Zine & RD HEARD

Amplifying Voices of Youth in Care



We respectfully acknowledge that we reside on Treaty 6 Territory; traditional lands of many First Nations & Metis people & we are committed to learning the true history of Canada & the true meaning of truth & reconciliation.

WHO

Youth in care speaking out & making a difference.

WHAT

A zine to amplify our voices & raise awareness.

WHEN

We publish around the 15th of every month.

WHERE

We are based in Edmonton but are for youth in care everywhere.

WHY

Because we can. Our voices have been silent for too long.



www.zineandheard.ca

editor@zineandheard.ca
Instagram @zine and heard
Facebook Zine & Heard (updating)
Call or text: 780-221-6124

Hard copies available at Local 124 Skate Shop The Glass Bookshop Audreys Books

Editor

Penny Frazier

What's Inside

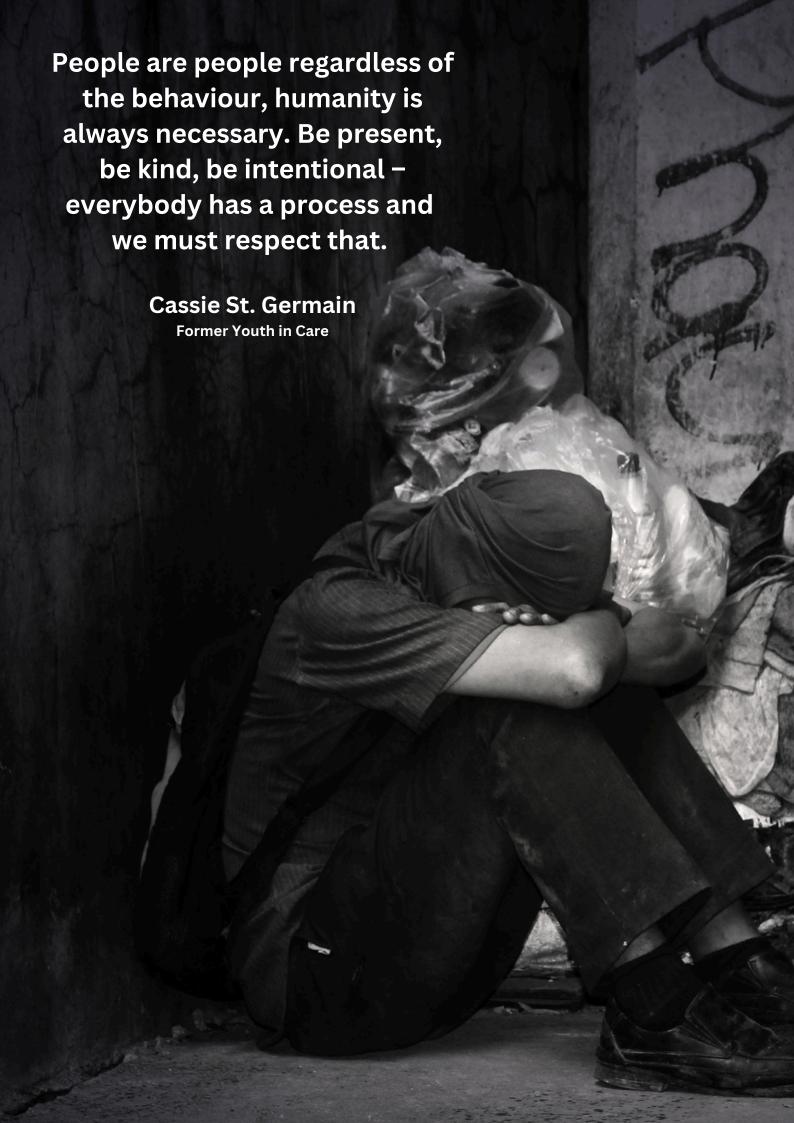
Cassie St. Germain

Cindy Blackstock
Delburne Ghost Ryders
Jesse Thistle
Joshua Jordan G.H.
Mikey Doucet

Tee Pee Treats
Treaty 8 Housing Project
Tyler

Youth in Care Chronicles @thewolvesarecalling





WHAT MATTERS

Quality of mind can only achieve so much - it is only quality of heart that truly achieves greatness.

Jesse Thistle

Author of Scars & Stars & From the Ashes: My Story of Being Metis, Homeless, and Finding My Way

TEE PEE TREATS GIVING BACK TO THE STREETS

12-6 PM 30 OCTOBER 22/2023 9641-102 A AVE

FREE FOOD LIVE MUSIC DRUMMERS

SPONSORED BY NEKEM & ASTUM AUTO LOANS
IN MEMORY OF UNCLE
VEE DUNCAN

The November issue of Zine & HEARD is dedicated to the memory of

V S C P V S C P V S

Vee Duncan

Please send us your stories, memories, tributes & photos to honour Vee's life and his work. Your contribution can be as short or as long as you would like it to be. All are welcome. Please send by November 12th.

Thank you.

Please send your contributions to Curtis at curtisrcardinal@gmail.com

or Penny at editor@zineandheard.ca or on Instagram at zine and heard



My co-worker Brandon was able to sing an honour song to a very special building that kept so many safe and for the staff who provided life saving care within its walls daily and to all the people who came through the doors over so many years.

Boyle Street Drop In space is closed permanently. Beginning of September their services were rerouted. 38 Community members died that month. (A record high.)

