

Zine & **HEARD**

Amplifying Voices of Youth In Care

**ISSUE #9
SEPTEMBER 2023**



**PHOTO BY
DJS PHOTOGRAPHY**

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

WHO

Youth in care speaking out & making a difference.

WHAT

A zine to amplify our voices & raise awareness.

WHEN

We publish around the 15th of every month.

WHERE

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

WHY

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



QUOTE: Jeff Woods ARTWORK: Chasm Frazier

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Editor

Penny Frazier

What's Inside

Brandi Morin

Bryant Doradea aka

Higher Knowledge

I.A.M. Collective

iHuman Youth Society

Indigenous Runners YEG

Jade

Locke Tha MC

Mady Silver

Medicine Wheel Publishing

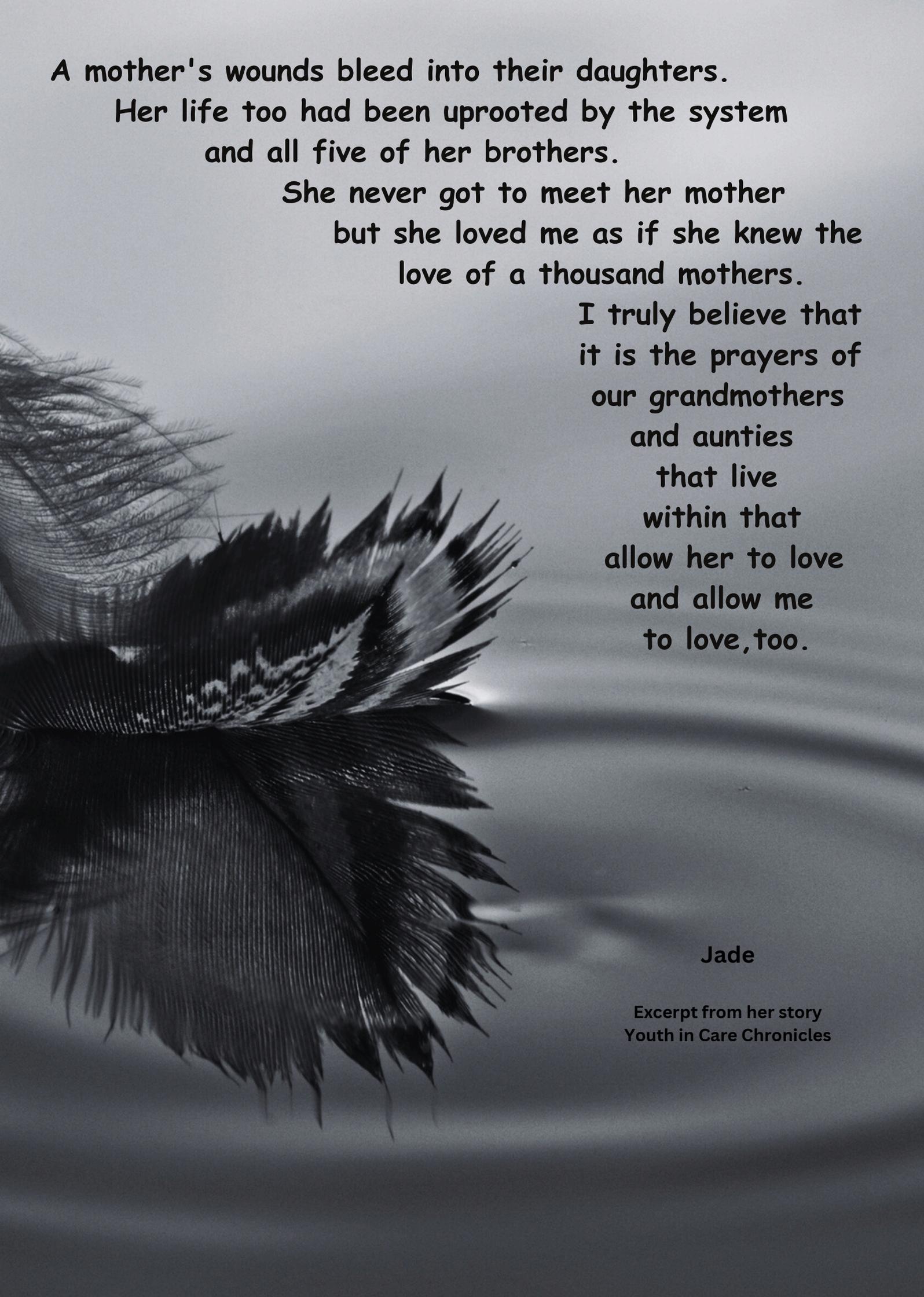
Tyler

Water Warriors YEG

Youth in Care Chronicles

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





A mother's wounds bleed into their daughters.

