

Zine & HEARD

Amplifying Voices of Youth From Care

**JUNE 2024
ISSUE #17**



**PHOTO BY
YP VISUALS**

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 from 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 from care everywhere.

WHY

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



QUOTE: Jeff Woods ARTWORK: Chasm Frazier

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EDITOR

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COVER

T.J. Thompson
aka Vintage \$oul

COVER PHOTO

YP Visuals

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Youth in Care Chronicles

I longed to be part of something again.
To be known and accepted.
To hear my name.
No one ever said my name anymore.
I never told anyone who I was
for fear of being found out.
For what?
I didn't know.
I had forgotten years ago.
I slumped forward on the bench
and held my head in my hands,
trying to remember
how my name sounded.
I spelled it aloud to myself.
J-E-S-S-E.

-- Jesse Thistle --
Best Selling Author of
From the Ashes: My Story of Being Metis.
Homeless and Finding My Way Home
and
Scars & Stars

Jesse spent many years in both the child welfare
and adult correctional systems.

CONNECT WITH YOUR CITY.

The City of Edmonton has a range of resource focused on supporting youth in our city. Check out these opportunities and more by searching "youth" at edmonton.ca!

Summer Youth Pass \$35 for unlimited rec centre access!

Nîkâniw Indigenous Youth Cultural teachings and lifeguard
Leadership Program training for Indigenous youth

After School Programs Free drop-in sports, cultural, social,
and academic programs

Leaders in Training Volunteer opportunities at the City


Councillor

**ANNE
STEVENSON**

Serving Ward O-day'min

REACH OUT ANYTIME.

anne.stevenson@edmonton.ca

 [edmonton_anne](https://www.instagram.com/edmonton_anne)

MUCH LOVE & MANY THANKS

Since January of 2023, over 90 youth from care from age 16 to 65 have contributed their stories, art and music on the pages of Zine & HEARD to raise awareness about the child welfare system. So happy to say it is in so many ways.

This small but mighty publication continues to expand its reach to universities, libraries, community organizations, politicians, and caring individuals across Alberta and beyond. We have an ever-growing mailing list, over 1000 followers on Instagram and positive feedback continues to flow in every week. So much love and thanks to all who have contributed.

If you are a youth from care who would like to share your words, art or music with us please reach out to us by email at editor@zineandheard.ca or by messaging us on Instagram @zine_and_heard. We look forward to hearing from you and thank you for your courage and light.

Penny Frazier
Editor, Zine & HEARD

P.S. RAISE THE AGE. LOWER THE STATS.



NATIONAL INDIGENOUS PEOPLE'S DAY

JUNE 19, 2024
TIME: 3 - 7PM

INCLUSIVE TO EVERYONE



THIS IS A FREE EVENT.

BOUNCY CASTLE - KIDS CORNER - BANNOCK - PERFORMERS - VENDORS
ACTIVITY TENTS - CULTURAL ACTIVITIES - SWAG BAGS

LOCATION: YMCA CASTLEDOWNS 11510 153 AVENUE NW, EDMONTON, AB



FOR MORE INFORMATION CALL CAMILLIA AT CREATING HOPE SOCIETY: 587.590.4247 OR
EMAIL SHCW.CENTRAL@CREATINGHOPESOCIETY.CA

JUNE IS INDIGENOUS HISTORY MONTH.

READ A BOOK. WATCH A FILM. GO TO AN INDIGENOUS EVENT.

BE ADVENTUROUS. ENGAGE. DISCOVER. LEARN. SHARE.

EVERY CHILD MATTERS

I wrote Every Child Matters about 2.5 years ago but it was unreleased. I showed it to all my school people and they were all like yeah - do it. I showed more people and then I recorded it at Soundproof Studios here in Edmonton. SonikHipHop directed and produced the video. He also shot the MMIW video we did last year. He is phenomenal - an excellent director. It seems like all he has to do is look at a clip on a piece of paper and he knows what to do. He's also a very good speaker and knows what he is talking about.

We spent about 3 months planning how and where we were going to shoot the music video. We shot it in a beautiful Indigenous park developed by Louis Cardinal. He made it so people who can't go out of town to ceremonies and sweats and round dances have a place to go in the city.

This issue is important to me on a deep level. Children who went to residential schools have been found in unmarked graves for a long time and to this day they are still being found. Every Child Matters is also about child welfare taking children away from their families today. I try to correlate the things that happened back in the day to what is happening now. It's important to me because we are still going through some of the same things.

I hope everyone enjoys it. I hope that everyone who watches it takes their time understanding the lyrics because the words may be triggering to Indigenous people. I want to send my love to each and every person who is dealing with something and at the end of the day we are going to make it. We have to keep fighting for ourselves and our children and mothers and our brothers and sisters.

Love 999. Hiy Hiy and Aho! [@callmeconz999.official](https://www.instagram.com/callmeconz999)



WATCH EVERY CHILD MATTERS
CALLMECONZ999 ON YOUTUBE



**We Help
Youth Help
Themselves.**



Register now for
fall classes at
innercity.ca

**THIS SEPTEMBER START YOUR HIGH SCHOOL DIPLOMA
AT A DIFFERENT KIND OF HIGH SCHOOL.**

Arts. Academics. Sports. Supports.

Tel. (780) 424-9425
11205 101 St., Edmonton, AB T5G 2A4



**Inner City High School
& Youth Engagement Program**

Inner City High School



Flexible Classes + Supports

Have you heard of Inner City High School? It's an independent accredited school in central Edmonton. For over 30 years, they've offered academic and arts based classes for students aged 15 to 19. The school provides opportunities for Edmonton's marginalized Indigenous and other urban youth, to earn a high school diploma.

