

Zine & **HEARD**

Amplifying Voices of Youth in Care

ISSUE #6
May 2023



Photo by
DAVID SAK

**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 and making a difference.

WHAT

A zine to amplify our voices and raise awareness.

WHEN

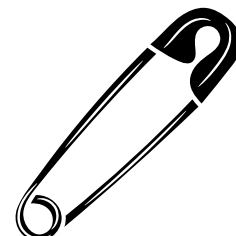
We publish around the 15th of every month.

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.



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

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Ninetimes

No More Moments

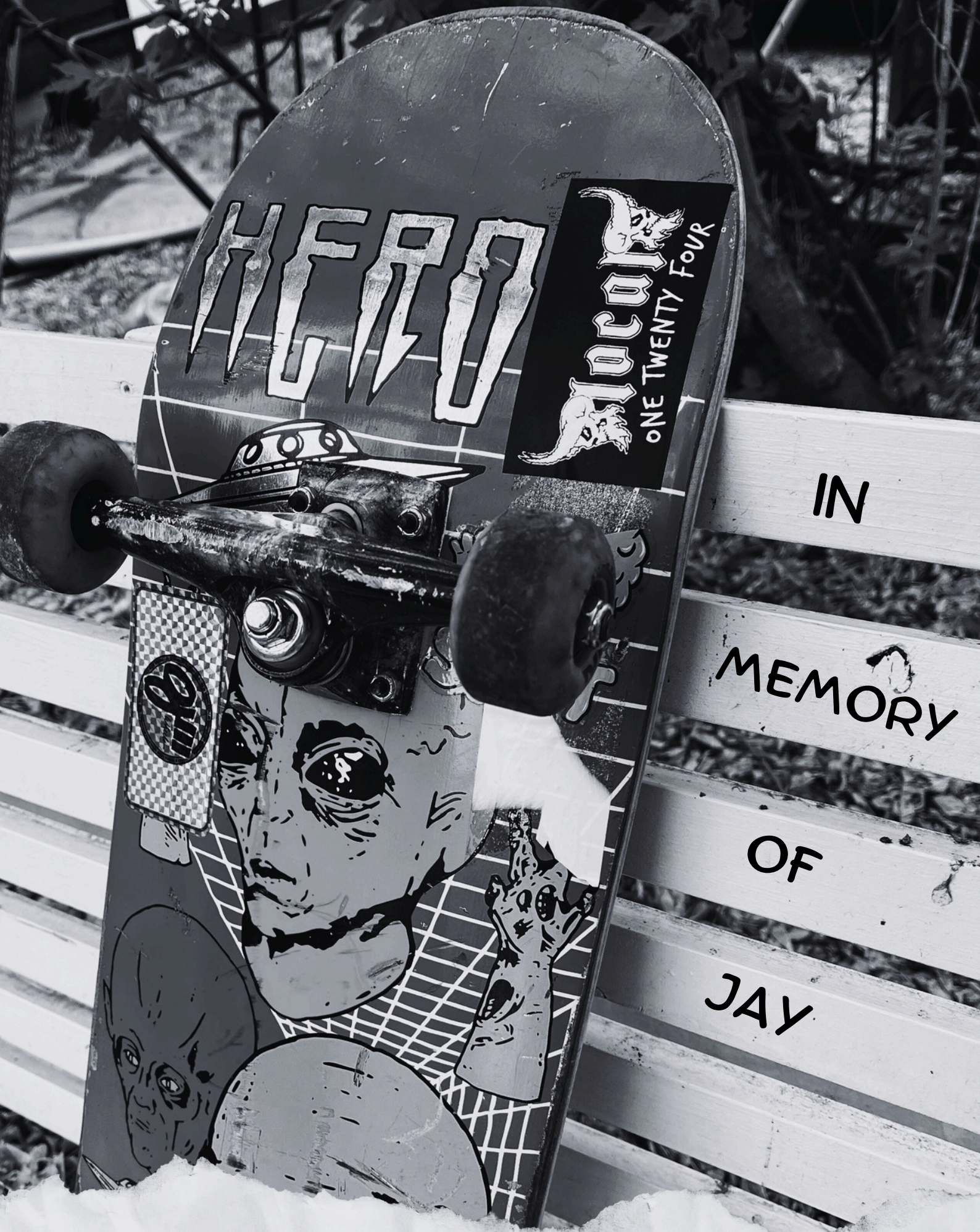
OSYS

124 Skate Shop

Push to Heal

Sal's Skate Shop

Rumor Skateboards



Jay was my friend. He grew up in the system too. He fought hard to make it on his own but last summer he became another casualty of care. He was 22. I miss him.

Just out here tryna be a good ancestor
and overcome the trauma demons....
life heavy but i know for others
it is heavier.....so i am going to
help them someday....we weren't
born to be lost in addiction and
trauma....i hope we all find our way
back to the good path.....or i hope
we get to catch a glimpse of the
good path before our time
comes... it's always been
there we are all just lost...
we must help each other....
kisakihitin.

Words & Photo
by Kat
[@lil.yung.cat](https://www.instagram.com/lil.yung.cat)



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 editor@zineandheard
or message us on Instagram
[_zine_and_heard](https://www.instagram.com/_zine_and_heard)
Thank you.

MANY THANKS TO ALL OF OUR FOLLOWERS.

local

ONE TWENTY FOUR



I'm sure you've heard this a ton by now about skateboarding and family, we've all heard the cliches a million times: "This is my family", "This is my paintbrush", "Skateboarding saved my life"... There is a reason we have all heard them so many times and said them all ourselves. They are always sort of true and there.

Growing up we never had roots in a place, with both parents adopted and no long term home, I didn't have much time to make friends or desire to because I knew we'd move soon anyway. There wasn't lots to keep me grounded, but there was always a skateboard. Sometimes under my feet, sometimes in a corner. No matter the trouble I got into (usually my own doing), no matter how short of a time I was somewhere, those four wheels were pushing someplace.

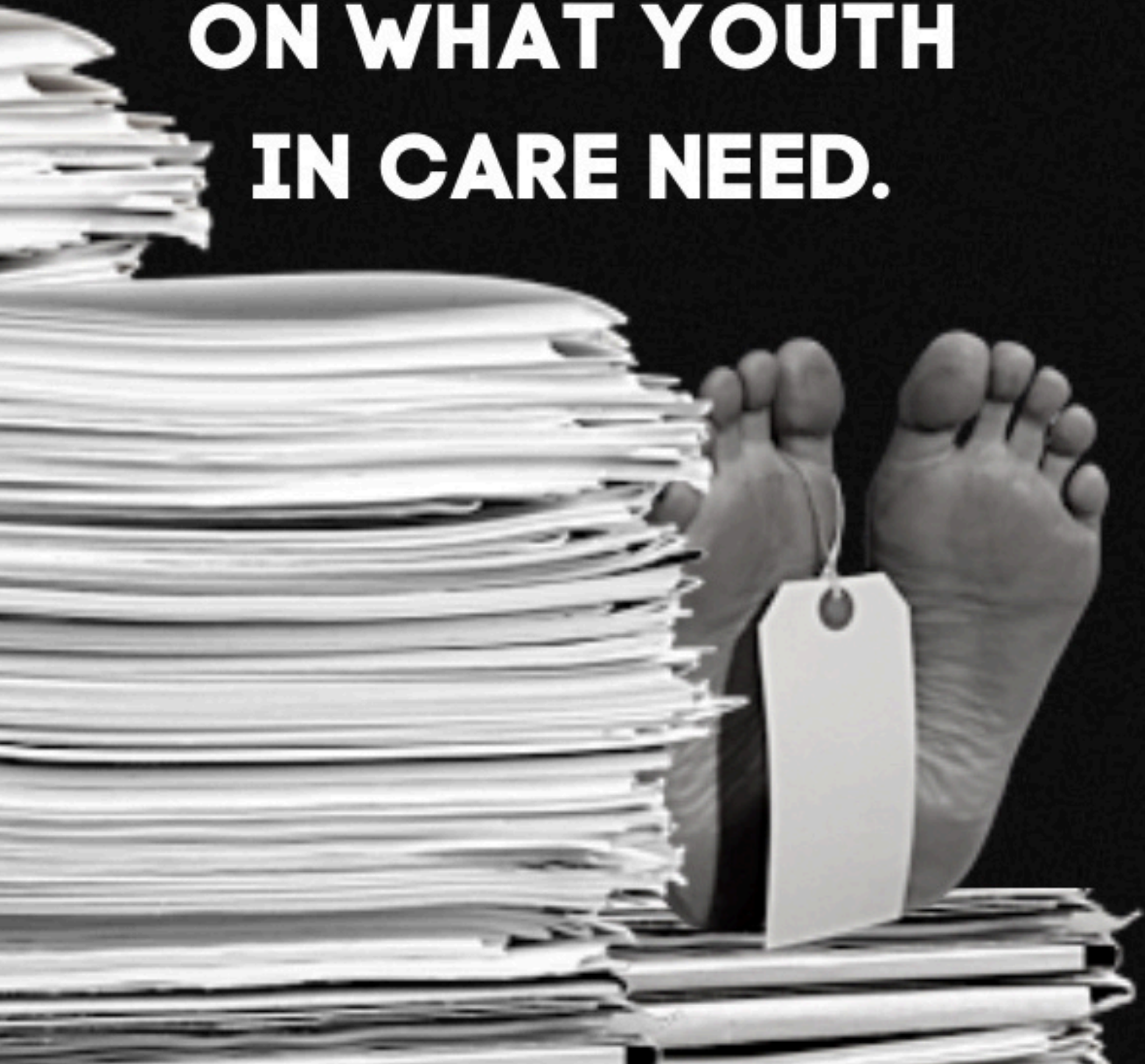
16 years ago I peeked into a store window through the newspapers covering the windows to find what would be my longest home. One where we have opened our doors to all who have wanted to find a piece of the joy and happiness I have always found in skateboarding. I've grown and made my own family, collected from everyone who has walked through those doors.