Her life too had been uprooted by the system
and all five of her brothers.

She never got to meet her mother
but she loved me as if she knew the
love of a thousand mothers.

I truly believe that
it is the prayers of
our grandmothers
and aunties
that live
within that
allow her to love
and allow me
to love, too.

Jade

Excerpt from her story
Youth in Care Chronicles

I burned a lot of U-eez in my day but never one on this road

I love September. I love the sound of kids back on the school grounds. I love the cooler air. Where I live, I swear the stars are brighter at this time of year. The cows that roam a pasture a couple of blocks north of our house also moo louder in the fall. Cool - not cool. Tonight I heard a flock of Canadian Geese flying overhead. In all my years of living in the country I have never known geese to fly in the dark. And no, I was not high.

While I would also like to tell you about the coyotes out here and maybe one of my neighbours, what I really want to talk about is Truth & Reconciliation. I think about it all the time. I guess I thought a lot about it when I was growing up though there was no name for it at that time. I started reading some of those 'other' history books in high school and there is no turning back after you digest *Bury My Heart at Wounded Knee* and *The Unjust Society* at the age of 16. There's no burning a U-ee once you know what you know. For a more recent road trip into this territory, I would suggest reading the book, *Clearing the Plains*, but know heading out that it's not an easy ride.

I used a quote from Buffy Sainte-Marie on the back page this month because in true Buffy style, she nailed it. Truth & Reconciliation is ongoing. Step by step and heart by heart. We need open up to what it really means. I'm grateful that I had a lot of opportunities to keep learning over the years. I read more books. I watched many films and documentaries. I went to events. I took part in the blanket exercise. I learned about smudging. If I listen to the radio, I listen to The Raven - I like their style and I like their Indigenous language vignettes because I may one day learn how to say, "Be quiet and go sit down" to my husband in Cree. I follow some Indigenous influencers and educators on social media. I was supposed to learn how to find and pick sweetgrass with my old friend Beatrice this summer but I forgot my rubber boots and she was tired so we just hung out and talked about winning the lottery and starting a horse rescue farm, but next year we will go. And, I really want to thank all the youth from care I have known who have taught me things I could not have learned anywhere else.

As Murray Sinclair said about reconciliation: Education is what got us here and education is what will get us out. I'm going to keep learning. I want to be a better listener and a better ally. I want to keep trying to get it right. I have to keep doing my best to work with the fact that I am like the RAV4 I drive - old & white. I am a member of six generations who benefitted directly from the displacement and dehumanization of Indigenous people and I become more conscious of that every day. How can I not? The truth is everywhere.

We are honoured to have the author of the The Orange Shirt Story and founder of Orange Shirt Day, Phyllis Webstad, and her publisher, Medicine Wheel Publishing, featured in this month's zine. Every child matters. Every child should have always mattered. Wear an orange shirt in remembrance on September 30th. Wear an orange shirt in remembrance any day of the year. Take the road to Reconciliation. The view is amazing.

Penny Frazier, Editor



I just returned from dropping off my 5-year-old daughter to her first day of school. Kindergarten. She was happy and excited. She was free.

On the way home I thought of the thousands of children who were forcibly taken. Taken from their parents. Taken to attend Indian Residential Schools. Taken younger than my daughter's age. Some of these parents never saw their children again for years. Some of these babies died of malnutrition, disease, neglect.

My heart aches with horror to think of my child being ripped from my arms and sent to strangers. It's no wonder the brokenness is so profound.

I think about how grateful I am that my child is with me. And that I have the right to choose where she goes and that she is not discriminated against because of her culture or the color of her skin.

I think if that would have happened to me as a mother, I would have died. I would have been a walking zombie as if my heart was ripped out of my chest.

My grandmother survived these concentration camps for children and so many others. I have to remember. I will honour them. I will hold my child and be thankful.

As we are in Reconciliation month, it is these things that make it so understandable what we are reckoning with.

I just encourage you to put yourself in the shoes of these families. Many of who are still alive today and dealing with the aftermath.

Put your heart there.

Tell your children.

