

Zine & **HEARD**

Amplifying Voices of Youth From Care

**JANUARY 2025
ISSUE #24**



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.



THE
STRONGEST
HEARTS
HAVE
THE MOST
SCARS



QUOTE: Jeff Woods ARTWORK: Chasm Frazier

www.zineandheard.ca
editor@zineandheard.ca
Instagram @zine_and_heard
Facebook penny.frazier.75
Call or text: 780-221-6124

Hard copies available at:

Local 124 Skate Shop

Audreys Books

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EDITOR

PENNY FRAZIER

COVER

TYLER NAKAMURA

WHO'S INSIDE

ALL STARZ ZINE PROJECT

BLUE JEAN JACKET DAY

CREATING HOPE SOCIETY

MADY SILVER

POETRY BY NIKKI

wahkotowin

An Anti-Racism Symposium

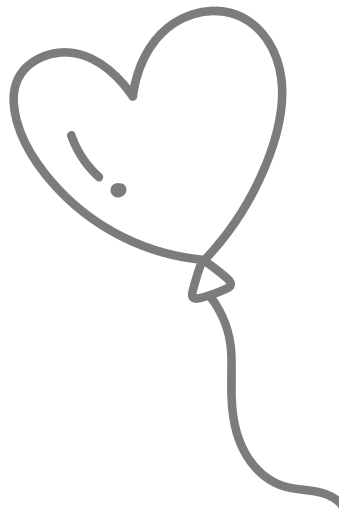
WELLBRIETY

Y2K MUSIC VIDEO PREMIER

YOU ARE NOT FORGOTTEN

YOUTH IN CARE CHRONICLES

ZINE FEST!



**MANY THANKS FOR ALL
YOUR LOVE & SUPPORT**

ZINE FEST!

SATURDAY

APRIL 5th

BUY!

SELL!

TRADE!!

CREATE!

COME & MAKE A COOL
ZINE WITH THE
COOL PEOPLE FROM
[@the.cherry.pit.veg](http://the.cherry.pit.veg)

YES! FREE FOOD!

BUT BRING CASH TO BUY ZINES!

Email editor@zineandheard.ca
or text Penny at 780-221-6124
to book your free table.
Don't delay!

AT THE
STANLEY MILNER LIBRARY

IT'S FREE & THERE'S FOOD!

12 - 4 PM

BROUGHT
TO
YOU
BY

Zine & HEARD
&
The All Starz
Zine Project
&
Creating Hope
Society
&
Building Safer
Community Fund

Resolution - IT'S ON!

My 2025 resolution is to be resolved AF to remain an optimistic person and trust in the Universe. Easy Peasy. Stuffy Squeezy.

Zine Fest - IT'S ON!

Saturday, April 5th, at the beautiful, downtown Stanley Milner Library from 12 - 4 PM we will be holding our first ever Zine Fest. Buy. Sell. Trade. Or create a zine with the cool people from @the.cherry.pit.yeg. Free tables. Free food. Free fun. Get a hold of us by March 15th to book your space.

Skate Zine - IT'S ON!

Our 3rd Annual Skate Zine is on for May. Deadline is April 27th. Got some stories rolling in but need MORE. Back by popular demand we are looking for those cool, crazy, cringy, and/or colossal FIRST BOARD CONFESSIONALS. Let's see if we can top those tales from 2024. Near death experiences welcome.

Love - IT'S ON!

The love is always on. Couldn't do what we do without it. Forever grateful to our contributors, our subscribers and all our other supporters. Love will always be the most powerful force on the planet. It may not feel like it sometimes, but it is. Like forever and ever and ever will be.

With love, Penny Frazier, Editor



Please get a hold of us to share your stories, poetry, art, music, life, hope. Deadline for the February zine is January 31st. Contact us at editor@zineandheard.ca or [@zine_and_heard](https://www.instagram.com/zine_and_heard)



From Foster Care to Fatherhood: A Testament To My Resilience

by Tyler Nakamura

My journey began in the foster care system, a challenging start that left me with trauma and a deep longing for the love and stability of a family.