See? Those cliches are always there.

~ Tim ~

WE DON'T NEED ANOTHER REPORT ON WHAT YOUTH IN CARE NEED.



**From 1987 to 2020, 75 reports have been written
in Canada about what youth 'aging out' of care need.
Yes. 75.**

***A Long Road Paved with Solutions: 'Aging Out' of Care
Reports in Canada - Key Recommendations 1987 - 2020***

by Dr. Melanie Doucet

What a ride...and please vote

What a wild ride this zine has been. I learned so much I felt like I was taking a Master Class. Learning about the skateboarding community - I mean really learning about it - was quite the trip. Sure, I have known lots of kids who skated and knew they loved it, but I never knew what skateboarding really meant to them. Now I do.

It was so cool to learn about how inclusive skateboarding has become and the incredible projects for youth that are happening all over the world. It literally filled my heart with hope and joy. I was familiar with Cousins Skateboarding Community and Nations Skate Youth but I really didn't know the magnitude of their reach, their passion, or their generosity. It is truly moving. The Skate to Heal program for youth in care and the research that supports it is actually mind-blowing and what can I say about Sal's Skate Shop other than thank you for teachers like Kristian Basaraba.

We are so grateful to every single person who contributed to this issue and made it the beaut that it is with special thanks to Joe Buffalo for answering our questions and sharing his thoughts. Joe has been featured in *Thrasher*, *Skateboarder*, *Concrete Powder*, *SPIN Magazine* and *The New Yorker*. He is always on the go, most recently in Edmonton to accept the 2023 Indspire Award for Excellency in Sports, and I know he didn't really have the time but he made the time for us and made us know that we matter. Such a good human who is making such a significant difference in the world.

Many thanks to our Edmonton skate shops. Local 124 has supported us since the launch of the zine and it means a lot to us. It was a pleasure to connect with Ninetimes and Rumor and hear about the work they do in the community. When you support these local businesses you are supporting goodness.

Acceptance and belonging. Those are the two words I heard again and again in my skate zine travels. Big words. Important words. Life changing words. The only other important word I can think of right now is: VOTE. The election is just days away and here's to change. Youth in care need a government that actually cares about the statistics. Youth in care need a government that can do simple math. Youth in care need a government that knows even the basics of being a caring and responsible parent. Transitioning out of care is one of the top four leading causes of death and serious injury of youth in care and they need a government who will take meaningful action to create lasting change. Now.

Youth in care are 200 times more likely to become homeless.
The UCP are spending \$330 million on a new arena.
Youth in care are 50% less likely to graduate from high school.
The UCP are spending \$414 million on school busing.
Youth in care are 5 times more likely to die before the age of 25.
The UCP are spending \$24.5 billion on health care but they do not have \$14 million to raise the age from 22 back to 24 to fully support the youth in their care?
Youth in care need a government that genuinely cares if they live or die.

Penny Frazier, Editor, Zine & HEARD





"Would this be something we would have wanted to be a part of when we were 13?" It's a simple question we ask ourselves. We were these kids. We struggled in organized sports. But we managed to stumble onto skateboarding one way or another. It felt different. There was no other team to beat. No scorekeeping. No "right" way to do it. It was hard. But no matter how many times we fell down we kept getting up. We always came back for more.

We credit skateboarding for many things in our lives. We learned a lot from jumping on our boards day after day. We know firsthand the impact that skateboarding had on us and we see the impact it continues to have today. Culture is changing. Skateboarding is for everyone. We want to provide our youth with the guidance and mentorship that allows them to see the doors that skateboarding could open up for them.

Through skateboarding, we found a community of individuals with a common passion and the same resilience to pick ourselves up after falling many times. With each fall we became more determined to get back up again and figure out how to build resiliency. Skateboarding gave us the tools.

We know there's no one-size-fits-all approach to overcoming every hurdle but we believe that working together to help build inclusive communities is a good place to start. Kids need to feel like it is okay to be who they are. We want all young people to celebrate and be celebrated for the things that they love.

Much love and many thanks to Stuart Young, Dustin Dick & CJ Cutter for being part of the zine and for all they for youth. Making the world a better place everywhere they go.

Cousins Skateboarding Community
[@cousinsskateboarding](https://www.instagram.com/cousinsskateboarding) on Instagram
Cousins Skateboard Community on FB
cousinsskateboarding.com



A gathering of Cousins.



"Everyone at Cousins is so supportive. I'm thankful to be a part of such a dope organization that has given me a purpose at a time when I needed it most."

Sikapinakii Lowhorn



"I get to do things that I wish were done when I was a kid just skating in my basement. I'm a part of Cousins because they accept me. We accept everyone. That's what Cousins is about. We're more than friends - we're family."

River "Wapta" Holloway



"Having a mobile park in my community means I don't have to go all the way into the city to skate. Skating is so much fun and I get to meet new people all the time. Now when I show up at the park I get to skate with all my friends."

Tarver Dodginghorse Wolfchild



"Cousins has been a big part of my recovery journey over the last year. You can be the strongest person, but if you don't have anyone beside you it's easy to fail. Cousins brings us all together. Lots of us weren't into traditional team sports growing up and now we get to support the next generation."

Dustin "Dicky" Dick

All text and images are from the Cousins Skateboard Community magazine (see cover on left). Magazine can be viewed online at cousinsskateboarding.com or purchased though quantities are limited. Photography by Stuart Young and Dylan Leeder Follow [Dylan @dylanleeder](https://www.instagram.com/dylanleeder)



PUSH TO HEAL

Skateboarding provides a unique and alternative approach to emotional regulation, education, development and healing.



In 2015, Hull received a donation to build the the Matt Banister Memorial Skatepark on our SW Campus. That donation, along with the lens provided by Dr. Bruce Perry's Neurosequential Model (NM), highlights skateboarding as an activity that supports the needs of the population that Hull serves. The creation of the Push to Heal program led to skateboard-based opportunities as a means of engaging a number of youth and enriching the treatment being provided. The Push to Heal program also contributed to a deeper understanding of the impact of skateboarding on healing as well as the development of best practices in the international social skateboarding community. Push to Heal is part of Hull's Pathways to Prevention: A Centre for Childhood Trauma.

THE THERAPEUTIC VALUE OF SKATEBOARDING

Children that come to Hull often have histories of trauma and marginalization. They come to Hull with underdeveloped social skills and have had few opportunities to participate in rewarding recreational activities. Skateboarding provides a unique and alternative approach to emotional regulation, education, development, and healing.

The impact that occurs in the context of skateboarding is aligned with what we have learned from the Neurosequential Model approach. Youth on skateboards build their skills and confidence in a step-by-step sequential manner which allows them to begin to grow their social skills, their confidence, and their ability to manage themselves and their emotions. Preliminary data from a study done in partnership with the Mathison Centre shows that skateboarding decreases psychological distress, increases emotion regulation, and self efficacy. Once the children at Hull have learned to skateboard, they have the capacity to continue to utilize this pro-social and regulating activity throughout their lives. (Text provided by hullservices.ca)



Watch *Push to Heal* on [Vimeo](#).