On September 11th, EPS, the Oilers Entertainment Group and the City of Edmonton held a press conference announcing a "crack-down" on open air drug use to address "public safety" downtown. On September 26th, they put that crackdown into effect. Ticketing every single person using drugs openly (including drinking openly) and kicking them out of the areas where they are taken care of like the George Spady parking lot which contains one of Edmonton's safe consumption sites pushing them further from the city's core - away from services and to places outreach teams like mine can't find them.

We lost 19 community members between September 27th - October 5th with 11 in October within the first 5 days. 95% of them were Indigenous and also !RS and Sixties Scoop survivors. The rise in deaths + these two major events go hand in hand. In the past year we have seen 3 major drop in centres close: Operation Friendship, The Mustard Seed's 96th Street Church and now Boyle Street. Bissell is now the only fully functional one left and they are already at capacity daily.

They sweep the encampments and now they have literally swept the city's biggest community space. Winter is on it's way and folks have nowhere to go and we are going to see a loss of life on a scale we have never seen before during this drug poisoning epidemic. These people are my friends and my family. I am so fucking tired of losing people I love so dearly to preventable causes. My co-worker Brandon was able. to sing an honour song to a very special building that kept so many safe and for the staff who provided life saving care within its walls daily and to all the people who came through the doors over so many years.

These policies solve nothing. They just make it more unsafe for people who use drugs. They don't address the issue, they just make it so the issue is out of sight. It seems like they would rather them die than help them. Survivors still live here and Creator still loves people who do drugs.

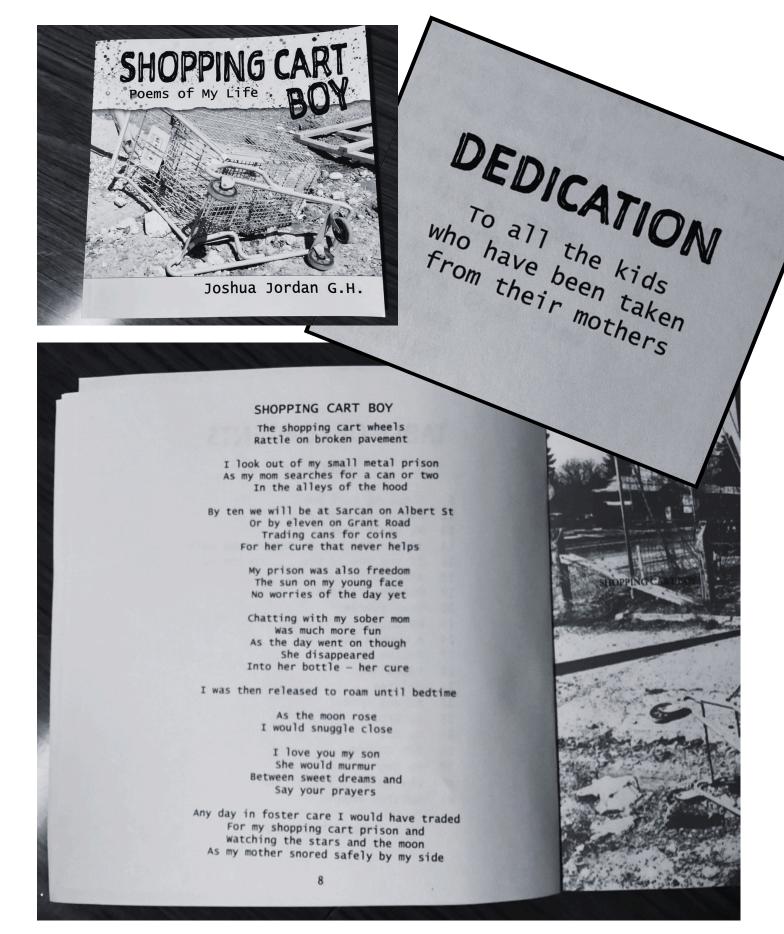


Much love & respect to <u>@thewolvesarecalling</u> for permission to share his words and reprint these photos.

This banner was created by <u>@vv.ronica</u>

Winter is on it's way and folks have nowhere to go and we are going to see a loss of life on a scale that we have never seen before during this drug poisoning epidemic. These people are my friends and my family.