Despite facing adversity, I clung to a childhood dream: to build a loving home for my own child, to be the father I always wished I had. Life, as we know, isn't always smooth. After years of hard work, I achieved my dream: I bought a home, married the love of my life, and welcomed a daughter into the world. But happiness was short-lived. 4

A devastating divorce shattered my world, leaving me with nothing but debt and crushing uncertainty. There were times when I couldn't even see my daughter, times when despair threatened to consume me. I felt lost, alone, and like giving up. But I wasn't alone.

I had an amazing support system of friends who believed in me, who reminded me of my strength and resilience. They lifted me up when I was down, offering a shoulder to lean on and a helping hand when I needed it most.



This renewed hope within me. I dedicated myself to my goals: to rebuild my life, to be the best father I could possibly be to my daughter, and to create a life filled with love and adventure for us. It wasn't easy. It took years of unwavering effort, countless sacrifices, and a deep reservoir of resilience. But I did it. I overcame my debts, bought a home on my own, and am now providing my daughter with the life she deserves – a life filled with love, laughter, and unforgettable adventures.



**This renewed hope within me.
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with love and adventure for us.
It wasn't easy.**

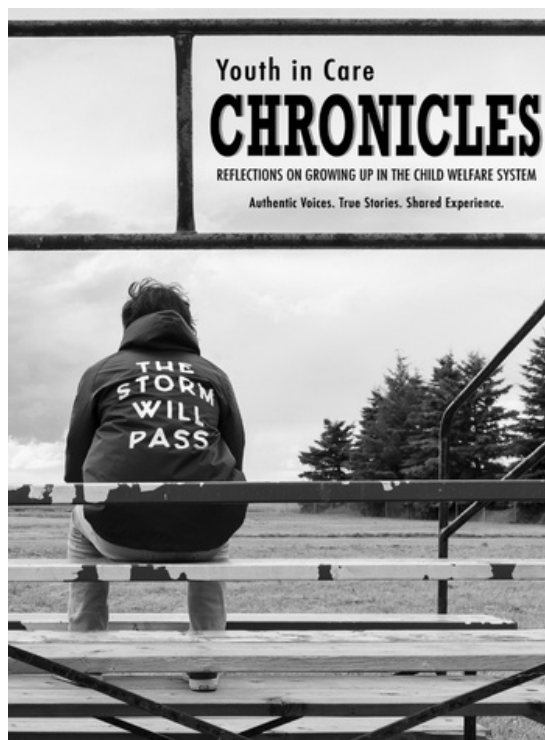


This journey taught me a profound lesson: Even in the face of the darkest challenges, hope and resilience can prevail. Never underestimate the power of your dreams and the importance of a strong support system. Surround yourself with positive influences, never be afraid to ask for help, and always remember that true family isn't always about blood; it's about the people who stand by you through thick and thin. I wish you all a happy and prosperous New Year. May your journey ahead be filled with joy, purpose, and the unwavering belief that you can achieve anything you set your mind to. A special shout-out to the social workers, youth workers, and all the people out there making a difference in every child's life. You have the power to make a difference.



My work truck!

May your journey ahead be filled with joy, purpose, and the unwavering belief that you can achieve anything you set your mind to. Tyler Nakamura



You can read Tyler's full life story in the Youth In Care Chronicles available on Amazon & at Audreys in Edmonton.

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 by the age of 16. My placements were mostly group homes, and I also did a lot of shifting between my mom and my dad and my grandparents.



I went to two junior high schools and I went to one high school. Even though I moved around a lot, my social worker always made sure that I never had to change schools. That was big. Even if it was in a different city, they made sure I got to go.




I only had two child welfare workers. The first one wasn't good, but my second one was great and I fought hard to keep him with me long-term. At that time, workers were only supposed to stay with kids for two years, but he kept getting approved for more and he ended up having me on his caseload from the time I was 12 until I was 20. We had built a relationship and I told him that if he stayed, I'd do a lot better because I have abandonment issues. We still maintain contact today.



I asked one of my best friends, who had also grown up in care, what he thought I'd 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 the 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 job 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.