SHOUT OUT TO YOUTH IN CARE

Over the years that I've been lucky enough to work in programs that support you, I've learned a lot. You have so often had a chronic lack of control in what you have experienced, how your experiences have impacted you, and the resulting response from the people and systems around you. I can't imagine how challenging that would be.

But in spite of this so many of you keep pushing forward. You keep pushing for independence, for another chance, for connection. You push forward to rise above what has happened to you and build towards who you want to be. That capacity for and demonstration of resilience is incredible! It must be so hard but you are so strong. Please keep pushing forward and thank you for all that you have taught me.

Joel Pippus, Training & Education Facilitator
Pathways to Prevention: A Centre for Childhood Trauma
Project Lead | Push To Heal

My most memorable story
from my time in high school was in Grade 12.

We were meant to go on a tour of Germany for 10 days with my band and choir class. Of course, my aunt and uncle couldn't afford a trip that extravagant for both me and my sister, so I thought we wouldn't be able to go together, however, a well-timed anonymous donation meant that both my sister and I were able to go on this life changing trip with our friends!

I never found out who made the donation but will be eternally grateful to whomever it was.

**GAME
CHANGER**

Megan Russell, teacher, featured author in Youth in Care Chronicles
& former youth in care



Much love & many thanks to Jcat for sharing some of his original skateboard art with us.

JOHN "Jcat" CARDINAL

John "JCat" Cardinal is a member of Goodfish Lake First Nation and is currently located in Edmonton. AB. Although some of Cardinal's work depicts a connection to his cultural roots, his technique and of different inspirations such as Inspired art, and Pop Culture using detailed and colorful pieces of art.



style are a variety Graffiti, Tattoo, Anime paint markers to create

John "Jcat" Cardinal Indigenous/Cree Artist
ARTIST CREATOR DESIGNER WORKING FROM DIGITAL ART
CANVAS PAINTINGS CUSTOM SKATEBOARDS SNEAKERS CLOTHING/ART
MARKET/EVENTS MESSAGE FOR INQUIRIES.
Johnathoncard94@gmail.com [Instagram @Jcat.cardinal](https://www.instagram.com/Jcat.cardinal)



JOE BUFFALO

Pro Skater. Actor. Speaker.

Co-Founder of Nations Skate Youth.

**Indspire Awards Recipient
for Excellency in Sports 2023.**

Game Changer. Mentor. Friend.

Residential School Survivor.

joedionbuffalo.com

[@therealjoedionbuffalo](https://www.instagram.com/therealjoedionbuffalo)

What do you love most about what you do?

What I love the most about what I do is being able to connect with the youth in a way that allows them to trust in what they are capable of doing. Giving them the confidence that they normally wouldn't have had. Also growing up I never really had anyone to bounce things off of being that my father was absent and I just never trusted anyone enough to ask questions whether it be the birds and the bees or just life stuff. It made me go through life kinda just going through trial and error to figure it out on my own. It made for a lot of major mistakes that ultimately cost me time that I'll never get back.

Why is it important to tell our stories?

I think it's very important to share my stories for the simple fact that the youth find it a lot easier to grasp onto something that they can relate to. Like when I go into detail about my life they find it easier to let their guard down and once that happens they let me in to their life and that's when I find out what really makes them tick. Especially having an outlet such as skateboarding to make the bridge of communication that much more real it only allows for depth and then before you know it they're sharing certain things about their life that a guardian or foster parent wouldn't be able to get to. Plus simply being myself makes them feel extra comfortable in knowing that they have space to be themselves as well.

What would you like to tell youth in care?

What I would like to share/tell the youth and former youth in care is to never be afraid of asking questions and if they have a strong skill in whatever it is they are passionate about then they should surround themselves with the same likeminded individuals. I found it took me decades to figure out what it was I was good at and to pursue it with the same drive that it wasn't what my abusive father wanted. I ended up spending a good chunk of time trying to follow in his footsteps which lead me to being really confused and ultimately having identity issues. So follow that passion and invest your time in it and it'll eventually grow into what it is you want. (10000 hours!)

If you could go back in time and talk to your younger self, what would you tell him?

If I could go back in time and tell younger Joe a few things it would have to be to believe in yourself and to follow your heart. You're going to be the very best in anything you choose to become and that the creator has got your back no matter what it is you do. Growing up and not having so much of a stable life with my abusive father being in and out of my life, I really had to rely on the older people around me to help guide me. It wasn't till I seen the first skateboarder ollie over something that I knew right then and there that this was what I wanted in life. I used to always say that I should've done this so long ago (sobering up) but it wouldn't have made me the man I am today. By going through these struggles it allowed for me to get a firmer grip on my life.

*Much love & gratitude to Joe for taking the time out of his very busy life to answer our questions and share his thoughts with us. He made us feel valued and respected.
We need more hearts like his in the world.*

A DREAM COME TRUE

Over the past few years, Buffalo and his team of teachers and mentors have helped hundreds of pre-teens and young adults find their own paths through skateboarding, mentorship and generosity; during that time, they've donated thousands of skate decks to, and built several skate ramps for Indigenous communities across North America.

Nations Skate Youth is helping indigenous kids survive their present and the gravity of their past, through skateboarding.

finding a connection, they realized that this could be a long-term endeavor, one that could make a lasting, positive impact.

"We all knew this would be something bigger than just a one-time thing," she remembers.

"That meeting was the beginning of Nations Skate Youth and a dream come true."

Excerpt from SPIN Magazine,
Gen Handley, February 9th, 2023

Rose Archie with young skater at a workshop.

Photo with permission from nationskateyouth.com

One of those people who has been there skating with him from the beginning is Rose Archie, one of the four co-founders of the organization. Their bond and idea for Nations Skate Youth was born when she invited Buffalo to talk to youth about mental health and skateboarding in 2019. After talking and



More about Joe Buffalo & Nations Skate Youth

Joe Buffalo - The Documentary - Vimeo

Pipe Dreams - SPIN Magazine

Joe Buffalo survived residential school.

Then he became a professional skateboarder - CBC

This residential school survivor just went pro for

Colonialism Skateboards - Vancouver is Awesome

Tony Hawk Endorses 'Joe Buffalo,' NewYorker.com Short On Indigenous Canadian Skateboarder Who Survived Ugly Residential School System - Deadline

Meet Joe Buffalo: skateboarding star, residential school survivor,

and now SXSW-certified film star - Globe & Mail

A Cree Skateboarding Legend Grapples with the Trauma of Canada's Residential Schools - The New Yorker

NATIONS SKATE YOUTH



Founders (L-R): Joe Buffalo, Tristan Henry, Dustin Henry, Rose Archie

VISION

- Empower • Leadership • Togetherness • Inspire

PURPOSE

- We are an Indigenous-led organization who wants to inspire youth with our stories and encourage the importance of keeping our culture and traditions alive.
- Showing indigenous youth, the capability of what skateboarding can bring into an individual's life and share what it brought into our lives.
- Letting them flourish into the best versions of themselves.

VALUES

- Caring about the well-being and mental health of our people and their communities.
- Strengthen communities through common interests (maybe skateboarding) or leads to some other art form.
- Breaking the cycle of distance within our own people and invest in our future leaders.

GUIDING PRINCIPLES

Listening to the struggles of youth is so important and can make a big difference in their self-esteem and mental health. Asking how to best support them and what changes they would like to see in their own communities. Teaching through storytelling and from real life events to help understand why change is so important.

nationskateyouth.com

[@nationskateyouth](https://www.instagram.com/nationskateyouth)

NO MORE MOMENTS



L - R Carlin Black Rabbit (Drums)
Quarthon Bear Chief (Vocals)
William Big Crow (Bass) Oscar Black (Guitar)

Not only is Carlin Black Rabbit a kick-ass drummer, he is also a member of the Siksika Nation Chief & Council, currently serving his 3rd term. He was voted in at age 24, as one of the youngest councillors to ever be elected in Siksika. You will also find Carlin on the Board of Directors for Cousins Skateboarding Community where he applies his keen leadership for positive change and never-ending passion for youth.

"Cousins has done incredible work in our community and throughout our traditional territory with their mentoring program. We are very fortunate to have developed a working relationship with the Cousins crew through punk shows and skate events. Our ties are very close with Cousins as our guitarist, Oscar, is an active volunteer. We look forward to what Cousins does next, as we will be in their corner."