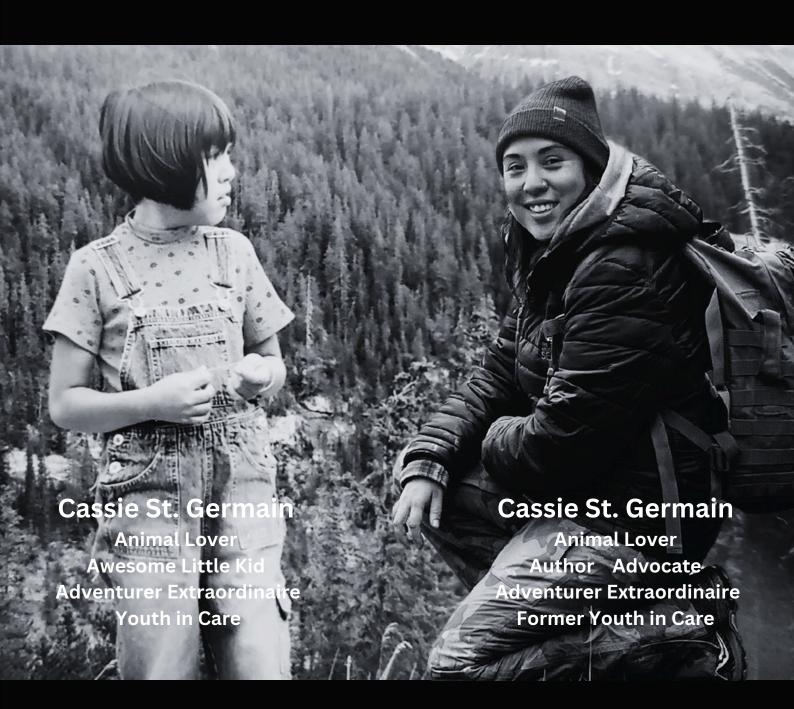


Poet's first book about difficult childhood to receive second printing,

Moose Jaw Herald, Feb 19, 2021

Joshua Jordan G. H. was 16-years-old when he wrote this book of poetry complete with his captivating black & white photographs from his life experience. Many thanks to Ellen Hooge at <u>Sparrow House Collective</u> for permission to reprint these images.

FEATURE STORY



Much love & many thanks to Cassie for sharing her thoughts & photos for October's issue.

Edmonton

Failure to invest in Indigenous youth aging out of care could cost economy billions, report says









Conference Board of Canada projects revenue loss of \$2 billion to \$5.5 billion



Andrea Huncar · CBC News · Posted: Oct 11, 2023 6:00 AM MDT | Last Updated: October 11



Front-line worker Cassandra St. Germain was cut off two years earlier than expected from an Alberta program that supports youth aging out of care. (Cassandra St. Germain)

Cassie was recently interviewed regarding the Conference Board of Canada's report. Please read the full article at cbc.ca

Edmontonian Cassandra St. Germain, 27, a front-line worker who grew up in Alberta's foster care system, experienced cuts to the SFAA program first-hand.St. Germain had just turned 22 when she was informed by phone that she would lose her SFAA benefits two years earlier than expected. Fortunately, she said, she was already working and had a good support system in place that equipped her to access resources that "are not actually as accessible and easy to navigate as they seem superficially."

"So it wasn't such a blow to me. But I know other people who have become homeless and have ended up on the streets because of [cuts to SFAA]," St. Germain said. "What's really shocking to me is just seeing how young the faces are getting that are approaching us for help, and how little resources there are for it."

~ Excerpt from CBC article ~



CASSIE ST. GERMAIN

Luckily for us, we were found a placement quickly and were once again being shuffled into a van being driven off and being told supposedly placating things like: This is a nice place, you guys are so lucky. While the road continued spinning by beneath us, I heard: They have dogs, that will be nice huh? The last statement being the only one to stick in my lost head.

What made you choose the field of frontline work and what do you love about what you do?

I ended up working in the inner city by a complete fluke, the bar I had been working at had been abruptly closed down right before Christmas 2017. I had begun open studies for a Bachelor of Arts at King's University and found a job posting for the Mustard Seed on the university bulletin board. Coincidentally, the very next day at university there was an annual event called Interdisciplinary Studies where various guest speakers would come to give presentations on various topics such as beatitudes and intrinsic socioeconomic privileges. During one of these presentations, I watched a guest speaker from the Mustard Seed speak about poverty, religion, and his personal life; after the presentation ended we briefly chatted - both having similar childhood stories from different parts of the world - I did tell him how I had just applied to work at The Seed and he was excitedly telling me about the organization.

From there I completed interviews and began my inner-city career as a relief worker at the 96th Street location where I worked my way up to full-time staff, team lead, assistant cook, and I also began working at various other agencies during the beginning of COVID-19 where I was really able to step into a leadership role. My current role has me working with a new agency and local law enforcement aiming to connect with vulnerable clients that have high occurrences of interactions with law enforcement to appropriate resources that would reduce or eliminate occurrences of interactions and set them up for success in their own capacity.

What I love most is the unpredictability of every workday and the ability to meet people where they're at and attempt to build connections which were typically damaged by years of systematic abuse or negligence. It's exciting when you see a spark come back into people's eyes, or a smile of recognition just at your presence showing up day after day.

It's exciting when you see a spark come back into people's eyes, or a smile of recognition just at your presence showing up day after day.

Many of my friends who knew me previous to working at the Mustard Seed have stated how it has changed me as a person, I went from being a troublemaker who would start fist fights with strangers on the street to somebody who stops traffic to make sure the person slumped at the bus stop is breathing. It has taught me to hold my tongue, take strangers' hands and to always look internally to figure out where my preconceived judgments are truly coming from. I do truly love the hard truths it has made me face about myself and about the world we live in: you can always choose to be the good in the world however there's a hotly growing public apathy towards the rising death count directly tied to homelessness and the opioid epidemic. It's unclear if it's yet another symptom of the attention span conundrum so closely tied to the cognitive after-effects of social media usage or just a general attitude towards poverty, homelessness, and the TRC findings. It is hard to see how much younger the faces are getting, and how comfortable some are with the thought of never being housed again.

It is hard to see how much younger the faces are getting, and how comfortable some are with the thought of never being housed again.

Why is it important to tell our stories and what would you like to tell youth in care who are struggling?



