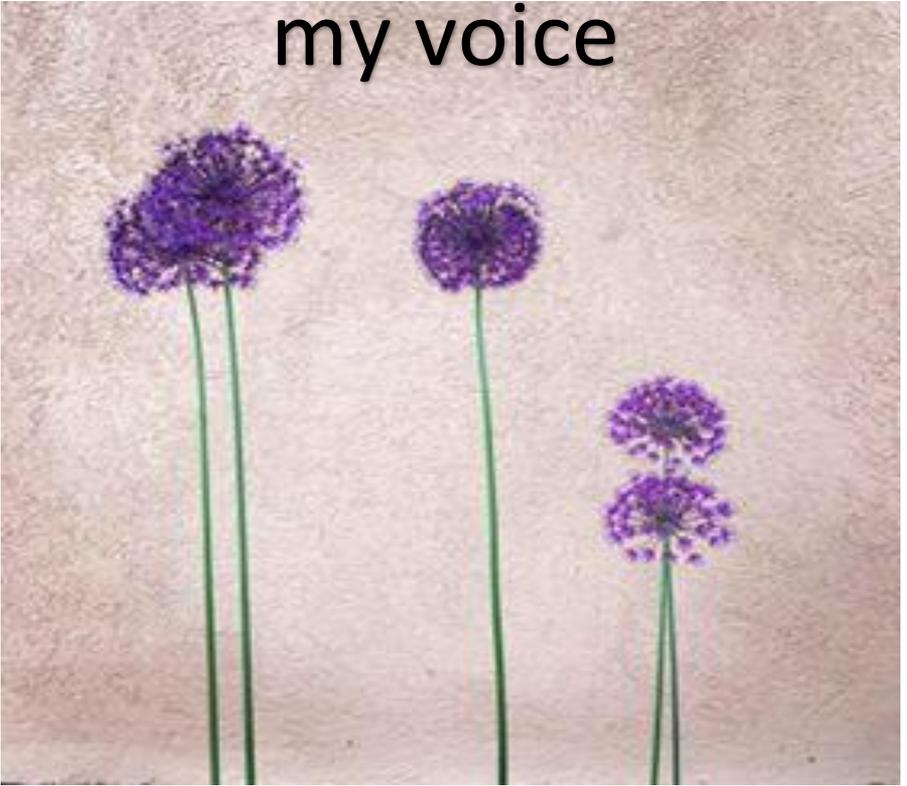


someday

my voice



will

get stronger

June 2020

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www.qwf.org/programs/wic

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ULG

Stand up

Please stand up...

You need to stand on your feet,

Stand up and show the world you can stand up even if
your hurting....

Stand up and take a look at the world

Everybody's different when they're standing up

Stand up and look different too,

Stand up and play the game of standing up longer than
anyone,

-Memphis

Things may change

Darling...Things change...

Time doesn't change things,

People don't change things for you,

Things may change...

Changes is sometimes unexpected,

And doing nothing doesn't change things,

Struggle and trying changes things,

Be patient...Things may change...

-Memphis

IF

*If you can love yourself when all the things in your head
is telling you not to,*

If you can trust yourself when others don't,

And make your self-love make you happy,

*If you can trust God and not be pushed down by sadness
of death,*

Or being told what not to believe,

Give power to those who wish to control you,

And see what happens to you,

Don't give your power,

And yet you won't be on your knees if you don't...

-Memphis

Realest...

*She thinks he's the realest,
He thinks she's just broken,
She thinks he'll always be there,
He thinks she'll love someone else,
She thinks he's happy with her,
He thinks she loves someone else,
She thinks about him everyday,
He's just broken,
She has to leave,
He thinks he is right about her loving someone else,
She misses him,
He forgets about her,
She comes back,
He's with someone else,
She is broken,
He is happy,
She thinks nobody is real,
He thinks everybody is real if they want to be,*

-Memphis

Poetry

I wasn't expecting to be such a writer,

And here I am...writing...

If I wasn't here,

I would be out there with some junkie,

If I had freedom...