~ Carlin Black Rabbit ~

A STRONG & PRESENT
INDIGENOUS VOICE IN
THE CANADIAN PUNK
COMMUNITY.

No More Moments is a fast-paced, no holds barred punk band from Siksika Nation. Since 2009 they have been wearing their hearts on their sleeves and telling their stories with powerful guitars, explosive drums and commanding vocals. Their unique perspective of punk helps them blend new and creative elements that keep things exciting with the familiar staples of the genre to ensure no listener is disappointed. Since their inception they have relentlessly toured across Turtle Island from Vancouver to Toronto playing cities and reservations alike. From Vancouver to Onion Lake they have found a warm reception and place to share their perspective and message.

**NO MORE
MOMENTS**
STARLITE ROOM
MAY 27TH
ALL AGES
HARSH REALITY
ALBUM RELEASE TOUR

Belonging



PHOTO CREDIT: JESS SUNG

***Skateboarding
presented me
with an escape and
empowerment during
the years I felt the most
powerless/
not in control.***

The earliest sense of belonging I felt was when I found skateboarding. Skateboarding brought me closer to my people and my community.

I grew up mainly in urban settings disconnected from my culture as a youth in care. I was born in the Misericordia Hospital and spend most my childhood between Edmonton and Calgary. Being Métis and knowing my family's history, Treaty 6 is and always will be my home.

Although the feelings, emotions and very construct of home has been complicated for me and many other youth in care. I believe finding support in community and culture and has helped me along my journey.

Skateboarding presented me with an escape and empowerment during the years I felt the most powerless/not in control. It also brought me peers I looked up to. People who inspired me. People I couldn't let down. I am so grateful for the skateboarding community in Edmonton



PHOTO CREDIT: TRISTAN HENRY

As I got older, I couldn't deny the need to reconnect and strengthen my connection to culture. Now, 23 and living in so called "vancouver" I proudly say I've found my community and support system that keeps me safe. I moved from Edmonton in early 2020 right in the mist of the pandemic. Once I was there, I slowly began to connect with the people who inspire me. The first connection was with my friends [@takeover.skateboarding](https://www.instagram.com/takeover.skateboarding). Takeover Skateboarding are a "BIPOC, LGBTQ+ & 2S centred urban movement led by BIPOCS with emphasis on decolonizing & Indigenizing futures" based in so called "vancouver". Alongside skateboarding and hanging out, Takeover skateboarding also helped me realize and cultivate my passion for building community and empowering youth. Some of my first experiences volunteering and participating in workshops was with Takeover and the community they take care of.

Later that same year I was also lucky enough to connect with everyone at Nations Skate Youth. Since connecting with Nations I've had the honour to be part of some beautiful events workshops all over from BC to Ontario all the way to New Mexico. These exchanges and connections have brought me the strongest sense of pride and purpose.



Nations Skate Youth Gathering

PHOTO CREDIT: DAN MATHIEU

In a funny way, skateboarding has brought me the furthest and closest I've felt to a sense of "home."

Now I am a full time student at Native Education College studying Family and Community Counselling. I hope to continue to give back to the community that takes care of me.



PHOTO CREDIT: DAN MATHIEU

Aside from school and skateboarding, I dedicate a lot of my free time to my beadwork and supporting myself through markets and commission work.

Mathew Delorme King

**In a funny way, skateboarding
has brought me the furthest and
closest I've felt to a sense
of "home".**

Much love and respect to Mathew for sharing
his story with us. You can follow him

[@citygrom](#) and [@certifiedeadly](#)

and please follow [@takeover.skateboarding](#) and [@nationskateyouth](#)

hanging around ppl
who watch and stand by
as your soul hearth goes cold or worse
throw water to extinguish your flames
because they are uncomfortable
or cannot handle ur heat or passion.....
these are not ur ppl
don't waste ur energy on such places
go where ur warmth and light are appreciated
and fed fuel so you can glow bright

Words & Photo
by Kat
@lil.yung.kat

**When you give people a voice, other people start listening
and when people start listening, things start to change.**

Paul Sun-Hyung Lee,
Best Lead Actor, Canadian Screen Awards



We need your voice.
Contact us @zine and heard
or editor@zineandheard.ca



They broke my board but they didn't break me.

When I was around 12 years old, I came home really late from being out skateboarding. As soon as I walked in the door, my foster parents at the time started yelling at me. Then they took my board and went outside where they snapped it in half and then gave it back to me. I had won that board and it was really special to me and it was the only board I had. I was so angry that I picked up a shoe and slapped my foster dad across the face. He picked me up and threw me across the kitchen into the fridge. He was a very big man. I probably weighed 80 pounds.

I got moved not too long after that.
I got another board and I kept skating.
I don't think about them much.
I think about the life I have now,
the wind in my hair,
the feel of those wheels,
and the satisfaction of being free.

Story by Chasm Houle-Frazier
[@chasmxoo](#)

Photo by Abdi J
[@doritobrrrito](#)

I think I have owned 10 boards since I started skating. Picked up this new board at Local 124 this spring. As an animal and a music lover, it may be my favourite one to date. The wheels have Pugs on them and the trucks glow in the dark. I am mostly a street skater.
~ Chasm ~



Sal's Skate Shop

by Kristian Basaraba

Indigenous history, skateboards and art were themes that drove an exhibit entitled “Exploring Colonialism, Creativity and Reconciliation with Skateboards” curated by the students of Sal’s Skate Shop; a classroom at Salisbury High School in Sherwood Park that melds entrepreneur skills and skateboard culture to engage youth. This project, partially funded by the Aspen Foundation for Labour Education was inspired by the work of Micheal Lagnan, owner and operator of Colonialism Skateboards based out of Saskatchewan. His company has a goal “to draw attention to, and have people engage with, complex and untelling aspects of Indigenous Canadian history and culture by combining skateboard art with history lessons on Indigenous culture and colonialism in Canada.” Modelled after Micheal’s work this project had a goal to collaborate with Indigenous creatives and leaders in the community to create works of art that explore those ideas of Canada’s colonial past.

The project began with local educator Michel Blades’ visit to the class in order to provide a seminar on foundational Indigenous knowledge. Topics she covered allowed students to gain knowledge in aspects of the Canadian’s government policies directly affecting the lives of Indigenous people such as Treaty, the Indian Act, Residential Schools and the findings of the Truth and Reconciliation Commission. As one student mentioned, “I learned what Indigneous children went through in residential schools...where inside those buildings there was absolute destruction of their language and culture.” The seminar also enabled the students to have confidence in guiding this project by allowing them to be teachers, and the teachers (guest artists and community leaders) to be learners as set out with Indigenous pedagogical ways of knowing and doing.

One of those community leaders was Colonialism Skateboards professional rider Joe Buffalo. Originally from Maskwacis and now based out of Vancouver Joe visited the class to talk about the positivity he found in skateboarding and how it allowed him to overcome the darkness experienced while attending a residential school in Alberta. He also shared the story behind the graphic on his first pro model; a skateboard that pays homage to his ancestor Plains Cree chief Pitikwahanapiwiyn (Poundmaker). Joe’s story and graphic shed light on how skateboarding can be used as a form of activism and method to invoke social change and it was his involvement with this project that inspired him to begin work on his non-profit entitled Nations.



John "JCAT" Cardinal



Kristian Basaraba & Joe Buffalo

With Michel and Joe laying the groundwork, the students were introduced to artist in residence, John "Jcat" Cardinal of Whitefish Lake First Nations. John's work depicts a connection to his cultural roots with the use of colour, designs and animals but also incorporates contemporary themes in hip-hop, fashion and anime. His ability to bring these two seemingly separate world together made him a perfect fit to mentor the students and help them find their voice through art. John worked seamlessly with the students teaching them the skills and techniques necessary for them to bring the teachings of Michel and Joe to life on a skateboard deck. These workshops also led to Jon sharing his story of being a self-taught artist growing up on a reservation and how he used art to escape the negative social pressures while he was there. Through this mentorship, the students ultimately became further agents to bring awareness to oppression and systemic harm via their skateboard graphics, social media presence and the art exhibit they curated together. It also spawned a partnership to make this project an annual collaboration between John, Joe and a new batch of Sal's Skate Shop students.

Many thanks to Kristian Basaraba & the students of Sal's Skate Shop for sharing their project and pictures with us.

It is a story worth telling and retelling. Art has the power to make change.