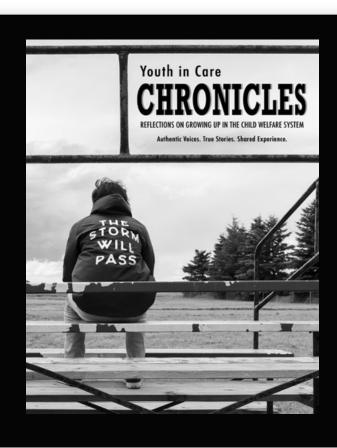
For those going into university:
 don't be intimidated and take all the time you need, everybody works at different paces and comparison is the thief of joy.

It is important to have youth and former youth in care tell their stories. Growing up in foster care out in the country I wasn't even aware there were other foster families around until we we connected to various CFS family events in the nearby towns of Spruce Grove and Stony Plain. Even as an adult, I am still shocked at how many youth or peers my age I encounter who have no idea the types of resources and training opportunities there are for post-secondary and employment programs; so many people believe that a welfare cheque is the best that they can or will get. It is important to provide people with as much information as possible and let people use their autonomy to decide what decision is best for them. An important takeaway for current youth in care: do everything you can while you're still in school and have the time and resources to do it all, enter all the sports and programs you can because it's so hard to make the time or money to afford to do it as an adult alone. For those going into university: don't be intimidated and take all the time you need, everybody works at different paces and comparison is the thief of joy.

It is totally okay to be self-centered while you are still young - being very frank, most of us are/were in care due to other's self-centeredness. It is okay to take time to be alone and focus on yourself, I spend most of my days when I'm not working sitting at home with my cats.

Take all the time you need to heal, learn, and grow; if we don't slightly regret the person we were the previous year have we experienced any growth? Find out what you love and follow that because chasing money only gets you so far. And every single time you feel so hopeless you'd rather disappear just remember: We are only here because somebody else needs us to be, so keep moving forward.





appears in the Youth Youth Youth in Care Chronicles:
Reflections on Growing Up in the Child Welfare
System
Available at Audreys and on Amazon.

<u>Affordable housing project underway</u> <u>for Treaty 8 Indigenous youth</u>

By <u>Jasmine King</u> Global News Posted September 27, 2023

Officials broke ground on a new \$35 million affordable housing facility on Wednesday. The goal is to make it easier for youth transitioning out of the foster care system. They'll have a place to stay for up to 10 years taking away a major burden for many, housing uncertainty.

That's what we're talking about.

"Youth in care should not be considered as disposable by the systems who are responsible for their care (...) but rather they must be recognized as worthy of the social and financial investments that will help them grow into thriving adults."

National Council of Youth In Care Advocates & Youth In Care Canada, Board Member

Questions asked. Questions answered.

I get asked a lot of questions about the zine. The first one would be how it is pronounced. That would be ZEEN as in a little magazine. Here's some of the others.

If they raise the age of eligibility for financial supports for youth in care back to 24, will you still publish the zine?

Hell, yes. We will continue to amplify the voices of youth in care through their stories, art, music and triumphs. That has always been the main aim of the zine - to raise awareness, inspire others, and give hope, but if there is an issue affecting the well being of youth in or from care, we will address it.

Aren't you retired?

Hell, no. I still have another 22 years to kick ass as I plan to die laughing at the age of 88. It's a power number. Goals.

Isn't it expensive to print?

Very, but I get the best price in town with Budget Printing. (Not a paid ad.)

Why do you have skateboarding stuff in the zine?

Because I found out what a truly inclusive community it is, recent research about the mental health benefits of skateboarding is astounding, and there are a lot of good people out there making a difference in the lives of youth including ones in and from care.

Do you have funding?

No. The zine is supported by subscribers, the kindness of friends and strangers who make donations, an occasional ad (2 in the last 10 issues), and me.

Are you looking for funding?

Yes. Looking for funding that will support and sustain the independent spirit of the zine. Not looking for funding that will entail following policies and procedures or guidelines that will stifle voices and compromise our advocacy efforts.

Please let me know if you have any ideas.

Why do you always put a baby on this page?

Because babies are the best and maybe it's a reminder that we all start out as innocents and it is our journey over the years that shapes who we are. The other thing we all have in common is that we all fare better in life the more kindness, love and respect we are given. Maybe even for a day, try to see people as the little children they once were, and just give whatever you can.

Thanks again for all your support. It is so appreciated. Penny Frazier, Editor



If you are a youth in care or a former youth in care, we want to publish your words, your art, your photos, your lyrics, your expressions and impressions. All submissions pay \$10.

Please email <u>editor@zineandheard.ca</u> or message us on Instagram

<u>@zine_and_heard</u>
Thank you.

MANY THANKS TO ALL OF OUR FOLLOWERS & SUPPORTERS. WE APPRECIATE YOU.

WE ARE LOOKING FOR A POLITICAL CARTOONIST.