There would be no poetry,

And here I am writing poetry,

-Memphis

FAMOUS

After Naomi Shihab Nye

- 1 Russia is famous to the dancing
2. The fish is famous to the water
3. The tv is famous to the wire
4. The fam is famous to the flams
5. The teacher is famous to the class
6. But the North is not famous
7. I want to be famous because famous people are famous
- 8.Famous has nothing do you with your fans

-23

IF I Could Write You a Happier Ending
After Mary Foulk

We would be bad singers

With no light

Those lights are bad

Sound of the water makes music

In the end is the water, there is fish

IF I COULD WRITE YOU A HAPPIER ENDING

The world would be happy with out gas

Understand what I'm saying

Yet you're old and strong

No, you're not week

No you're not ugly with me you will be strong

my heart is strong like a rock

and you're stronger than me 😊

PRACTICING HOW TO BE IN THIS WORLD

I want to be: a player

But still. not doing it right

There is. no matter in life

You look inside: your mom's mind

and you will see happiness

The singer fills with sadness

I name the water

I hear the birds

Inside me it filled with sadness

but outside it's happiness

They keep me inside the water

Still finding. my happiness 😊

This is how we practice living in this world

With no matter in life you will be ok you will not die in
life...<3

I want my

I want my friends

I need friends

I need family

I want a father

I need you

I want money

I need air

I want nothing

I need people

I want friends

I need clothes

-23

boyfriend

I felt so lonely without you I`m empty inside

Did you know: you`re loved by me more than everyone
in the world?

I learned: that I don`t need to be with you all the time.

I wanted to hear: you talking to me

I hope for: you to stay strong when I`m not there

For all the boy`s

-23

IF I COULD BE A SHOOTING STAR

If I could be anything I would be: a hockey player

Because: it`s fun for me to play hockey with friends

If I could be an imaginary thing I would: be a dog

Because: a dog is fun we can run fast, full blast.

If I could be an imaginary thing I would be: a boy

Because: it`s not fun to be a girl

If I could be a delicious snack I would be: picnic.

Because: it`s yummy and tasty.

If I could be an imaginary thing I would be: a boy

Because: it`s not fun to be a girl.

If I could be a natural wonder, I would be a: flower

Because: I can smell good.

“if”

1. **if you:** fly like a bird
2. **when:** birds fly you will fly too
3. **if:** you can trust the bird you`ll live
4. **but:** the bird does not fly without wings.
5. **if:** you can fly I can fly too

If: you love

If: you trust

And: if you live in the earth

If: you die

Or you: live

And: not see.

If: you fly, love, live and die you`ll trust...

Then: you fly love live you will not trust...

-23

If

If you dream like you wanted to

When things are too good

If you can trust your past

But you regret your past when you don't have to

If you really wanna be someone

And, you wanna be you at the same time

If the sun can be up every day, every night

If my life can be more perfect

And never regret anything

If my future can be more better than my past

Or you can make it perfect

And, together we make it perfect

If you don't like your past

Then you make your life perfect

-Yukon

Advice from a Monkey

Be smart

Always use your head

Follow your dreams

Do not eat my bananas

Enjoy your life

Go with me

Never leave me

Love me forever

Give me some respect

Listen for the money sounds

Because you won't get lost

You make some good choices

-Yukon

The Road I Travel

In the past I travelled every month to go home and
come back to where I was

My choice was to get out of there

Now I'm going to do my best to get out

I'd like to be more strong, braver, smarter

This journey is about me

I discover that I can make it to 2020

I'm choosing to live longer

I want to be happier

Trust everywhere I have been

Surrounded by the ones that I love

I am guided by my family

-Yukon

Summer Cinquain

Green. Hot

Swimming. Running. Hunting.

Love. Going. Hunting.

We have heat

A poem is a journey, this is a journey of overcoming

After Rupi Kaur

Frustration

Anywhere anytime

And here you are, in my body

It feels like you're gonna go crazy and throw something
at someone

I'm more brave than it because I take a deep deep
breath

Its not scary to take the frustration down, it's easy.

-Yukon

In Praise of Family

No one can imagine how we live

I can imagine how dad would be proud of it

& they overlook you for us to live better

Or, do better

Your beautiful family

Reminds them, that we're beautiful

From them we're stronger

But I tell my friends, that I have a perfect family

They are not my family, family comes first

You were, just a friend

In our kitchens, we have fun cooking as a family

We took everything to make it better

& made a better big life

We taught our children how to be proud of our family

Hot to survive, the dangerous places

-Yukon

If I could

If I could fly in the sky
I would enjoy it a lot
What if the big bird eats me
Before I could go home
With the food that I brought

I have to learn how to sing well
In time I would be famous
Supposed to be a very good singer

Tell the truth about your life
There is so much to tell
And too much action and sad stories

Nobody even knows your whole life
I should have been more talking to others
Why do I not talk more about my stories?