At Inner City, youth can develop skills and can lead to full-time employment and prevent a return to a life on the street. The school offers a flexible, structured environment with small class sizes. Students receive individual and small group

supports to address their unique needs and bridge the gaps in their education. Inner City's graduates are equipped to attend Alberta's colleges and universities. Inner City wants all students to become contributing members of the community.

All students have direct access to Youth Engagement staff who can help solve legal, medical and housing issues. There's also free breakfasts, free hot lunches and snacks provided all school year.

Register for fall classes on their website at www.innercity.ca or call (780) 424-9425. They are at 11205 101 St., Edmonton, AB T5G 2A4

www.innercity.ca

Protection

TRIGGER WARNINGS

Alcohol. Drugs. Suicide. Sexual Assault. Violence.

Protection comes in many forms:

Community, weapons, spells, feelings, and condoms.

Protection for my 5 year old self was my first stuffie, a glow-in-the-dark Love-A-Lot Care Bear.

Protection for my 10 year old self was in the home of my childhood best friend and our belief of witchcraft.

Protection for 13 year old me was mace.

Protection for 15 year old me was alcohol, preferably vodka.

Protection for the 17 year old me was ketamine.

Protection for the most vulnerable versions of myself was the decency of men to put on condoms before raping me.

Growing up I was taught protection is earned, protection is a privilege that can be revoked at any time.

Since I was 18 I've acquired multiple weapons I'll probably never use on anybody, besides myself, as protection.

I feel like I'm a pro at protection.

Even the worst versions of myself have found protection one way or another.

When I was 8, protection was in my grandma's home before she died.

When I was 9, protection was understanding what suicide was and knowing I could end my life whenever I wanted.

When I was 11 I found out suicide wasn't as easy as I once believed.

When I was 12, I started smoking cigarettes and figuring out what alcohol I liked. (Vodka protected me until I was 18)

When I was 12 I also found protection in the form of self-harm and suicide attempts.

When I was 14, protection was my Tuesday and Thursday shifts at the Hospice I volunteered in.

When I was 16 I thought money was the best form of protection, I had 15,000 dollars from my grandpa's inheritance, I thought that money would last a lifetime.

When I was 16 and homeless for the first time I genuinely didn't know if I would make it out alive.

When I was 18 sobriety became my protection.

I was 19 when I met a boy who would change my life ultimately for the better, no matter what I had to go through to get there.

When I was 20 I thought that boy was my protection, somehow he saved me from my mother, what was the harm in thinking he could save me from myself?

When I was 20 I became homeless again, I found protection in my relationship, people on the streets, and youth workers.

When I was 21 when I was diagnosed with Borderline Personality Disorder (BPD) I did so much research and therapy to figure out how to protect myself and my relationship, I stayed unmedicated.

When I was 21 and no longer in that relationship alcohol once again became my protection, this time it was tequila.

When I was 21 and no longer in that relationship I was raped and became pregnant, safe to say condoms can't protect you from everything.

When I was in the middle of 21 I was in a relationship with alcohol, self harm, and drugs.

When I was in the first 2 months of 22 I started using self-harm as my protection again. If I could hurt myself badly enough maybe someone would save me.

When I was in the first 2 months of 22, I chased suicide and begged it to be my protection for months, that was if the alcohol didn't kill me first.

When I was in the second month of 22 I was admitted to the psych ward, I couldn't protect myself and neither could suicide.

When I was in the psych ward I decided the only way to protect myself would be to get sober, and figure out who I am.

I'm still 22 but I've discovered having people who can love you unconditionally is the ultimate form of protection, they'll love you when you can't even love yourself.

I'm still 22 but I've realized that I still have a hard time living without feeling like I have to look over my shoulder.

I'm still 22 and I recently bought a new knife for protection.

I imagine I won't use it on anyone, I tend to freeze or fawn when put in bad situations.

I'm still 22 and I have a Love-A-Lot Care Bear again, along with my collection of other stuffies, having them makes me feel protected.

I'm almost 23 (2 months out) and I'm learning what it means to have healthy, stable relationships with parental figures.

I'm almost 23 and I think I've figured out that "protection" isn't something you can buy, use, or take away.

I've always struggled with feeling safe with myself and others, but when I have consistent stability everything feels okay.

Rainnah Lily

ON THE COVER

T.J. Thompson aka Vintage \$oul, a 21 year old independent lyricist from Edmonton, uses his music to address the everyday struggles faced by individuals in his city. With heartfelt lyrics and captivating storytelling, Vintage \$oul sheds light on his past issues with family, housing, and addiction, aiming to inspire and connect with listeners on a profound level. In addition to his music career, Vintage \$oul also established "River City Radio" in March 2023, providing a platform for local artists to thrive and express their unique voices. With his unwavering dedication and raw talent, Vintage \$oul continues to make waves in the music industry, leaving a lasting impact on his community. Stay tuned for his evolving sound and thought-provoking messages.



Photo by Jordan Plunkett

WHERE I'M FROM

I spent most of my life in Edmonton with my mom and two younger brothers. We were all born pretty close together so it was pretty hectic for her as she was a young mother. She didn't have an easy upbringing either. I guess I would say I remember moving around a lot as a kid. My parents split up when I was around 3 and I think they had a weekly visiting arrangement until I was 5 and that is the last time I saw my father.

We eventually settled in St. Albert when I was 10 with my stepfather which was good to begin with but when his younger brother died from suicide, he took a cold, dark turn and so did our lives. A lot of bad things happened and my brothers and I were often separated and became really disconnected over time. It was around this time when I started writing as a way to express myself. It was a way to talk about it.