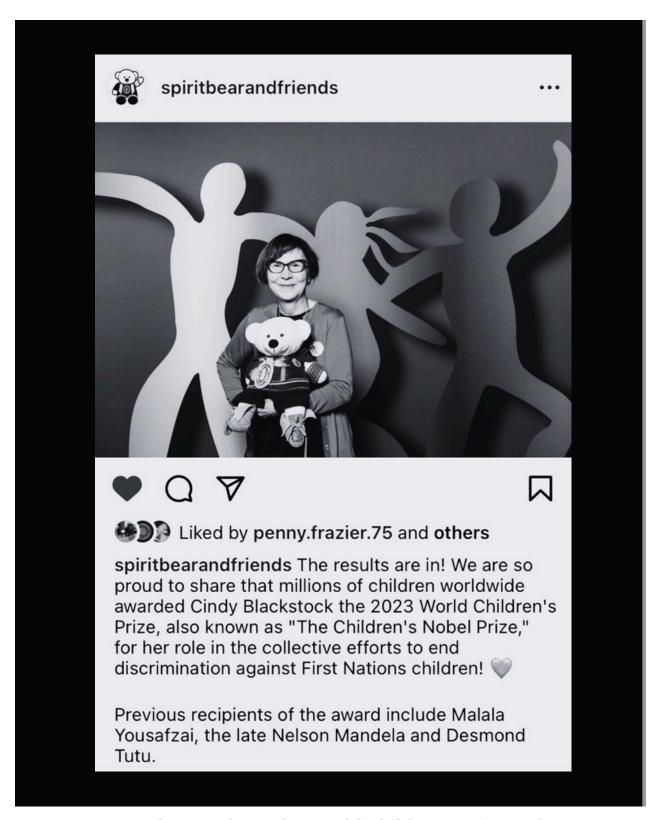
DOESN'T PAY MUCH BUT IT WILL BE FUN &

WILL LOOK GOOD ON YOUR RESUME.



GAME CHANGER!

CONGRATULATIONS CINDY BLACKSTOCK!



Read more about the World Children's Prize and Cindy Blackstock at worldschildrensprize.org



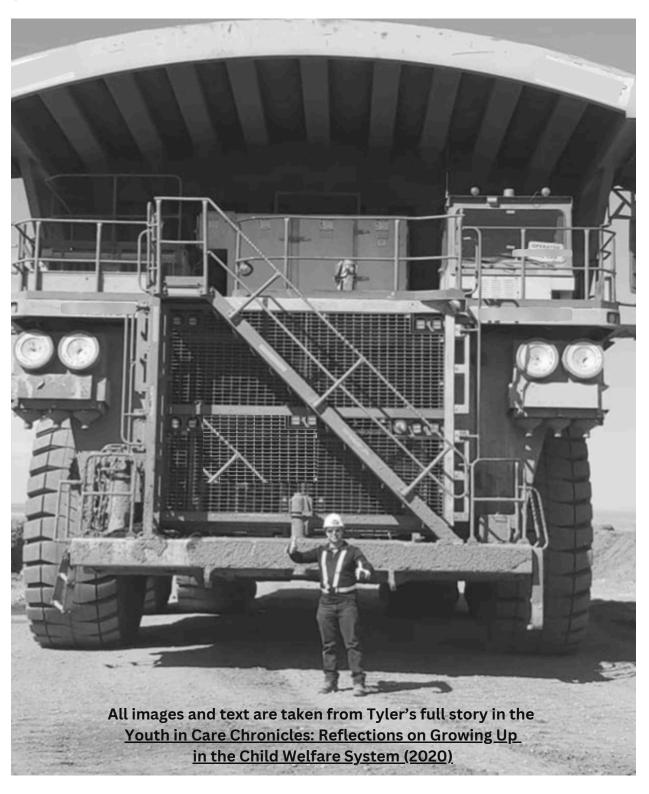
This guy drives a **BIG** truck.

I started out in care when I was around 10 years old. I had anywhere from 10 to 13 placements and I went into an independent living program at the age of 16. My placements were mostly group homes, and I also did a lot of shifting between my mom and dad and my grandparents.

I went to two junior high schools and one high school. Even though I moved around a lot, my worker always made sure I never had to change schools. That was big. Even if it was a different city, they made sure I got to go. They would have cabs or youth workers take me all the way to Spruce Grove from Edmonton or Leduc from Edmonton. I think not moving around from school to school really contributed to my academic success. I enrolled in the Registered Apprenticeship Program (RAP) there graduated six months early and left high school with 140 credits. I took the Culinary Arts Program at the Northern Alberta Institute of Technology (NAIT) and went on to work in that industry for a few years. I loved it but I knew I needed to make more money to reach my goals so I went into business management and security and starrted my own painting business. I did that for a while but after my divorce, I knew that I had to do something different. So, I asked one of my best friends who had also grown up in care, what he thought I would be good at and he suggested heavy equipment operating. He reminded me that I could still qualify for a bursary for children who grew up in care, but I only had one year left before I no longer

qualified. So, I got funding, took the advanced course and went on to work in the fracking industry, driving semi-trucks all over Canada. It was getting hard to find work after a while so I looked at other opportunities and saw my dream job - driving the world's biggest trucks. I applied, got the job right on the spot and have been there since. I have benefits, a pension and I love what I do.

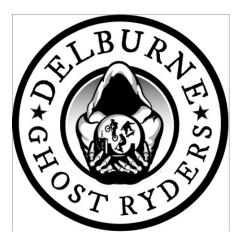
Tyler, Author in the Youth in Care Chronicles



Giving back through story telling.

I feel like one of the greatest things you can do as a human being is tell stories. Storytelling has a way to move your heart, move your spirit, gives you something to strive for - like a hero's journey. A lot of us have that opportunity to give back through our stories. It's hard. It's not easy. It's not easy especially if you have had trauma or experienced certain things that are very vulnerable and give you insecurities but if you are able to give back through your story you may change or challenge or give somebody a course of action in their lives and I believe that is where human beings and storytelling are at their greatest. **Mikey Doucet Photo** supplied Mikey Doucet

Mikey is a former youth in care from the US. Please follow his inspirational videos on <u>YouTube</u> and/or follow him on Instagram <u>@mikeydoucet</u> or <u>Mikey Doucet on FB.</u>



THE YEAR THAT WAS 2022 - 2023

Community. That is what the past year has been about for the Delburne Ghost Ryders. Building the Community. Supporting the Community. Valuing the Community.