I have so long to live my life
I would make it better
What if I can't do if?

-Yukon

The Language of Yukon
After Chen Chen

We talk about, my life
But not my actions and love stories

We should talk less of boring stuff
And, make it more pretty

We believe our life is so long to live
But we should talk about our lives

We cannot talk about love stories

There are many stories to tell
We must name the feelings in our lives

We don't know how to act
We pretend that we know it

We should, write stories
But if we must, know how to

We should say, keep it up
In the language of *Yukon*

Famous

After Naomi Shihab Nye

The bed is famous to the lazy people
The iPhone is famous to the screen headers
Which knew a bad habit
Before the screen headers knew it
The, book is famous to the readers and writers

The singers is famous to the world
More famous, the actors
The love is famous to the lovers
But not, to the haters

I want to be famous, only if I was a good singer
And, actor
Famous as, a singer and actor
I want to be famous in the way, the singers are
Or a, actor
Not because, people wants me to
Because, I would love it

-Yukon

Among sky, I am the starry one
Among flags, I am the strong one
Among humans, I am the breath ones
Among hearts, the one that keeps you alive

Among hurt, I am the pain
Among colour, I am the rainbow
Among rain, I am the sound
Among water, I am the lake

Among darkness, I am the scary one
Among forest, I am the lost place
Among the people you find all the kindness
The one that cares a lot

-Yukon

Emotions

I gone from sadness
to happiness

Seen everything
I felt everything

I'd like to go to my grandma's house
When I was a kid

Because I've overcome with pain
And I look forward to better days

-Yukon

In Praise of Basketball

No one is too short to play

I am short but I still play

& they overlook you for, being a loser

Or boring

You're a star

Reminds me of a good player

everyone is a perfect player

But I tell my friends, I love basketball

They are not good at it

You were a player since you were born

In our kitchens, you cook every good food

We took, every scream for you

& made, cheers for you

We taught our children, how to play basketball

How to survive, the games.

-Yukon

Invocation

After Marlon Hacla

In the name of the basketball players

In the name of super stars

In the name of the coaches. In the name of power

Who had won all the time

In the name of losers. Who had no cares for others

Who did lose all the time

In the name of the winners

In the name of celebrations

Who love to be cheered on

In the name of the sweaty

In the name of working hard

In your name, you who would, be a very good
basketball player.

-Yukon

In Praise of Life

No one is allowed to treat anyone badly
I have seen someone treating a girl badly
And they overlook you for your heart and your body

You're hurting
Reminds them that you're not enough
From inside

But I tell my friends that they have to stay strong
They are worthy
You were in pain

In our kitchens we make poutine to cheer ourselves up
We took back our power and made everyone powerful
We taught our children to know they are strong enough
to grow up
How to survive, other people.

-Montreal

The Road I Travel

In the past I was doing stuff that I wasn't suppose to do

My choice is having a better life

Now I'm going to be a mother

I'm taking this road because I want to have a better life

I'd like to be a good mother

This journey is hard

I discover that I'm a better person

I'm choosing to be a strong woman

I want to be with my boyfriend forever and

Trust him even tho if we're

Surrounded by many people

I am guided by my baby and my boyfriend.

-Montreal

Biography poem

Who loves to eat Poutine.

Who dislikes hearing other people chewing loud.

Who wants to go to Inukjuak.

Who wishes to meet the little baby inside me.

Who is scared of scary animals.

Who dreams of being a good mother.

Determined to finish school.

Who is proud of being a mother.

-Montreal

'if'

If you feel down

Whenever, you can talk to me.

If you can trust me to talk with

But are not sure

If you can really trust me

And you're not telling me the truth

about how you feel.

If I can talk to you how I feel

If I trust you

Or you can trust me, will you tell me the truth

And not tell me lies?

If you feel better after talking to me, will you leave me
then go to someone else?