I want people to know that we are people. We have been through a lot more in life than the average person. We shouldn't be treated like any less of a person or be given up on. Everyone has potential, but people sticking around to help us out a little more makes a huge difference. Everyone that came into my life, whether it was my social worker or youth worker or staff, a lot of them stuck around and they became big parts of my life. And that's part of the reason I am the way I am today. The continuity of relationships is really important – somebody to stick with them long-term, like a family should. Kids in care have already had everything taken away from them. Everything is gone. Then they move around from home to home with a backpack full of whatever is most important to them, so people need the opportunity to stay connected.



We should have been a team, you and me,
Two halves of the same whole, wild and free.
But somewhere along the way, the world took
control,
Made us believe we had to fight for our roles.
I stood up, I fought, I made noise,
While you stayed silent, a quiet boy.
I saw the hurt, I felt the strain,
But silence seemed safer, avoiding the pain.
We were pitted against each other,
Made to believe we couldn't love one another.
Instead of lifting, we learned to tear down,
To build ourselves up by pushing each other to
the ground.

How did we get here, so far apart?
I can't even remember when we lost the heart.
When did we stop being partners in crime,
And start watching our backs all the time?
It's all so messed up, so deeply wrong,
To think we've been broken all along.
But maybe, just maybe, we can still find a way,
To heal the damage, and bring back the day.
When we had each other, no walls in sight,
Two siblings, one bond, with shared light.
But right now, it's easier to stay in the past,
To cling to the habits that don't let us last.
Still, I wonder if there's a chance to start,
To rebuild the bond, to heal the heart.
Maybe we're broken, but we're not done—
Two siblings still needing the same sun.

Now, it feels too late to change it all,
Too much damage, too many walls.
The weight of the years, the things unsaid,
Make it easier to stay stuck in the feeling of
dread.
Old habits are comfortable, though they hurt,
They've shaped us, twisted us, made us revert.
It feels safer to stay in the fight,
Then risk the unknown and try for what's right.
The love is there, but it's hard to reach,
Lost in the silence, out of our speech.
We're tangled in patterns, too deep to break,
Afraid of the steps it would take.

Mady Silver

is a youth from care who has many gifts and
among them is her writing. She will be one of
our featured zinesters at the Zine Fest on
April 5th at the Stanley Milner.

Please come out and support Mady
and all of artists at the Fest.

Thank you.

Jokes

A joke is something that makes people laugh.

Sometimes people make a joke out of things that aren't funny.

In their head it was funny but to other people it makes them worry.

When you make the joke too many times it becomes unfunny.

Sometimes people makes jokes out of their trauma because that's how they cope with it.

Some people make jokes about ending their life but sometimes those jokes aren't jokes.

They could be using that as a technique to ask for help but in a subtle way.