Over the past 12 months the Ghost Ryders have been involved in some of the most incredible skatepark events imaginable. Memories made, hearts filled...it was a good time to be a Ghost Ryder.

The local skatepark community continued to grow this year as we welcomed seasoned BMX ryders to our community. These fine folks began mentoring our youth, resulting in the most BMX competitors ever at our June skatepark competition.

Mentoring continued as we assisted the Lindsay Thurber Skateboard team with their first ever school-sanctioned skatepark competition. This successful session, held at Sylvan Lake's indoor Incline park, proved that the Central Alberta community is growing in the right direction.

We continued to value the community through our own skatepark competition. The 6th annual, held on the 6th of the 6th, was attended by over 74 competitors from 14 different schools. On this day we had more sponsors, family, and special guests than ever before supporting this one of a kind school-sanctioned event. We were humbled by the inclusive nature of this community, as we witnessed first hand that this day was not about winning but being a part of something special. Of belonging to a community that cared.

The Delburne Ghost Ryders also experienced a sense of belonging too, through supporting various amazing initiatives; whether it be through

monetary donations, sharing social media posts or showing up to be a visible part of public events. Academy Skateboard Collective's Adaptive Skateboard session in YYC with Dan 'The Man' Mancina and the Push to Heal x WSS Journey from Darkness into Light filled our hearts, and firmly reinforced the idea that through a kind, compassionate and inclusive community, we are part of a better world.

We were humbled by the inclusive nature of this community, as we witnessed first hand that this day was not about winning but being a part of something special.

Of belonging to a community that cared.

The future is bright.

As always, we have a tonne of folks to thank for making this past year so special for so many in the skatepark community. Thank you seems so inadequate...

Industry Skate and Snow / Zine and Heard / Academy Skateboard Collective / Central Alberta Skateboard Association / Bird and Ink / Wipeout Ski and Bike / / Savage Four Ride / Raiders Skateboarding / Sals Skateshop / Wild Bird Designs / SkatePark Tour / White Frog Canada



Delburne Ghost Ryders - June 2023

Many thanks to Stephen Banks and the Delburne Ghost Ryders for sharing the highlights of their season with us. So much good going on.

IN OTHER SKATE NEWS......

We will be publishing another Skate Zine in May 2024 so will be looking for stories from youth in and from care about how skateboarding has impacted their life, from skate groups on how they are inspiring their communities, and from local skate shops about the work they are doing to support skaters, groups and events.

Have a great winter, everyone! We will be in touch!

SEE THIS NEXT PAGE?

Send us a picture of your punk dog and we will use it in our next YEAH DAWG! ad for the HUMZINER of a fundraiser coming up in 2024.

You know you want to.

DONATION REQUEST

For the Silent Auction we are rounding up signed band merch, collectible band merch, other cool band merch, skateboards, skateboard merch, vintage posters, original art, and some surprises.

Trust.

So please let us know if you have something you would like to donate in one of those categories. "Other cool stuff" is pretty wide open!

Please email editor@zineandheard.ca

or message us on Instagram.

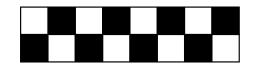
Stay tuned for updates in the zine and on Instagram <u>@zine_and_heard</u>

Thank you. Thank you.



YEAH DAWG!

The HUMZINER of Fundraiser for Zine & HEARD is BACK! Late May / Early June 2024 ALL-AGES PUNK SHOW! SILENT AUCTION! LOTSA GIVEAWAYS! **Def Date** & Deats in December!



INDIAN RESIDENTIAL SCHOOLS CRISIS LINE 24- HOUR 1-866-925-4419

YOUTH EMERGENCY SHELTER (Y.E.S.S.) 780-468-7070 24/7 24 HOURS ACCESS 24/7 - 24 HOUR

Crisis and Intake Services - 780-424-2424

KIDS HELP PHONE - 24 HOUR

Call 1-800-668-6868 Facebook Messenger
Text CONNECT to 686868

NACIS CRISIS LINE - 24 HOUR

780-422-2001

1-888-456-4566 24 HOUR

CMHA DISTRESS LINE - 24 HOUR 780-482-4357 (HELP) KICKSTAND CONNECT

mykickstand.ca/online-care#resources

OFFICE OF THE YOUTH & CHILD ADVOCATE

If you have questions about your rights as a young person, need legal help, or need to speak out, we're here for you.

Talk to Us: Toll-free: (800) 661-3446

Monday - Friday 8:15 AM - 4:30 PM

NORTHERN ALBERTA Call: (780) 422-6056

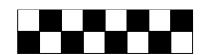
SOUTHERN ALBERTA Call: (403) 297-8435

ACCESS OPEN MINDS

ACCESS Open Minds Edmonton is a walk-in service for individuals 16-25 years old. Young people and their families can walk-in during open clinic hours and will be seen on a first come first serve basis.