Follow [@salsskateshop](https://www.instagram.com/salsskateshop)



Artist: Maia L.
Depicting a chief looking towards a greater future after the cruel treatment of First Nations.



Artist: Alex Z.
I wanted to represent the white washing and the culture being stripped away from the First Nations. The top and left half are to show the traditional side of the children - more bright, colorful and creative. The right and bottom half are to represent during and after the residential schools, dull and very few colors, short hair and high standards.

Reconciliation is about relationship building and this project extended that out past the classroom to the skate shop and had a broader social media engagement that reached hundreds of people. The dialogue between community stakeholders within these venues and platforms was testament to the power of skateboarding and how it can be used as a call to action to forge a path to reconciliation.

~ Michel Blades Bird ~



Sal's Skate Shop boards on display at Local 124 Skate Shop in Edmonton, 2020.



Artist: A. Patenaude

The reason I have a liquor bottle on my deck is because it's to show the actual racism that can be behind a bottle of liquor. For decades there has been a certain stigma with liquor that we have given First Nations. which if you think about it, is wrong because the reason for the alcohol abuse is because of the things that the "white man" has done in the past to this culture and it is very sad. The label on the bottle is called "Spirit Liquor" because I was trying to make it seem like it was being advertised to the First Nations and to show the stigma that all First Nations are alcoholics which they are not.



Artist: Georgina L.
"My heart and soul were never mine to own"

SENDING BIG LOVE TO OUR
FRIEND AND CONTRIBUTOR,
THE ONE, THE ONLY,
A.B.

PUNK KID.
SKATER CHICK.
REHAB ROCKER.
ANIMAL LOVER.
ICE COFFEE IV USER.
PART ARTIST.
PART DRUMMER.
PART SQUIRREL.
DARK HUMOUR PRO.
DARKEST HUMOUR PRO.
TRIATHALON SURVIVOR.
SURVIVOR OF WAY TOO
MANY FCKD UP THINGS.
FORMER YOUTH IN CARE.
FUTURE WHATEVER
SHE WANTS TO BE.

SELF PORTRAIT



BLACK FRIDAY

be rolling out the sticker goods at
Vancouver skate parks.

This cool apparel and lifestyle brand
is owned & operated by a former youth
in care originally from Edmonton.

Check it out!

[@fr.blackfriday](https://www.instagram.com/fr.blackfriday)



And they thought
we'd never tell anyone.

Youth in Care

And they thought we would never tell anyone.
This trauma pain is so deep. So so deep.
They really did/do think that we don't matter.
I always felt like or feel like a throwaway person.
Stomp on me cause (you think) I don't matter.
All the skin hanging on my bones (you think) doesn't matter.
LIE to me because only you think you matter.
Gaslight me... come on, start the fire.
Because you were wrong.
We are telling.
And people are listening.

Kate Werkman, former Youth in Care
(In response to seeing this picture in Zine & HEARD Issue #2)
Watch for Kate's story in the June issue.



Andy Anderson



Proud to call this guy my cousin.

I have always called Andy my cousin. I met him at the Castledowns Skate Park when I was around 10 and he came up to me and asked me what all I could do. Anything I would do - anything cool - he would encourage me. Cheer me on, you know? There was a group of us that spent a lot of time together at the parks and street skating. I really looked up to him because he was older than me and he treated us with respect.

We all knew Andy was going to be the one that would go pro and go far in skateboarding. He was the best one. He had that mentality and that drive that makes you the best. Kids loved to watch him because he would do the coolest stuff. Spending time with Andy and watching him skate was the greatest thing in the world for me as a kid. I will never forget the time he was in a competition and snapped his board so he borrowed mine to land a 360 flip. I was like: No way! That's my board! Ha ha. It was quite a moment.

I haven't seen Andy for around 10 years but we have kept in touch along the way. Even though he has accomplished so much and is famous like even being in the men's park skateboarding event in the 2020 Olympics - he hasn't really changed. He is still humble. He is still a good person and he hasn't forgotten about me. When I messaged him to ask him if I could write about him in the zine and if I could use some pictures from his Instagram he didn't hesitate. He got back to me right away.

Thanks for everything, Andy.

By Chasm Houle-Frazier @chasmxoo

"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

In 2019, the UCP "saved" \$14.5 million by cutting financial supports to approximately 500 youth in care aged 22 - 24 - during the pandemic.

Even though the research is there, the statistics are clear, the death count continues to rise and they know they made a fatal error by lowering the age, they have yet to raise the age back. They have spent \$76 million on a program call TAP which they say supports youth aged 18 - 24, but it does not. There are no financial supports for youth age 22-24. Youth aging out of care deserve our full support. They are more than worth the investment.





We are regularly involved in sponsoring and helping organize all-female as well as LGBTQ+ skate nights, pop-up skatepark installations throughout the year, fundraising and advocating for community-led DIY projects, consulting on local skatepark designs as well as community activations and initiatives.

Looking ahead, we will continue to support skateboard communities across our region, while increasing our shop's brand visibility and online presence. Additionally we will keep rolling along with unique brand collaborations that compliment our shops. Past collaborations have included: Spitfire, Krooked, Thunder, Chocolate, Toy Machine, Sneeze and more.

@ninetimesedmonton
10552 - 82 AVENUE

NINETIMESSKATESHOP.COM



INDIGENOUS BOYS MATTER TOO!

At Creating Hope Society of Alberta, the incredibly talented Ambrose Cardinal runs a program for Indigenous youth aged 14 - 18 who want to learn about Culture & Ceremony. One of the things they do is create artworks on skateboards. An Indigenous Male Youth Wellness Program runs every Wednesday this summer and registration is open!

INDIGENOUS BOYS MATTER TOO! INDIGENOUS MALE YOUTH WELLNESS PROGRAM

hipin & A* (Summer) program

REGISTRATION OPEN

Program date: July.5-August.23rd,2023

Every Wednesday: 5:00-8:00pm

Eligibility requirements:

- Self identifies as Indigenous (First Nations, Métis or Inuit)
- Identifies as "Male" (Two-Spirit and non-binary youth welcomed)
- Between the ages of 14-18
- Dedicated to bettering themselves.
- Committed to their healing journey
- Open-minded and wanting to learn about Indigenous Culture and Ceremony.
- Open communication between Youth, staff and caregivers

SCAN QR CODE WITH SMARTPHONE



FILL OUT GOOGLE FORM TO REGISTER

WHAT TO EXPECT:

Oskapewis (ceremony helper) based mentorship, access to ceremony, intergrated wellness practices, land-based teachings and career and employment resources



FCSS
Family & Community Support Services

Edmonton

For more information contact
Program Coordinator
Ambrose Cardinal
587-588-8717
ibmt1@creatinghopesociety.ca





**SHOUT
OUT
TO
YOUTH
IN
CARE
FROM**



We are Rumor Skateboards and Snowboards. We have been part of the Edmonton and Leduc skateboard, snowboard and youth cultures since 2007. Locally owned and operated, we strive to bring the community together and share our passion for skateboarding and snowboarding.

We believe in skateboarding and snowboarding as a way for people to express themselves, enjoy being outside and thrive in an accepting community. No coaches, no pressure, just you, your friends and your board. We'd love to meet you.

@rumorboardshop
rumorboardshop.com

780-422-0335

780-980-2876



What I love about working youth in care is that they are so wise beyond their years.

What I Love About
Working With
Youth In Care

They teach you so much.
They make you grateful for really small things in life you might take for granted because many of them don't have much and never did. You feel humbled by them and their ability to rise up and fight the odds stacked against them. We need to do better by these kids. They deserve a better shot at life. They have been through more at 16 than most of us have at age 50.

H.E., Child Welfare Worker

MY INK

I love this design because it is one of my first tattoos and the first tattoo I got from my friend, Calen @caldrone. I have gotten four tattoos from him now. I love his style and this design makes me think of my mom & dad because they used to collect frogs for their garden.

Joseph Richard Deboer



11725 Jasper Ave NW, Edmonton

The CHEW Project's vision is to provide frontline support, opportunities for health and wellness, and to help find hope for 2SLGBTQ+ youth and emerging adults facing barriers related to: Mental Health, Oppression, Poverty Homelessness, Substance Use, Sexual Health. Sexual Exploitation/Sex Work & others



<https://kingskatemag.com/polaris/>



THANKS AGAIN TO
EVERYONE WHO
SHARED THEIR
POETRY,
MUSIC,
STORIES,
PHOTOS
& PERSONAL
REFLECTIONS
ON THEIR
SKATE LIFE.