-Montreal

A list of things I can share with the world

1. An open heart
2. Truth
3. Hugs
4. Silence
5. Resilience, inner
6. Sports
7. Weed
8. Nail polish
9. Kindness
10. Language

-Montreal

If I Could

If I could be a singer
I would make a lot of songs
What if I was a singer?
Before, I wanted to be a singer
With the friend of mine

I have to learn how to sing more
In time my voice will get stronger
Suppose I become a greatest singer.

Tell the truth about how I feel
There is a lot of feeling in me
And too much heavy thoughts.

Nobody even knows how I feel
I should have written my own songs
Why have I not started to become a singer?

I have wanted to be a singer,
I would be famous if I started
What if I didn't go to rehab and become a singer?

-Montreal

The Language of Inuktitut
After Lee Peterson

We talk about how we feel
But not much

We should talk less of suicide
And talk about how we feel

We believe in love
But we should stop being suicidal

Between strong and weak / life and death
The way we see the world and the way we feel

We cannot talk about how we feel and about suicide

There are many people that died
We must name their memories

We don't know how people feel
We pretend to understand

We should talk about how we feel
But if we don't talk about our feelings we will still be
sad or something

We should say we have to be stronger
In the language of Inuktitut.

-Montreal

Practicing How to Be In This World

I want to be dead now

But still have to stay alive because of my baby

There is no way to die right now because I have to raise my baby.

You look inside and see my strong life but still wanted to be dead

The baby fills with strength

I like being happy instead of being angry

I name the feelings inside me

I hear voices inside me

Inside me I feel like I want to hurt myself

They keep making me angry and sad

Still finding ways to hurt me

This is how we practice living find happiness

With my baby.

-Montreal

Invocation

After Marlon Hacla

In the name of the Archie comic book, who makes me
smile and laugh.

In the name of Archie.

In the name of the character. In the name of the story
Who had made me laugh.

In the name of Archie who had no grace
Who did always make a mess.

In the name of the comic books I haven't read yet.

In the name of Betty
Who always uses her smarts.

In your name, you who would read them.

-Montreal

Travelling has taught me how to cope with hard situations-Like when

You're lonely and you have to push yourself through it, its exhilarating because you know you can do it on your own....

GET LOST: it will help you find yourself

-Riviere-du-Loup

Write a letter to someone, to yourself or even an old friend

Dear Nora

I have wanted to tell you I am proud of you

I feel safe around you

Did you know you are stupidly lovable

I learned about spiritual things

I wanted to hear about you

I hope for you to stay safe with your daughter Theonyyy

-Riviere-Du-Loup

LIST POEM

List ten things you didn't notice about your surroundings until right now.

1. More sunlight
2. Kindness
3. Delicious food
4. Lots of sleeping
5. Gaining weight
6. Stopped doing drugs
7. Grew up
8. Dirty mirror
9. Ants everywhere
10. People lol

-Riviere-Du-Loup

IF I COULD WRITE YOU A HAPPIER ENDING

We would be here in the beach talking about memories

With the calmest music

Those sands are dry

Sounds of the sea

In the world

shared with people

Not the ones who want a perfect life

IF I COULD WRITE YOU A HAPPIER ENDING

The world if full of mistakes

Understand that everybody makes mistakes

Yet you're still here thinking its all your fault

No its not

No its ok!

With some or a lot mistakes

My love wants all your heart to be warm

I love you

-Riviere-Du-Loup

I want to be in this world
But still, its hard to be here
There is full of people struggling to survive

You look inside the house
The light is bright, brighter than your life, fills with
decorations

I like the smell of flowers

I name the sky “fresh air”
I hear the birds chirping
Inside me I feel the butterflies

They keep tickling me
Still finding the way out

This is how we practice living in this cruel world
With much love and less hate

-Riviere-Du-Loup

“IF”

If you see me in tears
When I had a breakdown
If you can trust me
But not too much
If you could see my real emotions
And actions, then help.....