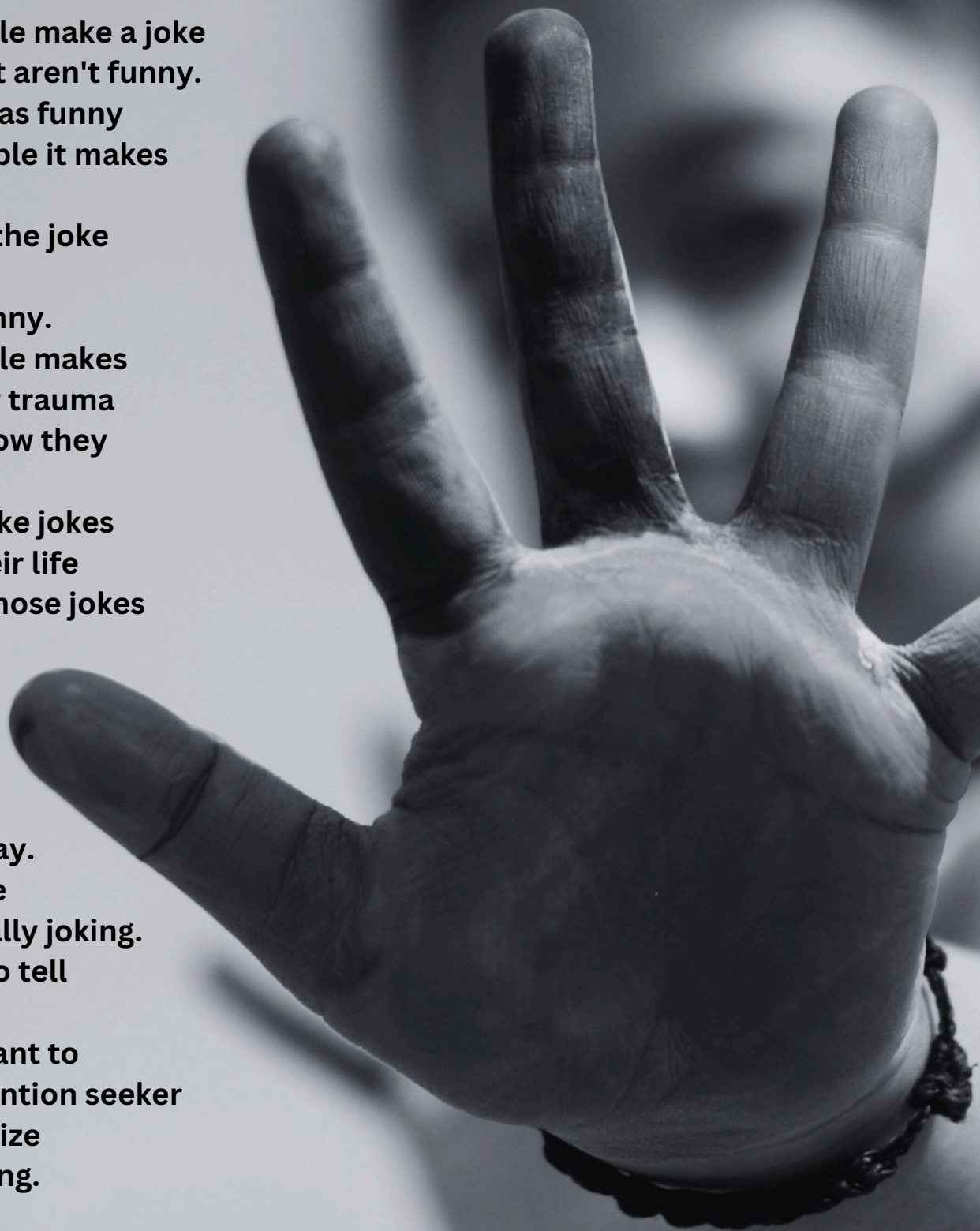
Sometimes those people aren't really joking.

They are trying to tell you something.

but they don't want to seem like an attention seeker

You may not realize they weren't joking.

by Nikki



METRO CINEMA



&

Canadian Heritage



PRESENT

AN ANTI-RACISM SYMPOSIUM

wâhkôtowin

DOCUMENTARY DIRECTED BY

NIPIY ISKWEW & JOLIE FLETT

WITH PANEL DISCUSSION TO FOLLOW

FREE ADMISSION & LIGHT REFRESHMENTS

FRIDAY, MARCH 21, 2025

4:00 - 8:00 PM AT THE METRO

**INTERNATIONAL DAY FOR THE ELIMINATION
OF RACIAL DISCRIMINATION**

Alberta must resume financial help past age 22 for former kids in care, advocate says

Child and youth advocate released reviews into deaths of 47 children and youth

EXCERPT FROM: Michelle Bellefontaine · CBC News · Posted: Nov 20, 2024

Alberta's child and youth advocate is calling on the province to bring back support for young people over the age of 22 who have aged out of government care but still require financial support to make a successful transition to adulthood.

Calling for Change: Investigative Reviews Consolidated Report looks at the cases of 48 children and youth. Of those, 47 died and one youth who suffered a serious injury. Twenty-six cases involved young people who faced mental health issues, substance use, or both.

Advocate Terri Pelton found most of them didn't have adequate help to make the transition into adulthood.

"Of the 26 young people who had mental health and/or substance use concerns, 12 were between 18 and 22 years old," the report reads.

Pelton recommended in the report, released Wednesday, that the government review the Transition to Adulthood Program.

An old program provided young adults with supports up to the age of 24. The current program — TAP — came into effect in 2020 and only provides financial support up until the age of 22.

Unlike some of their peers, permanent wards of the province don't necessarily have a family to rely on if they still need more support into their twenties, Pelton said. She wants the province to raise the age of eligibility for both financial and non-financial supports.

"The government is their parent," Pelton said in an interview with CBC.