MONDAY - FRIDAY 12:00-5:00PM 780-887-9781

NEED TO CONNECT? DIAL 211 24 HOURS





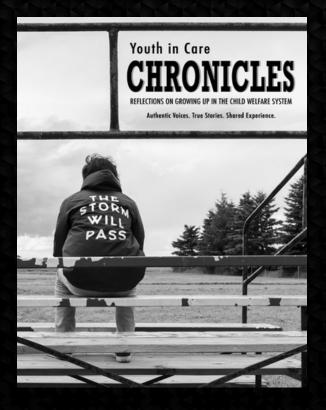
Many thanks to the Friends of Zine & HEARD

OFFICE OF THE CHILD & YOUTH ADVOCATE
CHIMO YOUTH RETREAT CENTRE
ANNE STEVENSON - WARD O-DAY'MIN COUNCILLOR
DAVE HOUSEMAN JOE BUFFALO NIK KOZUB
BERNADETTE IAHTAIL & CREATING HOPE SOCIETY
OMAR MORENO GATEWAY ASSOCIATION CALGARY

DELBURNE GHOST RYDERS DR. MELANIE DOUCET **COLLEEN THOMPSON CADENCE LEADERSHIP & COMMUNICATION INC.** CLINT FRAZIER HIGHER KNOWLEDGE aka BRYANT DORAND **VALISSA THOMSON** TOMMY TWO DOGS JAN MASLYK ANONYMOUS X 7 MARISA MCKINNEY CHEYANNE CARLSON-WHITE LYLE BELL MARLEY-JAY LOCAL 124 SKATEBOARDS & LONGBOARDS **JOEL PIPPUS BUD FRASIER & THE ELECTRIC RAZORS MARTIN HIDINGER** P.E. K.P. L.U. MELISSA PETERS MIKE GOSSELIN **ROWENA CUI VIVIAN TIDSBURY AMY THORSEN OPTIMAL PAINTING LTD** KIM MCDONALD LIANA SUPPLE K. MATHESON **DIANA BATTEN, MLA**

We need your support

Zine & HEARD is made possible by the donations of friends & the kindness of strangers, limited advertising, random sponsorships & fierce passion. Please contact editor@zineandheard.ca or visit www.zineandheard.ca/support for more information & thank you so much. We appreciate it.



18 former youth in care from Alberta tell their stories in YOUTH IN CARE CHRONICLES: Reflections on Growing Up in the Child Welfare System

Available at

<u>Amazon</u>

&

<u>Audreys</u>

All proceeds go to fund projects for youth in care.

Shirley Ann Waquan



You are not forgotten

Shirley Ann Waquan was last seen in downtown Fort McMurray on Canada Day of 2007. The 48-year-old was reported missing four days later on July 5th. RCMP continue to investigate her disappearance and note she was also known to frequent the City of Edmonton.

At the time of her disappearance, Shirley was approximately 5'3" tall, weighed 198 pounds, had brown hair and brown eyes. She has a tattoo on her right wrist that says "SHIRL" and is missing several teeth.

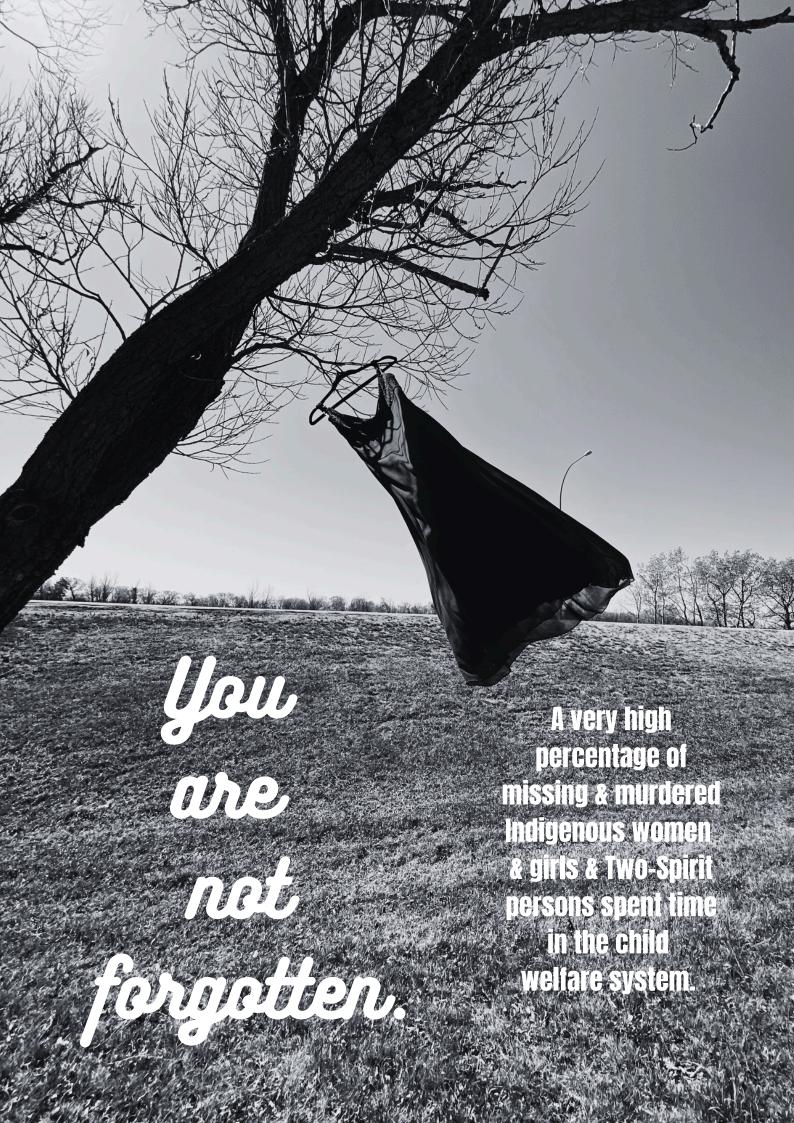
If you have any information regarding the whereabouts of Shirley Ann Waquan please contact the Wood Buffalo RCMP at 780-788-4040.