I ran away when I was 16 and started staying with my aunt in Edmonton. I had been planning to leave since I was around 12. My brother ran away too but to somewhere else. It was rough times.

I was pretty messed up at that time and eventually my aunt got tired of dealing with me and my drug use and other teen-related issues. Then I went to live with my dad but that was short-lived. He wasn't a good influence in my life. He went to jail and I tried to afford his place but I couldn't which led to me being homeless.

A lot of bad things happened and my brothers and I were often separated and we became really disconnected over time. It was around this time when I started writing as a way to express myself.

I experienced homelessness in Edmonton for a while and that is when I moved back to St. Albert and enrolled myself in school even though I was still homeless. An outreach worker at the school discovered what my living situation was - looking for places to stay night to night and week to week. She helped me get supports and funding from Children's Services and that is when I was able to live with my brother because I could pay rent. Then I moved in with my girl friend in Edmonton and I started writing more about the city because living on 118th Avenue really expanded my life experience. I became homeless again when the relationship broke down and that is when a friend of mine brought me home to his place and I settled there for quite a while. His father gave me a job at his business and I was able to save up rent and a damage deposit and got my own place in St. Albert. That was a real turning point for me. Eventually I moved to Edmonton again and still reside there.

WHERE I'M AT

It was around November 2022 when I really started to settle down. I was living in Edmonton and I'd already been rapping and doing little side things. Then my friends heard me rapping and were like - why aren't you doing this? So I got into it more. I was trying to find some local hip-hop station that could grow my music because I was just starting out. Turned out there was nothing for new artists and there was no media. So I decided to create my own way to promote people, reached out to a bunch of new artists to share my vision, and most of them were down for it. So it just kind of launched off from there and I started River City Radio. We specialize in Hip-Hop, R&B and Afroswing, offering a dedicated platform for local artists to network and amplify their music. Beyond broadcasting, we provide exclusive services such as filmed interviews, engaging Q&A articles and complimentary Spotify playlist promotion for new releases. I'm throwing my 8th Soundwave Sunday at the Foundry on Whyte June 9th. There are 10 artists on the roster with Open Mic to follow.

What I love about new artists is their motivation for and their commitment to the music scene in Edmonton. A lot of artists are more established and they've kind of left Edmonton behind so to keep building Edmonton, I feel like we need to focus on all artists no matter how little the scene is. Supporting local is so important. The other reason I'm doing music is for my legacy. I want to leave a legacy, just something to leave, you know for the next generation.

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“YEG REALITY”

**Fuck who says I’m doing wrong in my life
I’m doing what I please no wrong or a right
Life is short and my heads full of strife
So you better think twice before you cause a fight**

**You better think twice before you cause a scene
Homies posted up this city made us mean
Made us pop pills and drink lean I’ve been clean
Opioid free now I’m pursuing my dreams**

**Coming from YEG that shit means a lot
Over here we used to seeing fiends and the cops
Where fent and down are the cream of the crop
Heads also be spinning the pint and the rock**

**The whole fucking city is mentally ill
Reach forty below yet the city don’t chill
Not safe in the burbs you can still get killed
Just don’t be a rat and you won’t get filled**

**I’m fucking sick of this place I live in
Where fathers take pride in going to prison
Mothers get high and ignore the children
But file a report when the child is missing**

**The child’s a teen and is now addicted
Couldn’t pay rent and is now evicted
Turned to the streets the teen conflicted
Lost in the system as predicted**

**Social programs keep being defunded
Less shelters yet buildings are flooded
More police no problem confronted
Seems like a scheme to keep it a hundred
Now you wonder why the crisis is worse,
Push homeless on the street
Cops treat them like dirt
Another OD covered stretcher no hearse
Exposed too much feds recording my verse**

**That young man is gōing insane
No ma’am I’ve expanded my brain
Expose people dying in pitiful vain
The woke tied down in federal chains**

**Uncover the truth display our pain
Reveal the control that keeps us tame
Bills and taxes it’s all the same
Enslaved to money it’s time to change**

Chorus



***The child’s a teen
and is now addicted
Couldn’t pay rent
and is now evicted
Turned to the streets
the teen conflicted
Lost in the system
as predicted***

CONNECT

@vintage.soul.music

@rivercityradio

rivercityradio.ca

vintagesoulmusic.ca

WHERE I'M GOING

While I am still making my own music, I've decided to take a step back from River City Radio for a while. The time management of doing all the editing, the planning, the posting, keeping up with Spotify, hitting up all the artists, keeping track of submissions, reviewing submissions, making all the videos, organizing shows, making the posters and connecting with venues is a lot to handle. A lot of people don't realize how much work goes into it. It's also tough financially. It's basically been thousands of volunteer hours and while

I love it, I had to make some life decisions.

I am currently focused on my education.

I had good marks in high school but my home situation and attendance was my downfall so

I am currently enrolled in upgrading at Norquest.

I will follow that up with the Bachelor of Social

Work Program at MacEwan. After that, I am

thinking about the Radio and Television Program

at NAIT as well as Journalism. I think I could combine the three paths and my life experience to do something pretty exciting in the community.



Photo by YP Visuals
for an episode of Rappaholic TV.

Many times in my life I hung out with wrong people. I wasn't doing good activities.

But the at the same time I was meeting other people and I was telling them about wanting to better myself. I started believing that I could and I did. I'm pretty happy that I'm living a different life now. It is frustrating being an artist sometimes, though. There are some people who think you should fit a certain image but at the end of the day, I am just being me. I'm not trying to be like anyone else. What I like most about making music is the chance to be heard. That's a big reason why I started. In the past,

I felt like I was unheard but now I feel like my own opinions do matter because people do listen. I chose the name Vintage \$oul because all my friends are older than me and they used to tell me I was old school and an old soul and it kind of made sense. It still does.