MUCH RESPECT.



Tigers Skate Club in Edmonton

We are a women + girls-based skateboarding club all about having fun in a comfortable and safe environment.

@tigersskateclub

100% Skate Club in Calgary

is a place for skaters who are women, girls, and non-binary. We are committed to creating safe skate spaces for Black, Indigenous, People of Colour, LGBTQIA2S+, and persons with disabilities.

All ability levels welcome.

@100percentskateclub

Local Lemon Syql in Lethbridge

We are a group of young ladies who want to help other women feel more comfortable and safe at the skate park.

@locallemonsyql

Delburne Ghost Ryders

in Delburne

@delburne_ghost_ryders

Rude Girls in Banff

@rudegirlsshop

We will be doing another skate issue next May so keep us posted on your club & events in the new year.

We'd love to hear from you.

editor@zineandheard.ca

Wanted to give
a shout out
to these
skate clubs
in Alberta.



Hope we
didn't miss
anyone &
have a
great skate
season!

That wood under my feet

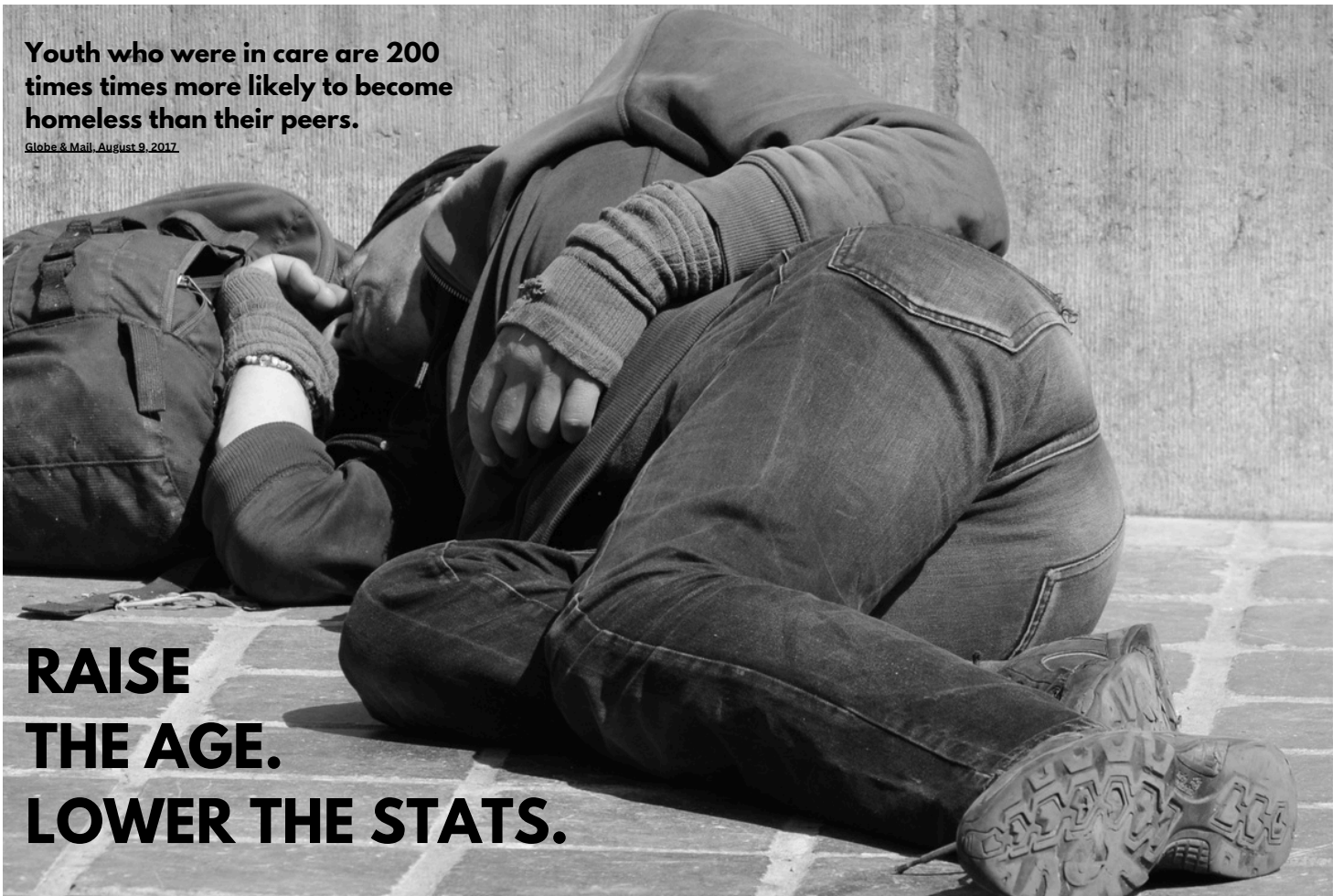
My story is probably very similar to a lot of people who skateboard. It was my way out. I didn't really have a childhood and never wanted to go home so every day I would go straight to the park after school and stay til dark. I grew up really fast and so I liked being around the older people there more than people my own age. They treated me well and I liked talking with them because the conversations had value. I felt accepted and never judged. I got to meet people from all walks of life. Other skaters always wanted to see you improve and when you did something cool they would give you credit for accomplishing it. The only thing you might not be liked for is if you didn't follow skate park etiquette. I got my first board when I was around six and it gave me the freedom to do whatever I wanted within it. Feeling that wood under my feet felt better than most things in my life. When I was around 12, I got put into care and that really limited my opportunity to skate. I could only go to the skate park when staff wanted to take me and that wasn't often. When I was allowed, I skated in the parking lot and on an extremely crappy half pipe they had at that place but it was pretty depressing. My freedom was limited on so many levels. I finally got out of there when I was 15. I still skate when I can because it's healthy, it's good transportation, and it's a great way to get out of the house but mostly I just cruise as my old board is about ready to snap so I don't want to destroy it. Thinking about getting a new one and putting that old one on my wall.

~ Christian Lavrentiadis ~

Youth who were in care are 200 times times more likely to become homeless than their peers.