"[They] don't have the access that most Albertan young people do have. And I really feel quite passionately that we have to do more for those those young adults."

RAISE THE AGE. LOWER THE STATS.

EXCERPTS CONTINUED

Michelle Bellefontaine · CBC News · Posted: Nov 20, 2024

Some young people say they had mixed experiences aging out of government care.

Autumn Sampson, 24, and T.J. Thompson, 21, said information about benefits they could access under the TAP weren't always shared with them and would depend on the case worker assigned to them.

"When you actually go to access those services, you're met with multiple roadblocks and especially in the sense that we get put on the same wait list as everyone else," Sampson said.

"So ultimately we're not actually able to access the programs in a reasonable amount of time."

Thompson said the government needs to take another look at the cutoff age of 22. He said people should be assessed regularly to ensure they are getting the support they need.

"Everyone's different. Everyone has different values and grew up differently in life," Thompson said.

"One person may not be in the same situation at 26 as someone else is at 20."

Calgary-Acadia MLA Diana Batten, the NDP critic for childcare, child and family services, said the cases outlined in the advocate's report are "devastating."

Batten said she tried to raise the issue of restoring the age for financial support back to 24 via a motion earlier in the fall sitting. Government MLAs voted it down.

"I know from speaking to the youth themselves this is life changing," she said. "When the change was made initially, there were real life consequences. It was terrible."



Back by popular demand, we are at EYOC with the wicked arts & music program we ran there in 2024.

Expect to see another special issue of the zine in March 2025 featuring all the outstanding writers and rappers and radicals we love.

Also hoping to get the posse cuts on Bandcamp or somewhere you can take in the talent we are talking about. Many thanks to all who make this program happen including Creating Hope Society and the Building Safer Communities Fund.

creatinghopesociety.ca





Y2K MUSIC VIDEO RELEASE

“RIGHTS RIGHTS BABY”
SUNDAY, JANUARY 19th
9910

9910 - 109 Street, Edmonton, AB

2:00 - 3:30 PM

Free for youth & pay what you can.

Donations to Y2K are encouraged.

Light snacks & refreshments provided.

Our event will be hosted by local artists @kazmega along
with an local artist line up and just a good time!

The event is open for anyone to attend.

Big thanks to the Child and Youth Permanency Council of
Canada and iHuman Youth Society for supporting
this music project and the processes to
make this song real!

Please DM [@you.2.know](#) if need be :)

Thanks for your support!



KNOW YOUR RIGHTS!

in the child intervention system



ocya.alberta.ca



Young people have **RIGHTS!**

Do you feel no one is listening to you and you need someone to **STAND UP** for you?

DO SOMETHING!

- call your caseworker
- call your caseworker's boss
- call the Office of the Child and Youth Advocate (OCYA) at 1-800-661-3446

**“Every child deserves a champion —
an adult who will never give up on them, who
understands the power of connection and
insists that they become the best
they can possibly be.”**

Rita F. Pierson



BLUE JEAN JACKET DAY


JUNE 6, 2024

**A day to create
awareness on the
important issue
of missing & murdered
& exploited Indigenous
men & boys.**

**YOU CAN READ ALL OF OUR ZINES ONLINE.
YOU CAN ALSO SUBSCRIBE AND HAVE IT
MAILED TO YOU EVERY MONTH.**


zineandheard.ca

Thanks very much for all your support.




Honouring The Circle of
WELLBRIETY

"WALKING THE RED ROAD ONE MOMENT AT A TIME"
MEETING INFO



Monday Evenings
 6 to 8 pm
 Creating Hope Society
 10871 96 St NW
 (Use North Side Door)



PLEASE NOTE, CIRCLES WILL NOT BE HELD ON HOLIDAYS.