Hold your children for all the children who never made it home and all the families left behind.

Why can't you just get over it?

Many people have said over the years that I have been involved in the work of the Truth & Reconciliation Commission: Why can't you just get over it and move on?

My answer has always been: Why can't you always remember this? Because this is about memorializing those people who have been the victims of a great wrong.

Why don't you tell the United States to 'get over' 9/11?

Why don't you tell this country to 'get over' all the veterans who died in the Second World War, instead of honouring them once a year?

Why don't you tell your families to stop thinking about all their ancestors who died?

Why don't you turn down and burn down all those headstones that you have put up for all your friends and relatives over the years?

It is important for us to remember. We learn from it and until people show they have learned from this we will never forget. We should never forget, even once they have learned from it, because it's part of who we are. It's not just a part of who we are as survivors and children of survivors and relatives of survivors, it's part of who we are as a nation. And this nation must never forget what it once did to its most vulnerable people.

Murray Sinclair

Hurt people hurt others,
but luckily,
healed people heal others.
Safe people shelter others.
Free spirits free others.
Enlightened people illuminate others.
And love always wins.
So shine your light on all
who may cross your path in life,
because what you do matters.

@theoraclereadsyou

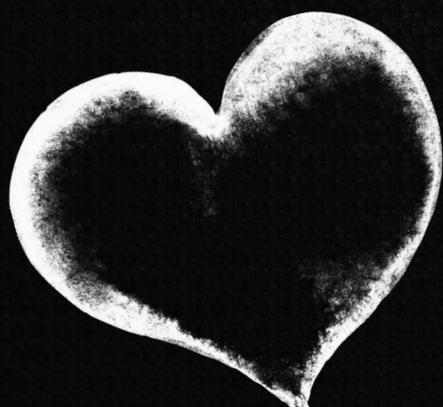
If you are a youth in care or a former youth in care, we want to publish your words, your art, your photos, your lyrics, your expressions and impressions. All submissions pay \$10.

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 & SUPPORTERS.
WE APPRECIATE YOU.**



“I’d just like to announce to everyone that I’ve already won.

Bryant Doradea
HK aka Higher Knowledge
@hkeezay

hkeezay Tonight is the International Indigenous Hip Hop Awards and my album "The Knowledge of Good and Evil" is nominated for *Album Of The Year* 🌟
🙏🏿 I was thinking today and meditating on a few things...

-I am sober

-I am happy

-I have called my spirit back and journeying down my Red Road.

-I am surrounded by wonderful community, family, kids, friends.

-I get to travel and paid to do what I love.

-I survived foster care, gang life, prison childhood trauma, and so many other things.

I'd just like to announce to everyone that I've already won 🙏🏿

Shout out to everyone who's helped me along the way, we still getting started, onwards and upwards



Padiush to Creator + Ancestors 🙏🏿🙏🏿🐕



linktr.ee/hkeezay





LOCKE THA MC

Locke Tha MC, formerly known as Dominic Bear, is a 27-year-old Indigenous artist hailing from Edmonton, AB. With a passion for music that ignited in 2011, Locke is a multi-faceted talent who produces beats, handles mixing and mastering, and has earned local recognition as a former member of Collective Conscience (Coli-Con).

As a member of the “Hip Hop in the Park Foundation”, a non-profit dedicated to fostering creativity within the community, Locke is committed to exploring the depth of hip hop culture. His artistic journey began at the age of 14, recording at iHuman Youth Society, and has since evolved into the remarkable artist that he is today.

Locke’s musical versatility shines as he fearlessly experiments with various styles within the hip hop genre. He uses his voice to shed light on the oppression and suffering endured by native communities, offering a heartfelt perspective on the challenges felt by Indigenous individuals in today’s metropolis society.

Beyond his own artistry, Locke is dedicated to nurturing emerging talent and recording local youth in need of opportunities. Keep an eye out for the debut of “Locke the MC” and his creative team as they continue to make waves in the world of hip hop.

RICHARD’S PUB SEPTEMBER 29TH

\$10 OR \$15 AT THE DOOR

With Feat D-Lay, Drew Pete, CJ Prime & Guests

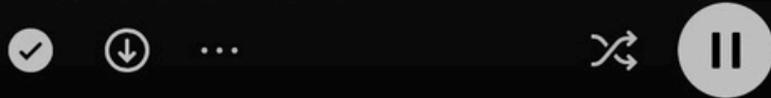


POP PUNK ACOUSTIC

stripped pop punk. punk goes acoustic.
punk acoustic. acoustic breakup. love son.