Globe & Mail, August 9, 2017

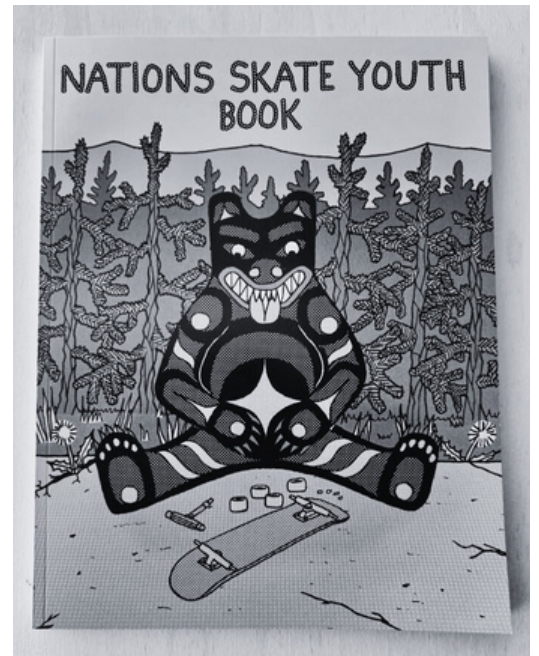
**RAISE
THE AGE.
LOWER THE STATS.**



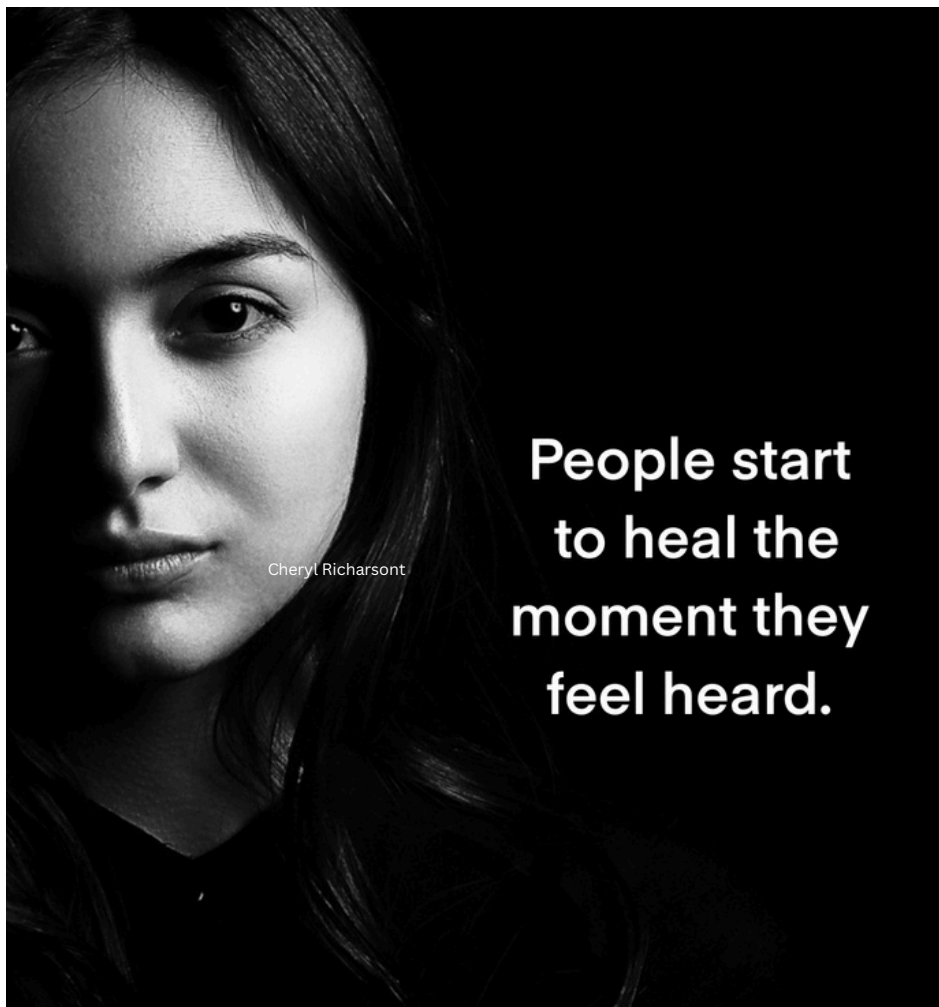
Be Proud of Who You Are!

Nations sees the importance of preserving Indigenous culture, language, traditions, and keep it alive. They believe it takes a whole community to raise a child and they want to remind the youth to be **“PROUD OF WHO THEY ARE AND WHERE THEY CAME FROM”**.

Nations intention is to visit Indigenous communities and provide workshops that provide a safe place for them to speak their voice. Teaching skateboarding and seeing value in keeping our youth active is a great opportunity to help promote building more skateparks in communities. The art and grip tape workshops is a creative way to express themselves without judgement. The workshops help promote confidence and is a positive experience for everyone.



nationskateyouth.com



The reason this zine exists is so that your voice can be heard. If you are a youth in care or former youth in care please send us your words, thoughts, poetry, music, photos, stories, statements, photos, expressions & impressions.

Every
voice
matters.

editor@zineandheard.ca

JUNE ZINE! JUNE ZINE! JUNE ZINE!

We are looking for clothing designers, jewelry makers, artists of all persuasions. Also want to feature youth in care and former youth in care who just make a fashion statement every single day. Please contact editor@zineandheard.ca or message us on IG [@zine_and_heard](https://www.instagram.com/zine_and_heard). Thanks!

ATTENTION TO DETAIL



A Collection Of Short Songs Pt. 1

A Collection of Short Songs Pt. 1

by Chasm Houle-Frazier

is a collection of three short songs
composed over the past few years -
lost in the shuffle - found in the pause.
Hope you like them.

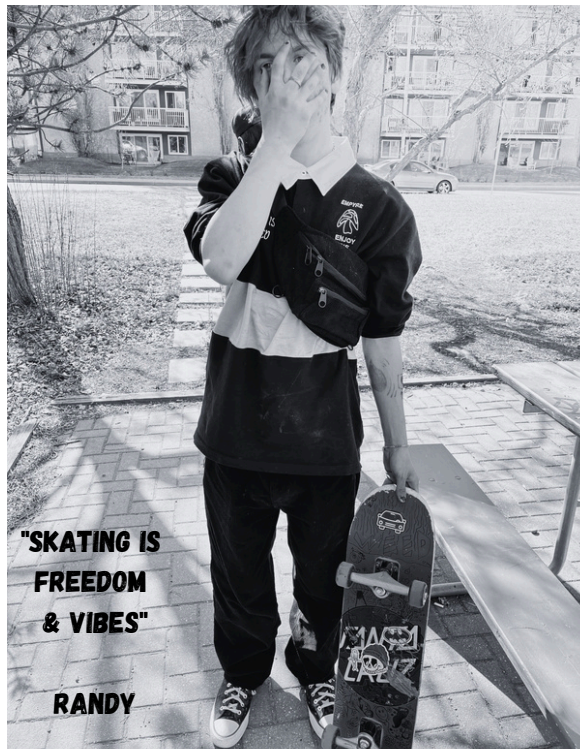
Released May 9, 2023
on Spotify

SKATERS OF O S Y S

Old Strathcona
Youth Society

Boarding is fun,
freeing and easy to
learn. Just avoid poles.

"NAPKIN"



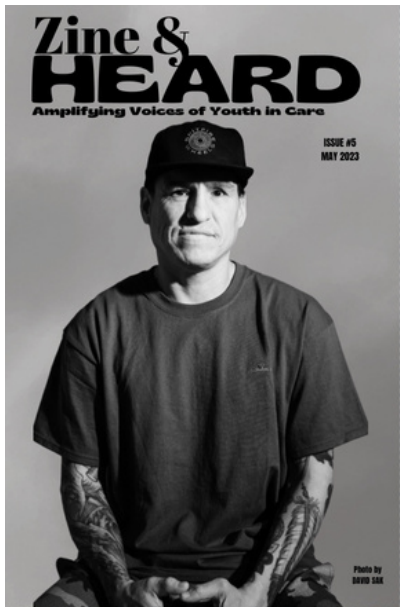
"SKATING IS
FREEDOM
& VIBES"

RANDY

Artists of iHuman

The top board was a
commemorative board for
a former staff & youth that
made up the first Dungeons
& Dragons group at iHuman
& now everyone
who joins signs
the board.





Many thanks to the **Friends of Zine & HEARD**

CADENCE LEADERSHIP & COMMUNICATION INC.