A report card on the MMIWG inquiry's calls for justice CBC - JUNE 5, 2023

Excerpt

It's been four years since the National Inquiry into Missing and Murdered Indigenous Women and Girls <u>released 231 calls for justice</u>. Those calls tackled 18 areas needing reform, including education, justice and health. To date, only two of the 231 calls have been completed — and more than half haven't even been started, according to CBC's analysis.

Read full article at cbc.ca

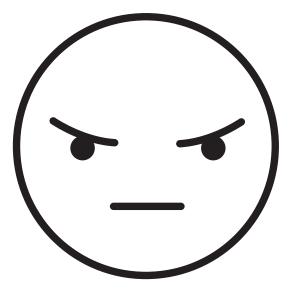


ALBERTA GOVERNMENT

Save" \$14 Million per year cutting benefits to youth aging out of care.

Spend \$24.5 billion on health care per year.

One of these things doesn't belong here.



RAISE
THE AGE.
LOWER
THE STATS.

You do not need to do a study.
You do not need another report.
You need to do the right thing,
right now.

Youth aging out of the child welfare system are far more likely than their peers to experience low academic achievement; unemployment and underemployment; social assistance and poverty; homelessness and housing insecurity; criminal justice system involvement; early parenthood; mental health disorders and substance abuse.

LINK - <u>Exploring Youth Outcomes After Aging out of Care</u> <u>by Jane Kovarikova</u>

Recent Canadian research has also confirmed that compared to their peers, youth who age out of care are 5 times more likely to <u>die before the age of 25</u>.

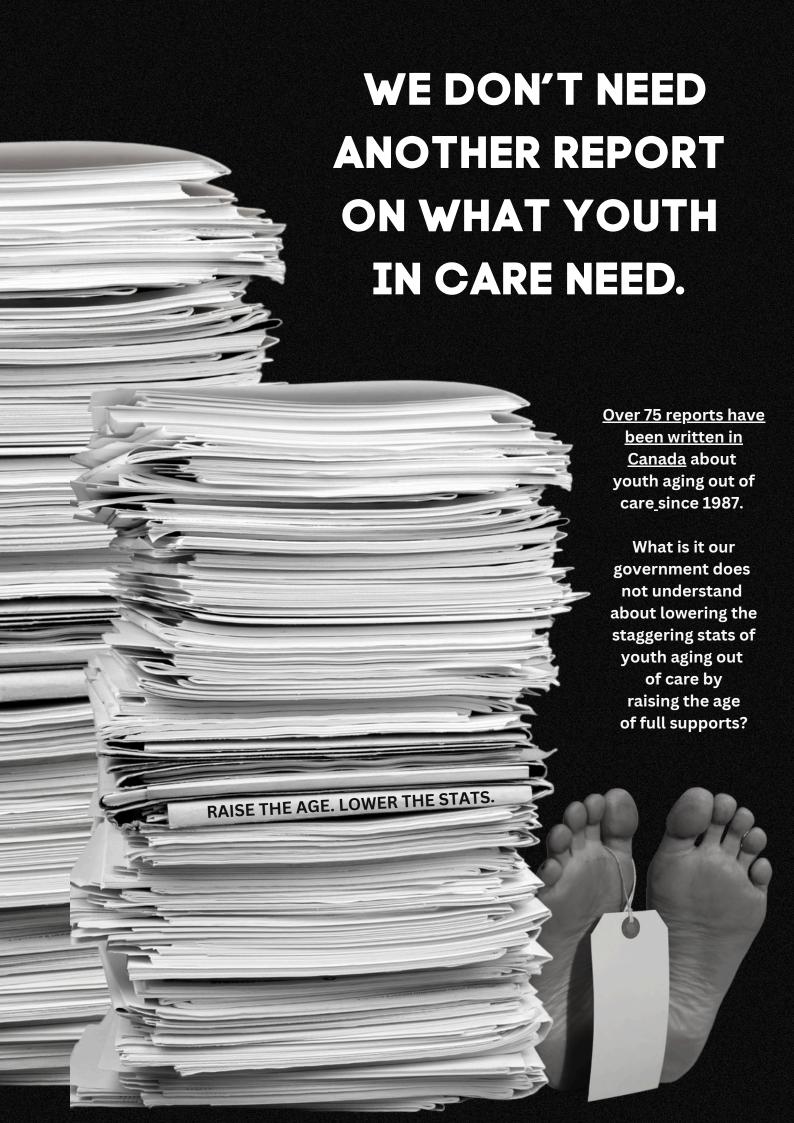
Link - Tyee - May 2018

These are <u>health care issues!</u>

Cutting benefits to youth in care was careless and calloused and it has cost far money more than it has "saved".

It has also cost young people their hopes, their dreams,

and their lives.



Dear Alberta Government,

We want more headway not more headstones.

Yours truly, Youth in Care

RAISE
THE
AGE.
LOWER
THE
STATS.