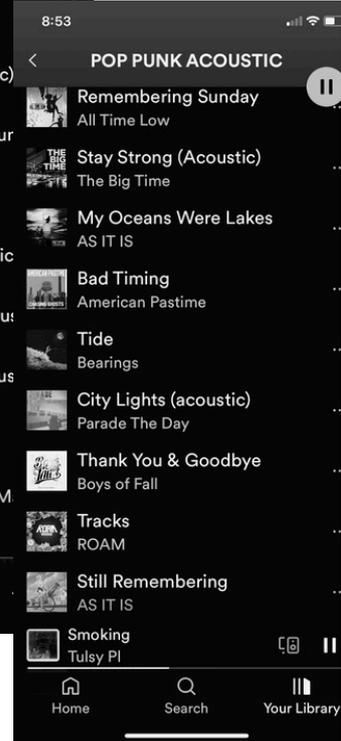
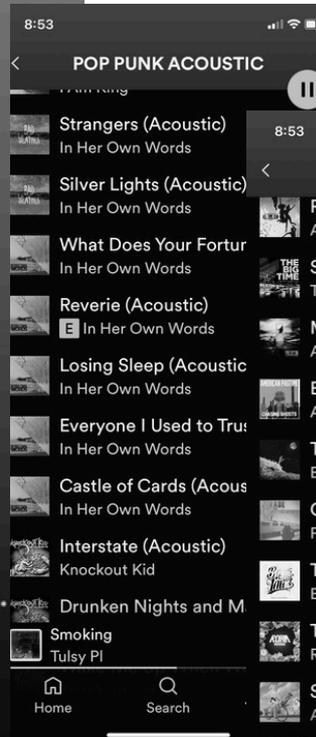
Chasm Frazier

578 saves • 49h 57m



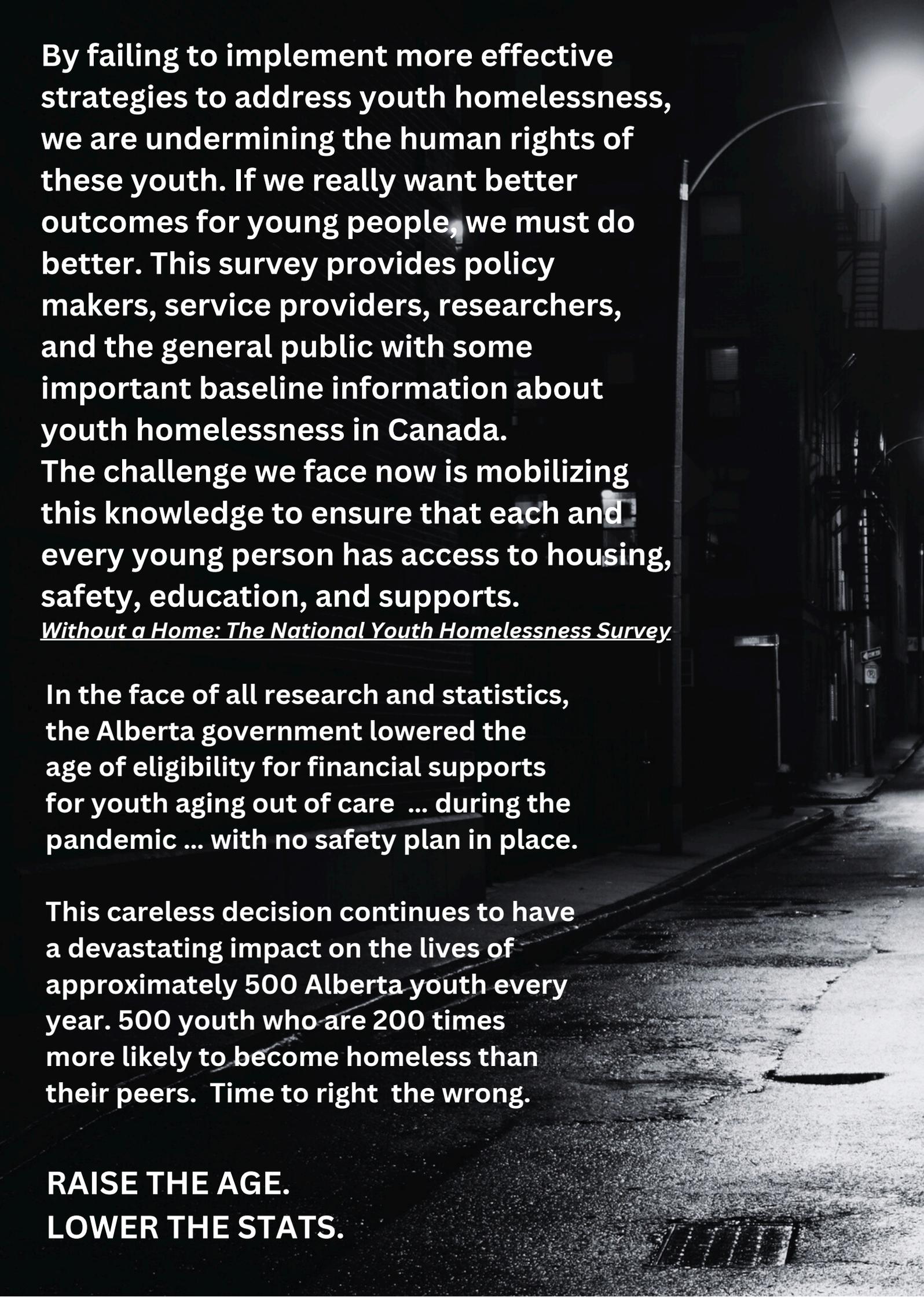
- Mom And Dad
Attention To Detail
- Philophobia (Fear Of Fallin...
Attention To Detail