COLLEEN THOMPSON CHIMO

BUD FRASIER & THE ELECTRIC RAZORS

LYLE BELL TOMMY TWO DOGS JAN MASLYK

MARTIN HIDINGER KRISTINA W. MARLEY-JAY

LOCAL 124 SKATEBOARDS & LONGBOARDS

CORINNE CROSSMAN ANONYMOUS X 6

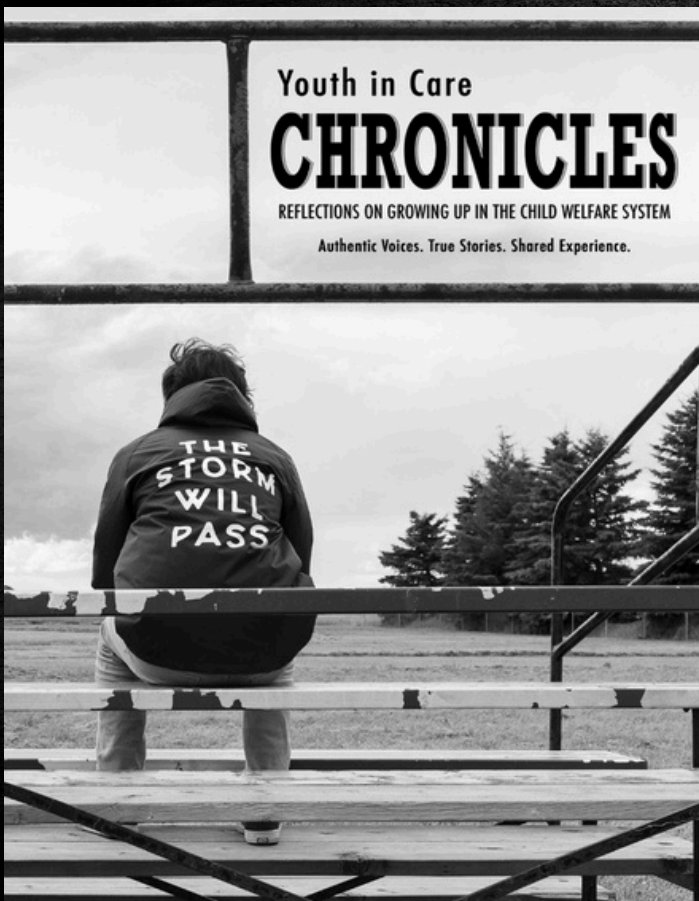
CLINT FRAZIER CHEYANNE CARLSON-WHITE

BROOKS ARCAND-PAUL JOEL PIPPUS

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**

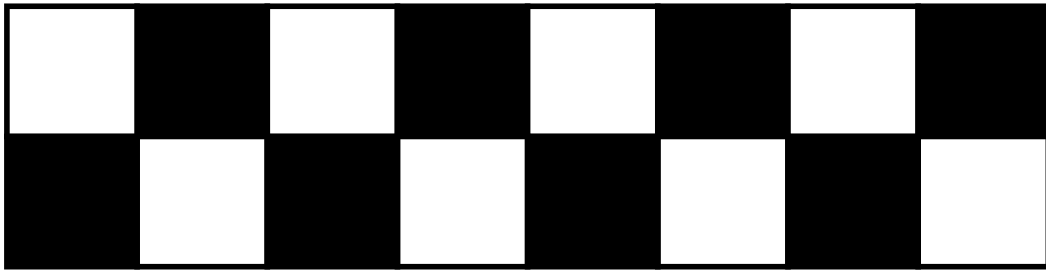
Available at

Amazon

&

Audreys

**All proceeds go
to fund projects
for youth in care.**



Hey.... it's OK to ask for help.

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

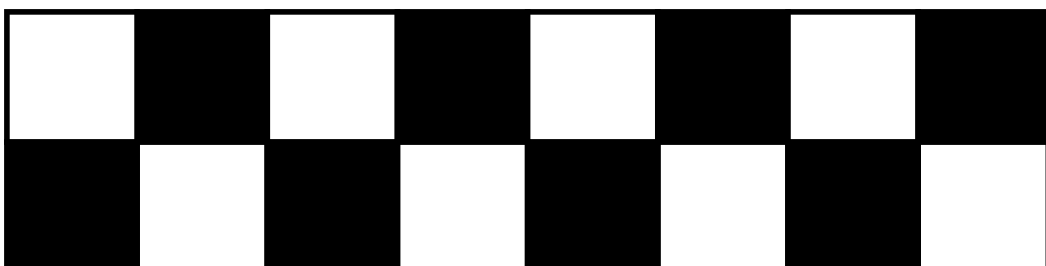
SOUTHERN ALBERTA Call: (403) 297-8435

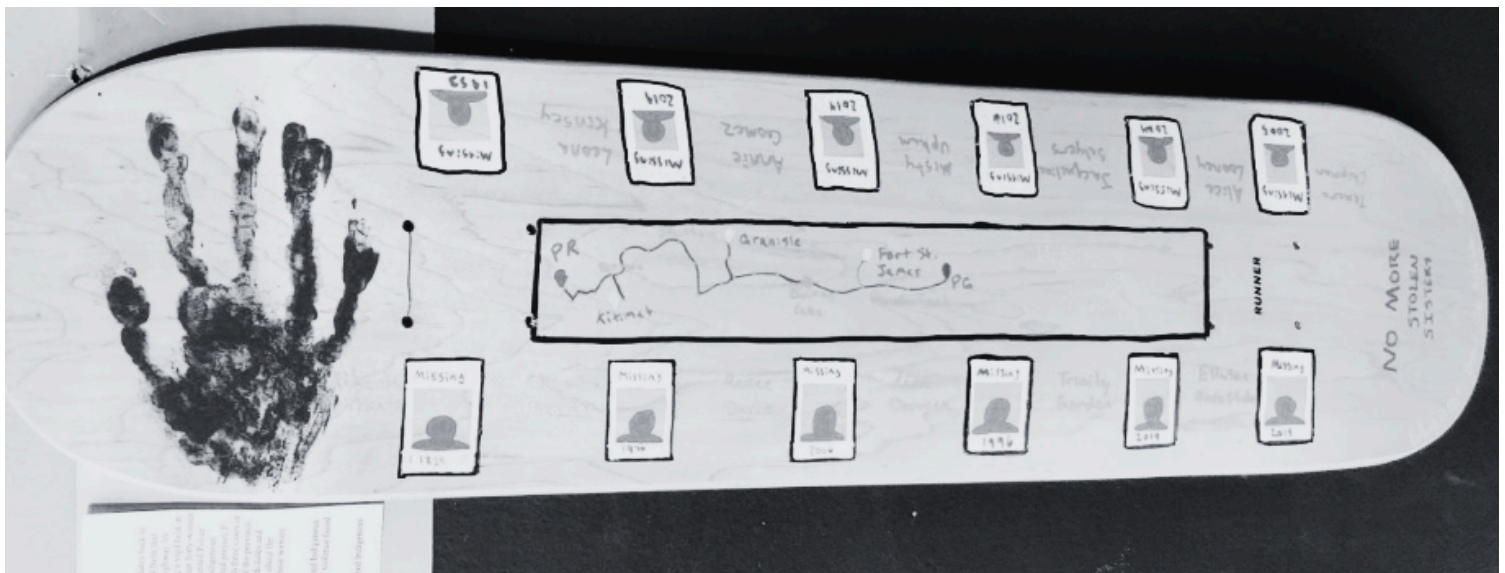
ACCESS OPEN MINDS

**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





Artist: Layla J., Student, Sal's Skate Shop

The first recorded missing persons case along the Highway of Tears dates back to the 1970s; the amount of Indigenous women who have gone missing or been murdered along that highway has only increased since then. The Highway of Tears is the corridor of Highway 16 between Prince George and Prince Rupert. The phrase was created in 1998 during a vigil held in British Columbia for 402 missing women. Since 1970, over 40 women have gone missing over this 700 km stretch of highway.

The RCMP announced in 2014 that there had been more than more than 1200 missing and murdered Indigenous women between 1980 and 2012. In 2005 the RCMP launched a provincially funded project in BC called E-PANA which puts it's focus on some of the unsolved cases. The unit started with three cases in 2005 and by 2007 there were 18 cases - some from other parts of the province.

This board graphic contains the route of the highway, missing people posters with the dates and names. Along with that there is a red handprint which is used to raise awareness about the epidemic of Indigenous women going missing or being killed.

In 2016 the federal government launched the National Inquiry into Missing & Murdered Indigenous Women and Girls as a key initiative to end the disproportionately high levels of violence faced by Indigenous women.

For more information please visit The National Inquiry Into Missing and Murdered Indigenous Women and Girls at mmiwg-ffada.ca

MISSING

Maggie Burke, 21, lived and worked in the area of 118th Avenue in Edmonton. She was last seen in that area on Dec. 9, 2004. Although she was reported missing that month, police did not release her information for five months. Foul play is suspected.

The KARE unit, an RCMP entity that investigates files of missing or murdered vulnerable persons throughout Alberta, is handling her case.

In October 2015, the RCMP used her case in a 10-day social media campaign to generate tips into missing and murdered Indigenous women.

In December 2015, her family issued another plea for help in finding her. Crime Stoppers paid for a billboard to hopefully jog someone's memory of Maggie. Her case remains unsolved.

(Info taken from CBC.ca/missingandmurdered)

1-800-222- 8477 CRIME STOPPERS



Maggie Burke

*You
are
not
forgotten.*



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

Photo by JAN MASLYK

Deaths of young adults hit an all-time high once they no longer qualify for government care.

Calgary Journal, June 22, 2021

Deaths in children, youth, young adults receiving government care hits record high in Alberta.

Calgary Herald, February 28, 2022

Leaders condemn over-representation of Indigenous deaths in government care. Global News, March 17, 2022

'We need to do more': How 15 kids in 6 months died during, or after, receiving care in Alberta. CTV, March 30, 2022

Alberta on track to report a record-breaking number of deaths among those under child intervention/supports.

CityNews Calgary, April 16, 2022

Deaths of young people in government care continue to climb, child advocate says. CBC, December 2, 2022

Report details a decade of deaths and injuries connected to child welfare system. APTN, March 3, 2023

Alberta predicts \$2.3 billion surplus.

Every year since 2019, the UCP have cut financial supports to approximately 500 youth in care aged 22 - 24.

They did this to "save" \$14 million.
It has cost lives.

A black and white photograph of a tombstone with the inscription "RAISE THE AGE. LOWER THE STATS." The tombstone is a simple, upright, rectangular stone with a slightly arched top. It is set in a grassy area. The text is carved in large, bold, capital letters. The background is dark and out of focus.

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