If I could tell youth who are struggling with homelessness or addictions anything it would be that there is more to¹⁸ life - change your perspective. Pay for your needs¹ before your wants and your wants will come with ease.

I have been a big supporter of all Edmonton sports teams since I was a kid. Oilers, Eskimos/Elks, Stingers, Oil Kings, Riverhawks. I would love nothing more than to see the Oilers win the Stanley Cup and if you want to know where I'll be for all the home games ...turn the page!

LET'S GO OILERS!



Photo by
CAINE ERICKSON
[@mintcaptures](https://www.instagram.com/mintcaptures)

WALK FOR JUSTICE



IN HONOR OF ALL MISSING, MURDERED AND EXPLOITED INDIGENOUS MEN AND BOYS AFFECTED BY SYSTEMIC RACISM AND ONGOING GENOCIDE STILL BEING UPHOLD BY THE GOVERNMENT OF CANADA

THE TIME FOR ACTION IS NOW

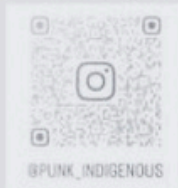
June 23 @ 9AM - AB Legislative Grounds (Edmonton, AB)
Opening Ceremony

June 24 @ 6PM - Peter Bull Memorial Center (Louis Bull)

June 25 @ 1:30PM - City Hall (Red Deer, AB)

June 30 @ 6PM - Legislative Grounds (Calgary, AB)

FOR MORE INFO:
NIKK STONEY-LAMOUCHE (FB)
INSTAGRAM: PUNK_INDIGENOUS



Event is happening rain or shine | Dress accordingly

#NOMORESTOLENBROTHERS #23ICALLSTOACTION
#MMIP #MMMB #BRAIDSFORCOLE #WALKFORJUSTICE

A COLLABORATION BETWEEN:



Nikk Stoney-Lamouche, Zine & HEARD contributor and community activist, will be walking from Edmonton to Calgary from June 23rd to June 30.

“I have only done marches in the city so this is much bigger than anything I have done before. I have been getting in shape. Walking to work. And I got myself a new pair of shoes that I am breaking in. I am looking forward to the whole experience and marching alongside others. I am proud to raise awareness and it is Indigenous History Month so no better time. I hope to see lots of people at the Opening Ceremony on June 23rd. “



Nikk Stoney-Lamouche_@punk_indigenous

JUNE IS PRIDE MONTH



Pride Corner is a vibrant and welcoming space for the LGBTQ2S+ community and allies in Edmonton. It is located at the intersection of Whyte Avenue and 104th Street. Every Friday night, people gather to celebrate diversity and inclusion and counter the messages of street preachers. These street preachers have said homophobic, misogynistic, and outright hateful things to people passing by for over a decade. Pride Corner directly opposes these preachers; we come out because they harass the public.

Pride Corner started as a grassroots initiative by Claire Pearen, who wanted to make the intersection safe and affirming for queer people. Since then, it has become a popular and festive event, attracting support from local politicians, businesses and residents. In May 2022, the City of Edmonton officially recognized Pride Corner as a heritage area, acknowledging its significance to the history and culture of Edmonton's LGBT community. This is the first time in Edmonton's history that such a place has been declared a space by the mayor and has since been acknowledged through signage.

pridecorner.ca

**EVERY DAY IS A GOOD
DAY TO SPREAD LOVE.**

Unbecoming Mother

My time in care started at just two days old

The nurse saw mother shaking me as hard as she could

Mother of course was reported and they took me away

Mother denies this, says she's only ever done good and that the stupid nurse should have minded her business if she knew what was good

Took me away to where and with who

Documents, from a time before computers were the normal, it seems all my early years were improperly recorded and my existence can barely

be confirmed by anyone including my own family and all my old workers

The only thing anyone truly knows is that my name must be mine and my date of birth too

Scattered papers and notes by the occasional doctor confirming my milestones and lack of are the only things that detail a life before three

At three they decide to pass me back to mother, the system is too crowded and she said she's doing better

Mother hasn't attempted suicide in 4 years and apparently only smokes hourly and is sober mostly

That's what she says

They unfortunately take her word

Except now I don't know this mother

she is a stranger that commands

I respect her and I'm small and confused

so I stand still and don't move

I stay in place and stare at my feet

This seems to anger her

I just came from the other mother but mother insists she is mother and not the other mother

but I've already had so many mothers

that I thought other mothers were all the

mother other people had but now mother

mother is sliding in trying to assume rightful place and I'm not fond of her or her ways

but she checks all the boxes so I'm uprooted again and dumped with my few things back