- Smoking
Tulsy PI
- Broken
Tulsy PI
- Smile
Attention To Detail
- Forever Yours
Grayscale
- Eulogy
Tulsy PI
- Headlights
Broken City Sky
- Cartography
The Paper Trail
- Special Kaye
Alive In Standby
- Tongue Tied
Faber Drive
- Smoking
Tulsy PI
- Take the Fall
I Call Fives
- Trial and Error
The Big Time
- Brisbane
Youth in Revolt
- Before I Lose (Acoustic)
The Second After
- Eastwick
Real Friends
- Where You Are
Mayday Parade
- Children Of Divorce
Jonny Craig
- Desolation - Acoustic
We Set Signals
- Spotless Mind (Reimagined)
Dayseeker
- Smoking
Tulsy PI



I decided to make this play list one day, people started liking it and I just kept adding to it. I like to find new artists and bands that I feel are underrated. I always have. It's cool to see how far bands have come from when I first started following them like Stand Atlantic, These Kids Wear Crowns, Yours Truly, Between You and I, and Neck Deep. Neck Deep was the first show I ever went to and I got to meet them. They were really nice to me and it was a great experience. I also went to Warped Tour in 2018 which was the chance of a lifetime and I should have bought more tshirts. I think I was only 16. I have always loved music and still look for new music every day. Planning to see a couple of my all time favorite bands, Cheif State and Calling All Captains in Red Deer at the end of the month.

Thanks for reading this.



By failing to implement more effective strategies to address youth homelessness, we are undermining the human rights of these youth. If we really want better outcomes for young people, we must do better. This survey provides policy makers, service providers, researchers, and the general public with some important baseline information about youth homelessness in Canada.

The challenge we face now is mobilizing this knowledge to ensure that each and every young person has access to housing, safety, education, and supports.

Without a Home: The National Youth Homelessness Survey

In the face of all research and statistics, the Alberta government lowered the age of eligibility for financial supports for youth aging out of care ... during the pandemic ... with no safety plan in place.

This careless decision continues to have a devastating impact on the lives of approximately 500 Alberta youth every year. 500 youth who are 200 times more likely to become homeless than their peers. Time to right the wrong.

RAISE THE AGE.

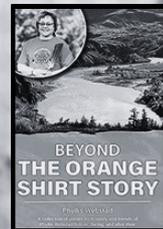
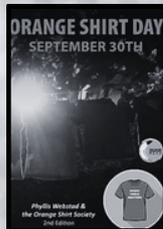
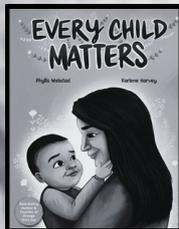
LOWER THE STATS.