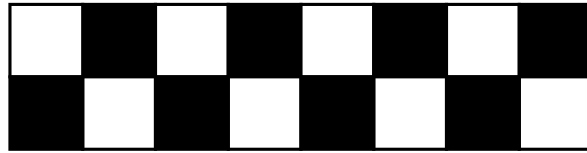
CREATING HOPE SOCIETY
 is pleased to host a NEW
 Red Road to Wellbriety
 sharing circles with meeting
 every Monday evening

CALL
 Gerry (587) 596-9814
 Michelle (780) 716-9423

MORE CONTACT INFO:
yep@creatinghopesociety.ca
ctd@creatinghopesociety.ca

WWW.CREATINGHOPE SOCIETY.CA

"Wellbriety is based on the 12 steps of recovery and it is held the Nehiyaw Native way by honoring the directions the colors the animals the plants and Mother Earth. We honor the ceremonies the medicines and all living things to keep us sober. Wellbriety is walking the red road and healing with the smudge lit, eating food together and creating a healthy forest with brothers and sisters, with family. We have fire starters to start the sharing circle then move onto the 12 step meetings to diminish the core issues that block one from freedom. It's a beautiful way to unite and heal together."



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



Many thanks to the Friends of Zine & HEARD

OFFICE OF THE CHILD & YOUTH ADVOCATE
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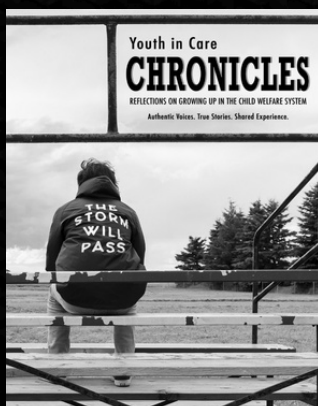
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Please contact editor@zineandheard.ca or visit www.zineandheard.ca/support

for more information & thank you so much. We appreciate it.

4



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.

Roxanne Isadore



You are not forgotten

Age:25 years at time of disappearance (2008)

Height:5'0" Weight:120 lbs

EPS File #:13-147142

The Edmonton Police Service is seeking the public's assistance in locating a woman who has not been seen since 2008. Roxanne was reported missing to the police in Valleyview, Alberta (RCMP) by a family member in 2013. She had been out of family contact since she moved to Edmonton from Valleyview in 2006. Her last known contact was believed to be in Edmonton in the summer of 2008. She was known to live in the area of 118 Ave, Edmonton. She has been known to use the following names: Sunshine COURTOREILLE; Nicole COURTOREILLE; and Rollanda SUNSHINE. Roxanne is described as an Aboriginal female with long brown (possibly dyed red) hair, brown eyes, false front teeth, with a tattoo of a large knife with a snake on right shin below the knee, tattoo of a cross on right middle finger, 2" burn scar on left shoulder, and appendix scar on abdomen.

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.

Christian Waskahat



You are not forgotten

DOB/Age:26 Height:5'10"

Weight:150 lbs EPS File #:CA240567184

Christian WASKAHAT, who also goes by the name Kyle, went missing on July 19th, 2024. At the time of his disappearance, he was believed to be in the Whyte Avenue area of Edmonton. Christian lived a high-risk lifestyle leading up to his disappearance.

He was last seen wearing a half black, half beige Burberry hat, blue jeans, a black hoodie with a white stripe down both arms, a black t-shirt with white lettering on the front, white runners, a gold chain and a gold watch. Christian has several tattoos.

"Cokeboy" is written across his right jaw-line, "haunted" is written above his left eyebrow, "no mercy" is written above his right eyebrow, "LV" is written on his right cheek. On the front of his neck he has a pyramid with an eye inside of it. His upper back has the phrase "devil wants my soul".

His right arm has a full sleeve tattoo with the word "serenity" on his forearm.

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.

We hope that Roxanne & Christian are found safe and reunited with friends and family soon.

~ Zine & HEARD ~



*You
are
not
forgotten.*

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

Alberta must resume financial help past age 22 for former kids in care, advocate says.

CBC News, Nov 20, 2024
Michelle Bellafontaine

Child and youth
advocate released
reviews into deaths
of 47 children
and youth.

**RAISE THE AGE.
LOWER THE STATS.**

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PHOTO ZINES
POETRY ZINES
STORY ZINES
ART ZINES
MUSIC ZINES
COMIC ZINES
SPORTS ZINES
PERSONAL ZINES
POLITICAL ZINES
WHATEVER ZINES

**Contact us by March 15th if you want to be in the
ZINE FEST on April 5th at the Stanley Milner.
Buy! Sell! Trade! Tables are Free as is the Food!
Aaaaaaaand CRAZY GOOD DOOR PRIZES!**