at her dump of a place

No one bothers to check on me

I'm alone with mother and she

immediately sinks her claws into my skin foreshadowing years

of hardship to begin

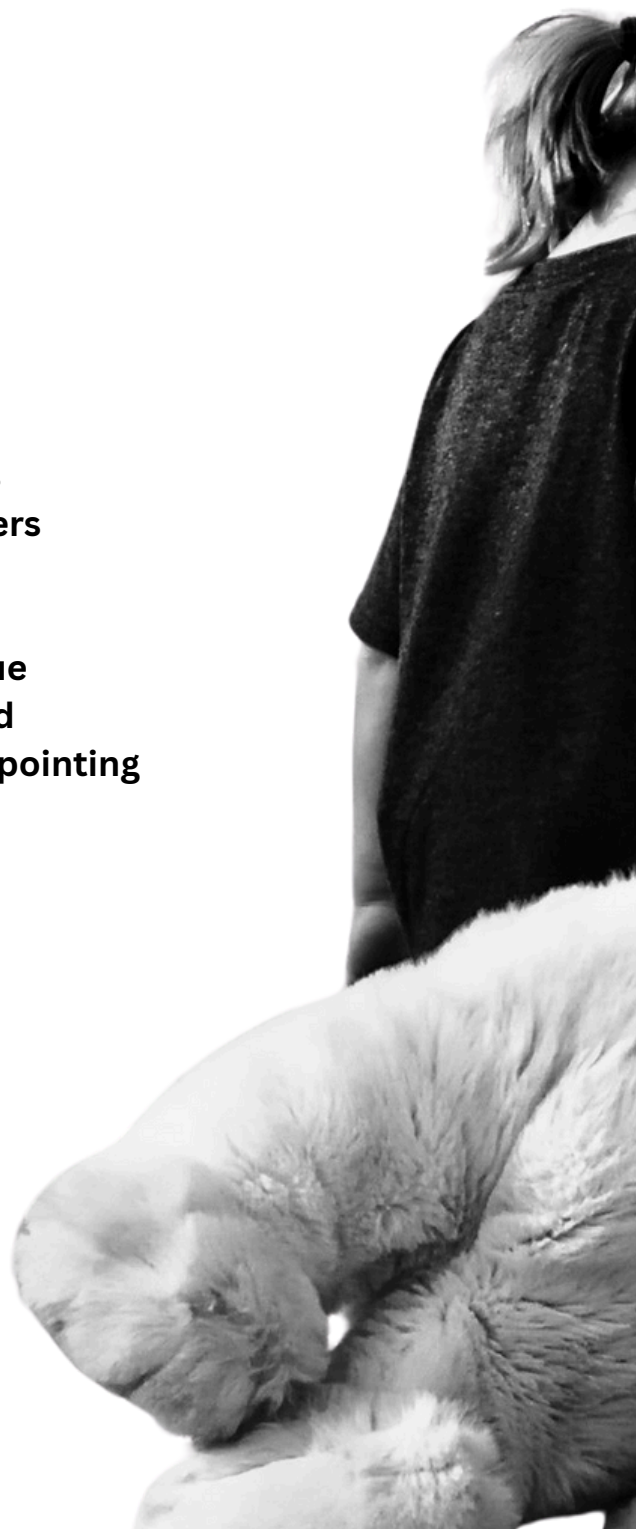


This story isn't about father and his immeasurable failure
as a parent so we won't even bother talking about him
Just know that he exists and that he's just like mother, clean enough to
stumble into family court but not clean enough to see his daughters
We stick to talking about mother and the stress that she recalls
I brought her
The burden of raising a child she said was a mistake
We will talk about a short life filled only with poverty and problems passed
down to me and before that to mother from her mother and from a mile
long list of mothers before us all with the same troubles that no one ever
dared speak about so now I carry them with me,
a lineage of whispers so dark that only closed doors have seen
the wickedness of men's mark

We will talk about healing and mourning
a childhood that happened too fast and
sometimes too slow and about how growing
up faster than all your friends while only
a number in the foster system makes a
teenager nothing but tired and defeated
which when unhealed, turns to anger in
adulthood and anger has to become love or the
story will repeat itself until something chooses to
change, because in the end as they say all darkness
is eventually commanded into the light even Mothers

I am mothers daughter
It's a fact that still leaves a bitter taste on my tongue
when spoken out loud, but the truth is the truth and
the truth is that reality is sometimes horribly disappointing

I am a woman now
No longer a girl
And this is my heart being etched onto paper
My story laid out so I can see it better
For years I have carried anger towards mother
I have felt a twisted sense of comfort in my
all consuming resentment towards her but
resentment has a way of showing itself in all
the things you do and when you ignore it you
give it the power to be blown right back into
your face - all of that anger carried again and
again by the next of kin until it's laid to rest
by someone finally willing



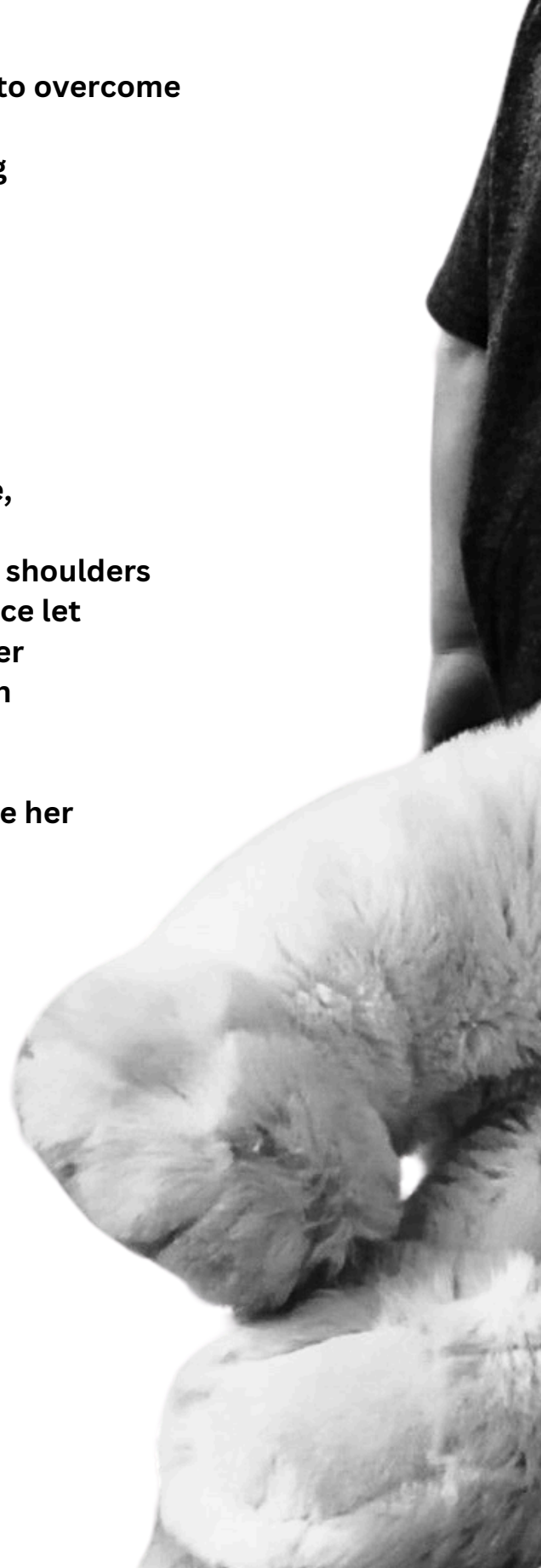
Resenting mother has never effected her,
instead it has only seemed to have affected me
It has been a heavy, constant stone that I carry
in my arms weighing me down and poisoning
my joy for the present
with intertwining sadness for my past