If I was ok
If I was not ok
And you're there staring at me
If you'd ask me if I'm ok I'd feel much better
Or you'd walk away
And say nothing

If I felt lonely
Then I will feel lonely

-Riviere-Du-Loup

Advice from a Loving Mother

Be strong

Always keep up your dreams

Follow your dreams

Do not let go your dreams

Enjoys small stuff

Go get yourself a treat

Never give up

Love yourself

Give kids good advice

Listen for your parents because you might end up
having consequences

You are important

to the kids who don't listen

-Riviere-Du-Loup

The Road I Travel

In the past I made a lot of mistakes

My choices were bad

Now I'm going to start fresh

I'm talking because I need to

I'd like to be a good person

This journey is hard but it'll pass

I discover that I'M important

I'm choosing life

I want to be awesome

Trust love

Surrounded by love ones

I am guided by supportive people

-Riviere-Du-Loup

Hurry up spring

Ill know its spring when its raining a lot

I will see rainbow afterwards

It will be fun to go hiking

There will be no more snow

In spring you can go fresh air and hunting

There is more rain drops

And less snow flakes

My favourite thing about spring is walking in the forest

You hear the birds chirping

Hurry up spring!!

-Riviere-Du-Loup

A HERO

A hero is a dad

Because he never gave up on his struggled daughter

I think of him as a hero

A hero gives love a beautiful advice

Reminds me of a superman!

To me he is a hero

It's courageous to not give up!

A hero is strong

Like batman

Its inspiring because its powerful!

-Riviere-Du-Loup

The language of the Inuit people

We must talk about our problems
But not about how we feel

We should talk less about suicide
And start talking about fun stuff.

Between hate and love
The way we treat people

We cannot talk about how we really feel

There are many thoughts in our mind that kills us
We must name the emotions in our lives

We don't know how to pretend that we are ok
We pretend that we are not good enough

We should start creating new stuff, come back to Inuit
culture

But if we must learn about it more.....

We should say we the (Inuit) are very strong

-Riviere-Du-Loup

MoOn LoVeR

Friends

Have

The

Idea

of

Light

Such as

Earthlight

Which

The sun

Rontundity

The

moon..

If I Could

if I could help people who are struggling
I would travel the world to help
What if I could help all of them
Before they end up dead
With the hate they had?

I have to learn about the world and people
In time I would help them go thru
Suppose to be happy

Tell the truth about love and safe and how life can be
hard
There is love
And too much hate

Nobody even notice how life is important
I should have tell people to never give up
Why do I think a lot about the people who needs special
help??

I have not much to tell....thats how I am really boring..
I would say anything to help
What if I could end up being helpful

A daughter

Should not

Have to

Beg her

Father for

A relationship

-Riviere-Du-Loup

In praise of Olives

No one really loves you

I dislike you a lot

& they overlook you for cucumbers and carrots

Or other better stuffs

Your oily, stinky

Reminds them of a stinky relationships

From the past

But I tell my friends you are bitter and strong

They are very curious about how you taste

You we're my first enemy

In our kitchens you smell, more than the flowers
outside

We took you to the garbage

& made banana bread instead

We taught our children to get use to you

How to survive, OLIVES!!

WHEN I GROW UP I WANT TO BE A SURGEON

To be a Surgeon

& Doctor

Who likes to help people

They can tell I am trying my best

Because being a surgeon can be hard

Yet I can't be the best

I was raised to help people

A season of love

To be a good one

I know I will make it

I would help you

Like a simple decoration for grandma

With you I will

To everything that is hard

To be a surgeon

-Riviere-Du-Loup

Forty-five Seconds

In forty-five seconds, would you save me from
drowning?

Without making any choices?

In forty-five seconds, I would think you'd walk away
While I drown for the love, I shouldn't have given you

Is Forty-five seconds too much for you,
For you to think you can't handle my love?

While I was drowning I tried to scream for help but my
head was underwater

It felt like you pushed me into the ocean

But, what you actually did, was let my love go.

-Riviere-Du-Loup

Catching dreams

I was like fairytale catching dreams

Because I didn't want you to have nightmares

It felt like it was my job.....

Because I wanted you to have a good night's sleep

I didn't really know what to do with your mind

Because it had a lot of damaged memories you
struggled to forget

You've been through a lot because I can see it in your
eyes

Let me help you because you're in a lot of pain

Please let me catch your dreams, the ones you don't
like

Let me take them

I love you to the moon and back

-Riviere-Du-Loup

Why?

You leave but you don't stay gone

Why do you do that?

Why do you?

Abandon the thing you want to keep,

Why do you linger?

In a place you do not want to stay

Why do you think it's okay to hurt me,

Why do you think it's okay to do both?

Go and return all at once

Heartless

-Riviere-Du-Loup

Life.