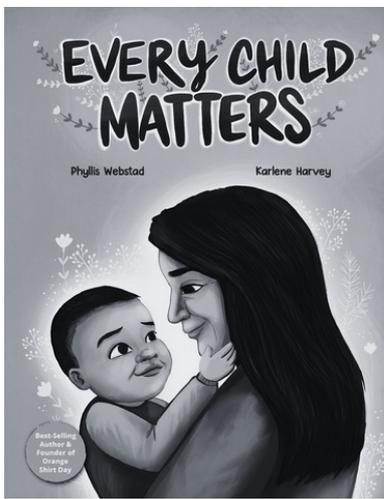
Alberta Government: Game Changers for Youth in Care

**This is the headline
we need to see.**

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

Much love and many thanks to Teddy Anderson and the staff at Medicine Wheel Publishing for providing us with our feature story and photos and to Phyllis Webstad, pictured here at age six, for changing the world through her words.





“I wanted to write this book, Every Child Matters, to tell the story of Indigenous resiliency. The Canadian Government did not and will not win – we are still here, and we aren’t going anywhere! They were not successful in getting rid of us, in fact, we are gaining strength and momentum. We are reclaiming ourselves. I am so glad I met Teddy and his publishing company. Other publishers didn’t know how to work with me, but Teddy knew right away how to get the story from my brain and heart onto the paper. Kukstemcw Teddy Anderson for publishing my stories!”
Phyllis Webstad

Phyllis Webstad, the founder of the Orange Shirt Day movement, reached out to us to see if we were interested in publishing her story. She had very little hope as her story had already been rejected by two other publishers, and a third publisher told her to change her government sponsored Residential School experience to a story about a scared little girl going camping. After a brief conversation with Phyllis, we realized sharing her story in her own way helps us all connect to the reality of what she, and many, many others faced. It is critical for all Canadians to understand our past in order to build a positive future together. That was Phyllis’s first book, The Orange Shirt Story, now she has gone on to create six more books, including her newest book, Every Child Matters.

Medicine Wheel Publishing
www.medicinewheelpublishing.com
[@medicinewheelpublishing](https://twitter.com/medicinewheelpublishing)

Phyllis’s story is giving all Canadians a chance to right the wrongs of our past. We have a very dark history and Phyllis’s story is important for everyone to understand because we all feel the impacts of the Residential School System, whether directly or indirectly. I truly feel the next generation already understands the need to spread the message that “Every Child Matters.” When you ask an adult in this country some will know about Orange Shirt Day and others will not. But when you ask students from across Canada they know what it means. The next generation is being educated about topics that we silenced for such a long time. We are breaking attitudes, patterns, and essentially behaviours that led to the Residential School System.

Continued on next page...



St. Joseph’s Mission Residential School
 Near Williams Lake, BC



Twenty-twenty-three is the tenth anniversary of the first Orange Shirt Day, and with the impact we have seen over the past ten years sweeping from nation to nation, I can't wait for what this country will look like in 10 or 20 years when these students grow up to become our future leaders, doctors, lawyers, etc.

Medicine Wheel Publishing creates culturally authentic Indigenous books, resources and tools specialized for moral and cultural education. Each book teaches a positive, moral message designed to invite all children, youth, and adults to engage and participate in culture with authenticity and respect.

We want to create a safe space for people (teachers, parents, and children) to learn about Indigenous cultures in authentic and meaningful ways. We also want to help storytellers make the transition to become writers. In many Indigenous communities, stories are powerfully and beautifully told through traditional oral storytelling. Helping oral storytellers transition their stories into book form helps them to reach a much wider audience. With a goal of unity and understanding, the stories we publish offer more representation in the book world as well as in education. The more we understand and respect each other's cultures, the greater and stronger our society will become.

Medicine Wheel Publishing is the publisher of many Indigenous authors as well as being the official publisher of Orange Shirt Day written by Phyllis Webstad and the Orange Shirt Society. Medicine Wheel Publishing has books in thousands of locations across Canada and the United States. In all of Medicine Wheel Publishing books, every word and image has the explicit approval of the Indigenous storytellers and Elders connected to the story. Through a relationship-based publishing program, Medicine Wheel Publishing offers a process that is culturally

sound and authentic. Not only does Medicine Wheel Publishing protect cultural stories and authors, it offers our community of Indigenous authors a way to publish their oral stories without compromising themselves.

Medicine Wheel Publishing was founded by Teddy Anderson (Yeíl S'aghi) who is multicultural, and a third generation adopted member of the Carcross Tagish First Nation, a Tlingit community in the Yukon.