Today I choose to let go
Today I choose to forgive
Choosing forgiveness has taken me over a decade to overcome
Today I share my story about unbecoming mother
How I am unravelling from her poison and breaking
generational chains
I am from mother but I am not of her
I am set apart, her nature is not my nature
and her thoughts, her actions, her beliefs
and her failure to love her own children are
not my personal failures to continue carrying

I am me, mothers daughter but not mothers failure,
no longer woven into her existence
No longer willing to carry her unhealed pain on my shoulders
Mother deserved better, she too was a little girl once let
down by people who had a responsibility to love her
but she made a mistake when she became a woman
who had a little girl
And to that little girl she would whisper and sneer
that no one could love her because she was just like her
The little girl guarded her heart as best she could
and surrounded herself with people
who saw only the good

Now Mother who is getting on in years
will someday have to see that the ghost
of her actions carry disease
I hope one day too she will choose to
lay her heavy stone to rest alongside
the daughter
she doesn't accept

Adafia Niebergall



HE WORKS...AND HE PLAYS

There are many reasons you hire someone for a position.

I look for attributes that are critical to the success of the program in which they will be employed. Take Kennedy Higginbotham who is the youth worker for the All Stars Zine Project we are launching. This is a partial list of skills that were required - not necessarily in this order. Natural with kids: Check. Skateboards: Check. Plays guitar: Check. Hard worker: Check. Funny: Check. Check. Check. Here's some of the questions I asked him.

How long have you been skateboarding?

My skating timeline is kind of funny because there is a massive gap in the middle of it. So I started skating in Jr High School and pretty much skated all the time from grade 7 to 9. I was really invested in skating for this stretch of time – my head was always in Thrasher and Transworld magazines at school. When I started getting deeper involved in music though, skating definitely fell to the back burner until my 20s when you could say I kind of re-ignited my love for skating. So, it sounds like I've been skating for a really long time, but I'm honestly pretty trash haha.

What got you hooked?

I think a big part of it is me and my friends at that age were all skating. Skating definitely was like our thing we bonded over and geeked out over together.

How long have you been playing guitar?

I've been playing since I was probably 13 or 14. Once I started getting decent at guitar to the point that I was starting to develop song writing chops, music became the most important thing in the world to me. Everything else was secondary to music from that point on.

What got you hooked?

I've just been deeply passionate about music from a really early age, even before I was playing music myself. I had some family that would burn me CDs all the time and I got really into like punk and emo stuff. I remember in Jr. High I traded a friend my Bones Reds bearings for this CD that I was obsessed with, so even from a young age you could see music was kinda my big thing (in retrospect, I lost that trade for sure).



How long have you been a dad?

I've been a dad since 2022! My daughter is 2 years old – so crazy.

What got you hooked?

Whoa, where do I even begin here. Being a parent is wild. The second you see your kid you're instantly hooked. Im a big rap / hip-hop fan and when we were expecting my daughter, I bought a Kendrick Lamar new-born shirt that I was really excited to put my daughter in... so maybe that's like the genesis of me being hooked on fatherhood haha - I was so excited to see her in that.

Aaaaaaaand, what got you hooked on working with youth?

Working with youth is the best because young people are passionate about the things that matter to them. I think young people really hone in on the things that get them stoked. And I just appreciate it when people do that - I like it when someone is just super into something they love to the point where they kind of become an expert in it. Young people are awesome at this.



"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

RAISE THE AGE. LOWER THE STATS.

3rd Annual Creating Hope Society
STAND UP WALK
To End Sexual Violence



June 4, 2024

Every year we gather with supporters and we really try to bring a voice to those who have lost their voices. There's a lot of shame around sexual violence and a lot of people don't want to talk about it. It's kind of swept under the rug and we really want to come together to stand with survivors and show them that you aren't what happened to you and it was never your fault. We are here to support you and if you can't stand up and make noise to end this issue right now, we can stand up and do it for you.

