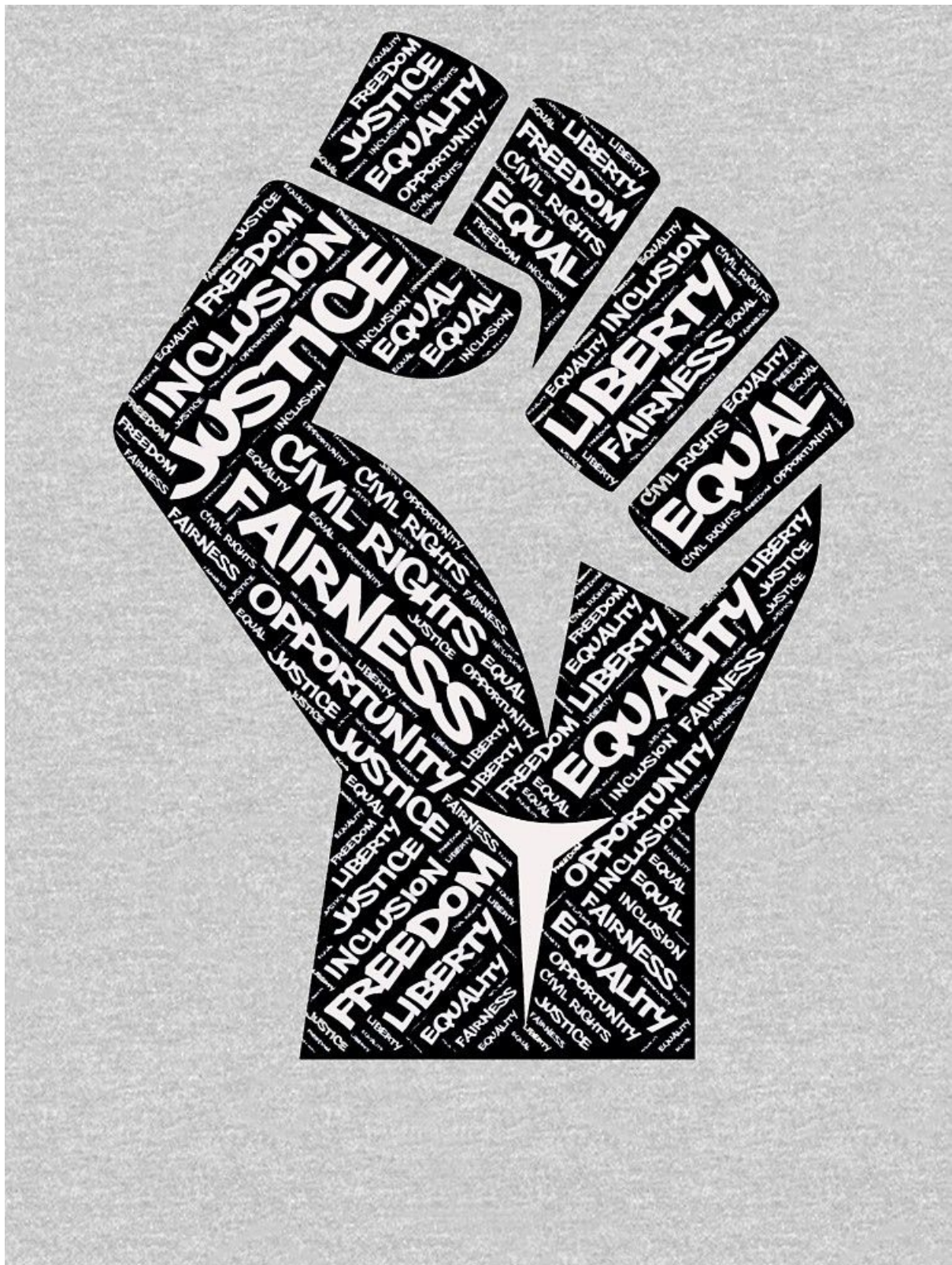


# Poems

By Nichole McIntosh



# We Are Strong

We are strong.

You rely on that fact to hide from the realities that are in your face.

We are strong.

But at what cost to our physical, emotional, social, psychological well-being?

We are strong.

We know we have to, or we are “finished” before we even begin.

We are strong.

We have to prepare our children to face yours.

We are strong.

We get up, show up and pioneer.

We are strong.

We know that the change we have been waiting for is us.

We are strong.

Scratch that, we are stronger than we've ever been.

We are strong.

Because we have always been strong.

*From The healing art of poetry series by Nichole McIntosh FRSA*

Picture credit: <https://www.pinterest.co.uk/pin/655977501953644806/>

# The Maroons

Sons and daughters of slaves we were led to believe.

Well in fact, we were African kings and queens who they colluded to steal.

Rebellious and ingenious, our forefathers would take no more.

Up into the hills they escaped and were unapologetically militant for sure.

“Kill or be killed” was the order of the day.

The blood suckling vultures who ventured there had a bloody price to pay.

Camouflage and guerrilla warfare were their chosen tools.

Still came the evil and determined fools.

“Do as you are told”, “know your place”, the messages were sent.

Still, my forefathers were tenacious, courageous and hell bent.

To free as many of us as they could was their plan.

Some wouldn't listen and they stayed toiling on the land.

Nanny warned Cudjo, “yuh caan trust dem”

He agreed and they worked out a system.

A peace treaty came only after many of the imbeciles were slaughtered.

My forefathers then regularly continued to “sound the abeng” so they would not be ambushed and murdered.

They are the maroons, and, in their honour, we relentlessly fight.

Fight in the morning, fight in the day and fight in the night.

There ain't no giving in.

In true maroon determination, doggedness and defiance, we will win.

The point remains today as it has always been!

Oppression, subjugation and enslavement are some of the wickedest sins!

Black lives matter!

We matter!

Maroon Mindset Unlimited!