In order to have happiness, sadness should appear

In order to forgive, hate should disappear

Having mistakes makes us realize life goes on

But mistakes can hit you hard, that you can't even
forgive yourself

Some people move on and some people don't

-Riviere-Du-Loup

Bully.

Bullying can be easy as throwing a rock in the sea
But do you have any idea how deep that rock can go?

Bullying can be very draining
It can be painful
It can be deep
Bully is like a bullet in your chest
The words can tear you open
The punches make you feel like you're going to die
It seems like you can't stand up for yourself,
Because you feel like you're giving up
At that little moment you think, why me? What are they
thinking?
I'm not enough?

The thing is your so enough that they are jealous of you
They want every little thing of you
They want to be you
You realize that you are powerful
You are stronger so you stand up for yourself
realize the real eyes

-Riviere-Du-Loup

A List of Things I Can Share with the World

An open heart
Sense of humor
Love
Laughter
Truthfulness
Silence
Kindness
Good vibes

Among night sky, I am the darkest one
Among rocks, I am the hardest one
Among birds, I am the quiet one
Among animal, the one dies young

Among lava, I am snow
Among snow, I am sand
Among tree, I am palm tree
Among rain, I am snow flakes

Among rocks, I am ice
Among humans, I am the unicorn
Among the ocean, I am the river
Because I move forward

-Paris

CRAVE

I crave for you

Like a

Pregnant woman

Craving for a

Pickle.

Dear Ex Best Friend

I have wanted to tell you that I miss you soo much

I feel really sorry for what I did I would NEVER forgive myself for what I did

Did you know I still love you?

I learned how to be truthful

I wanted to hear that you are okay

I hope you are happy with your life.

-Paris

IF I COULD

If I could be a fish
I would hunt for my food
What if the shark eats me
With the confidence and pride I carried

I have to learn how to love myself
In time I will have confidence
Suppose I never got there

Tell the truth about my past
There is so much more to go through in life
And too much to remember

Nobody even knows how it feels
I should have told someone
Why do I keep it to myself?

I have a lot to say
I would tell you about everything
What if I can't

-Paris

List ten things you didn't notice about your surroundings until right now

Toxic people

Sunlight

Dirty floor

Dust

Sad human beings

People helping people

A little hole on the wall

Paint stains on the floor

Good source of energy

Intelligent people

-Paris

PANDA

Cute

Chubby

Playful

Eater

Lazy

I really

Love

Panda

Black

And

White

-Paris

THE ROAD I TRAVEL

In the past I didn't know who I was

My choices were really poor

Now I'm going to take a better path

I'm taking this road because I want to be more
successful in life

Id like to be better in life

This journey is really short

I discover life is so much more

Im choosing to do more positive things in life

I want to be a good role model

Trust by everyone

Surrounded by positive people

I am guided by the universe

-Paris

Practicing how to be in this world

I want to be at home

But still be seeking new places

There is so much more to see

You look inside of me full of positive

The mind fills with sadness

I like the way that you can't see the negative side of me

I name the storms inside of me

I hear voices

Inside me its so loud and strong and loud

They keep telling me that I am not enough

Still finding the positive inside of me

This is how we practice living in life

With good and bad, good and bad

-Paris

PURPOSE

Cant you believe that you
Made it to the egg first
In out of all the millions spermies
You are the chosen one
You have a purpose

The anti cliché
Strong as polar bear
Delicate as purple bliss
I sound like a night bird

Cold as anonymous
Hot as pale sun
I see ballet blue
Busy as Niagara Falls
Quiet as boreal forest
I have glow

Quick as the weekend
Slow as Monday
Look at summer sky

Like a winter wonderland
Listen to campfire
I AM SHY ROSE

-Paris

THE ROAD I TRAVEL

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I want to be a good role model
Trusted by everyone
Surrounded by positive people
I am guided by the universe

THOUGHTS

Thoughts

Are

Nuclear fusion

Becoming

Violent

Every

Second

Trust

Someone I trust betrayed me
You are living inside my mind
And Still bothering me
I want to be able to trust again
I will get over you on time

Want

I want cuddles

I need you

I want caribou meat

I need soy sauce

I want healing

I need god

I want to stand up

I need voice

I want winter

I need snow

I want laughter

I need friends

-Paris