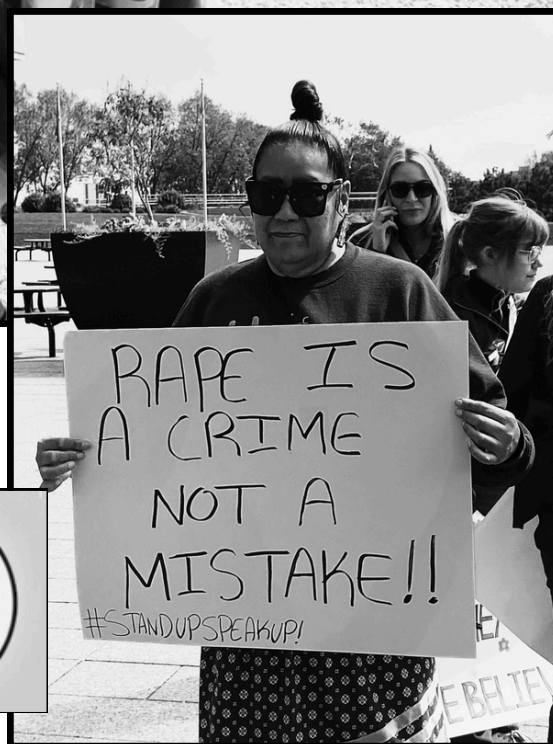
Project Lead, Felicia Ricard
Creating Hope Society



Felicia Ricard

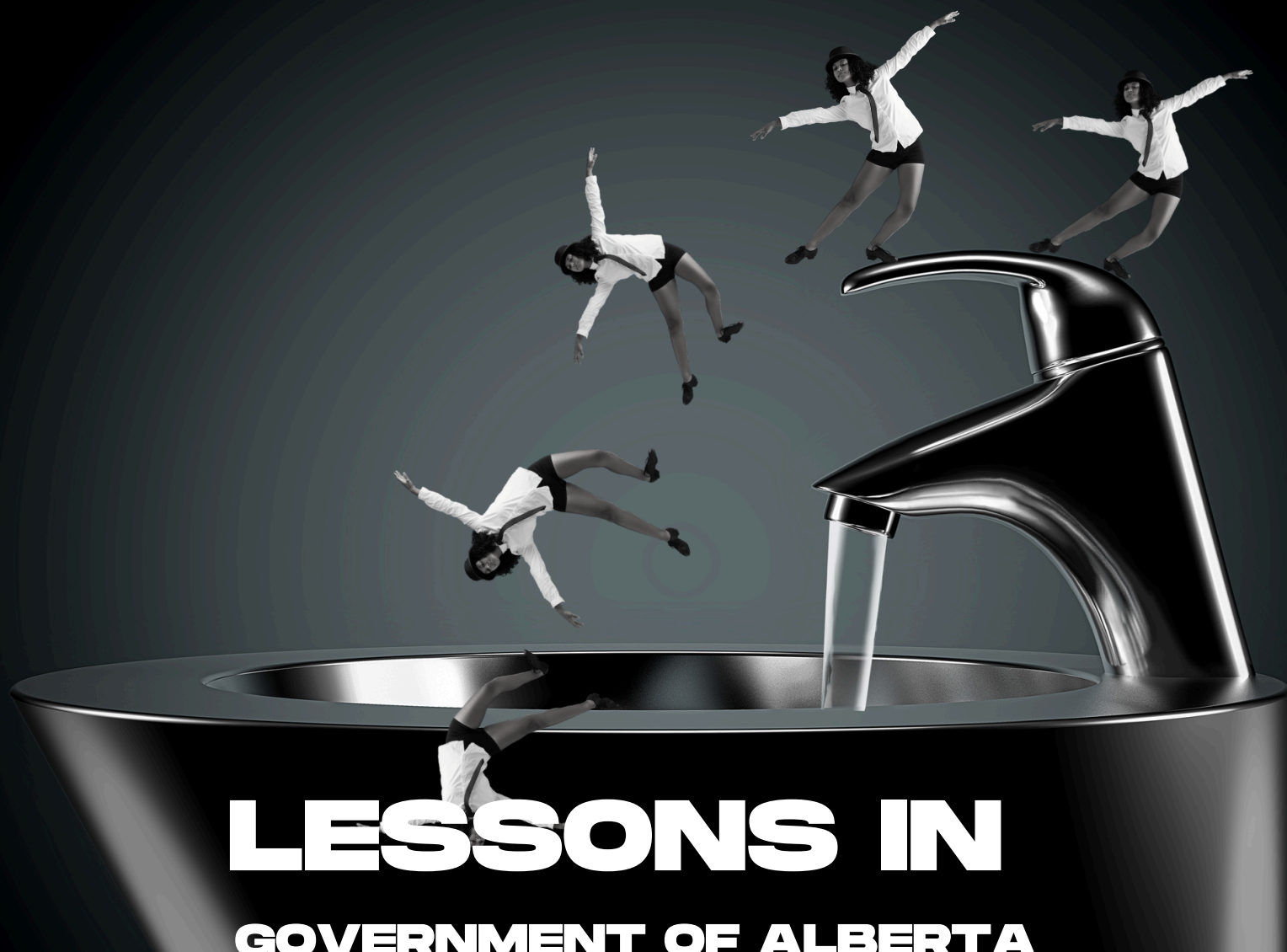


I CAN'T
BELIEVE
WE STILL
HAVE TO
PROTEST THIS SHIT!



RAPE IS
A CRIME
NOT A
MISTAKE!!

#STANDUPSPEAKUP!



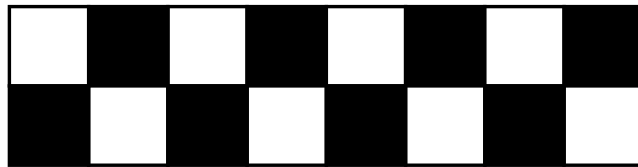
LESSONS IN GOVERNMENT OF ALBERTA T.A.P. DANCING

The Transition to Adulthood Program (T.A.P.) really is a dance.

If a youth transitioning from care doesn't fit in the line up or know all the steps, it's curtains. Even if they can dance pretty good - they still get their toes stepped on, are tripped up, and sometimes fall.

T.A.P. lessons learned by youth from care will be shared in the July zine. If you have a story to share about your experience with the TAP program including Advancing Futures, please email us at editor@zineandheard.ca and thank you.

Anonymity guaranteed.



DIAL 9-8-8 SUICIDE CRISIS LINE 24/7

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

NATIONAL SUICIDE PREVENTION SERVICES

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.**

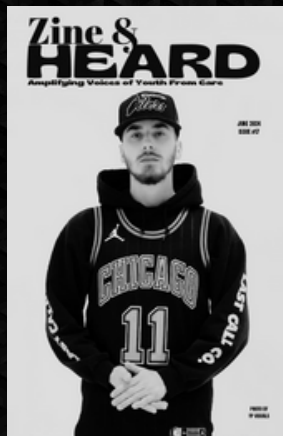
MONDAY – FRIDAY 12:00-5:00PM 780-887-9781

NEED TO CONNECT? DIAL 211 24 HOURS

ZINE & HEARD FUNDRAISER

HAS BEEN POSTPONED AGAIN BUT IT'S OK.
PLANNING SOMETHING FOR SUMMER 2025. NEVER SAY DIE!





Many thanks to the Friends of Zine & HEARD

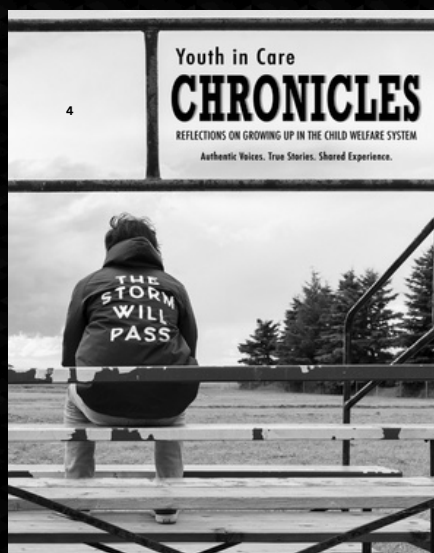
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CLINT FRAZIER CADENCE LEADERSHIP & COMMUNICATION INC.
HIGHER KNOWLEDGE aka BRYANT DORAND VALISSA THOMSON
TOMMY TWO DOGS JAN MASLYK ANONYMOUS X 7
CHEYANNE CARLSON-WHITE LYLE BELL MARLEY-JAY
LOCAL 124 SKATEBOARDS & LONGBOARDS JOEL PIPPUS
DIANA BATTEN, MLA. BUD FRASIER & THE ELECTRIC RAZORS
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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
[Amazon](#)
&
[Audreys](#)

All proceeds go to fund
projects for youth in care.



Age: 25-35 years old

Height: 5'5"

Weight: 189 lbs

EPS File #: 03-43908

On April 11, 2003, an unidentified deceased female was located in the North Saskatchewan River near Cameron Avenue and 94 Street.

The female was described as indigenous or Asian, between 25-35 years old, 5'5", 189 lbs, with short dyed orange/blonde hair, with black roots, black jeans, pink briefs and white socks. She also had a ring with multiple clear stones and three yellow stones, a white ring with multiple rings, a yellow ring with a clear stone, and a silver or steel necklace with the religious medallion of Madonna.

If you have any information about this individual, please contact the Edmonton Police Service at 780-423-4567 or Edmonton Crime Stoppers at 1-800-222-8477 or submit your tip online. Please reference the EPS file number when possible.

ON DESTROYING EVIDENCE

Canada's most notorious serial killer is dead but the murders of dozens of women he and/or his associates are responsible for, remain unsolved. Why would the RCMP want to destroy the evidence that could potentially lead to solving those cases? The word "garbage" comes to mind. The word that also describes how law enforcement felt about the victims from the beginning and why it took so long to investigate and bring these heinous crimes to light.

In 2012, a government inquiry found that "blatant failures" by police led to a "tragedy of epic proportions."

Canadian Encyclopedia

"As a system, they failed because of the bias. These women were vulnerable; they were treated as throwaways — unstable, unreliable." "The women were poor, they were addicted, vulnerable, Aboriginal. They did not receive equal treatment by police."

Inquiry Commissioner, Wally Oppal, December 7, 2012

"For the families of those victims, justice has been elusive, and they still hold hope that one day they will know what happened to their loved ones. Disposal of the exhibits will quash any remaining hope they have and solidify their perception that their daughters, mothers, sisters and aunts are less important than the space required to keep that evidence," said a letter signed by the 40 national and provincial organizations and individuals.

Vancouver Sun, December 8, 2023

**The RCMP need to do the right thing for the victims and their families this time.
Keep the evidence.**

Editor, Zine & HEARD



*You
are
not
forgotten.*

A very high percentage of missing & murdered Indigenous women & girls & Two-Spirit persons spent time in the child welfare system.

THE UCP LOWERED THE AGE OF ELIGIBILITY FOR FINANCIAL SUPPORTS
FOR YOUTH IN CARE THOUGH THEY WERE AWARE OF...

THE STATS

Youth aging out of care are almost 200 times more
likely to become homeless than their peers.

The Globe & Mail

65% of all Indigenous inmates and 35% of all non-Indigenous
inmates spent time in care.

Justice Canada

Experiencing multiple out-of-home placements in child welfare and
correctional facilities is a leading cause of gang involvement.

Public Safety Canada

Over 50% of trafficked girls in
in Canada were or had been involved in the child welfare
system though youth in care make up less than 1% of the population.

"NO MORE" Ending Sex-Trafficking in Canada, 2014

Youth from care are 5 times more likely than their peers
to die before the age of 25.

The Tyee



IT'S NOT THAT HARD TO FIGURE OUT.
RAISE THE AGE. LOWER THE STATS.