Medicine Wheel Publishing acknowledges that we live and work on the unceded traditional territory of the Coast Salish People including the Sc'ianew people, the lək'wəŋən people and the T'Sou-ke people.



Phyllis Webstad & Teddy Anderson



YEG YOUTH CONNECT

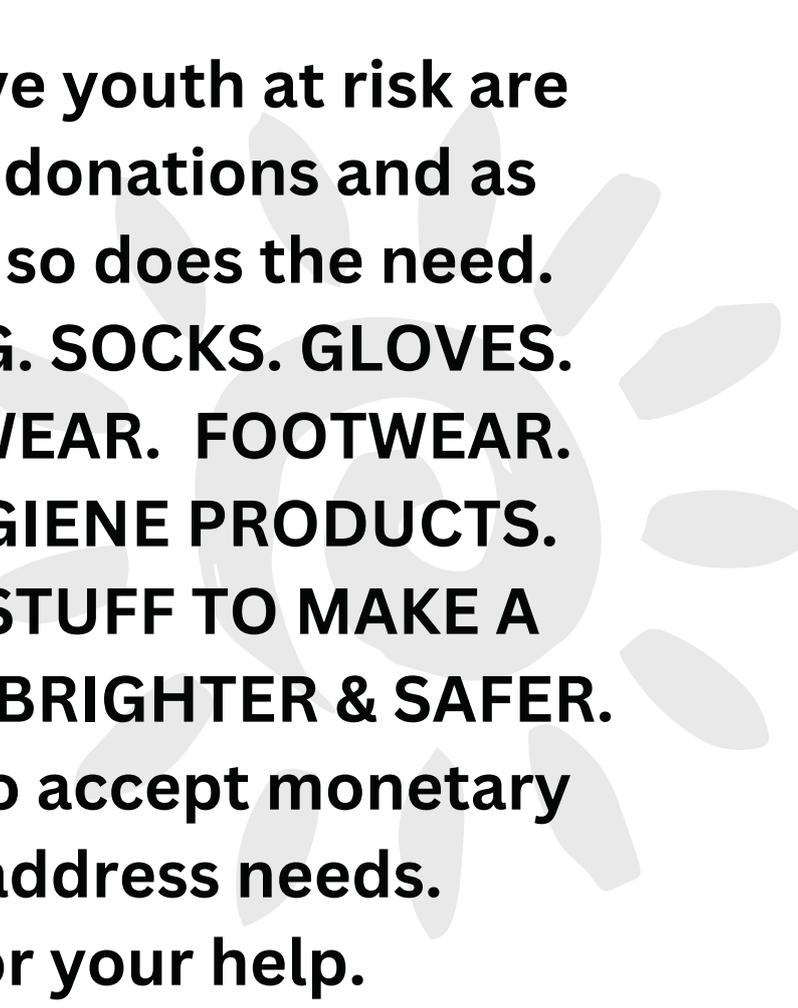
FREE EVENT

for at risk and unhoused
youth aged 13 - 29

OCTOBER 5th 1:00 - 4:00 PM

Join us at the Boyle Street Plaza for a hot meal, resources, hair cuts, harm reduction supplies, access to employment and wellness resources, music & entertainment, a photo booth, a sacred fire and more!

Agencies that serve youth at risk are always in need of donations and as winter grows near so does the need. **COATS. CLOTHING. SOCKS. GLOVES. TOQUES. UNDERWEAR. FOOTWEAR. BACKPACKS. HYGIENE PRODUCTS. SNACKS. OTHER STUFF TO MAKE A KID'S DAY A LITTLE BRIGHTER & SAFER.** Most agencies also accept monetary donations to address needs. Thank you for your help.





All Are Welcome ~ Tawâw

Register here →



THIS EVENT AIMS TO HONOR AND REMEMBER OUR LITTLE ANCESTORS AND ALL THOSE WHO ATTENDED RESIDENTIAL SCHOOLS

WE ALSO RAISE FUNDS FOR LOCAL GRASSROOTS MOVEMENTS, THE ORANGESHIRTDAY.ORG & SUPPORTING INDIGENOUS ATHLETES. THIS WILL BE A COMBINATION OF PAVEMENT AND TRAILS IN THE RIVER VALLEY.

PLEASE JOIN US IN RUNCONCILIATION ON SEPTEMBER 30TH IN REMEMBRANCE, TO HONOR THE TRUTH AND TO YELL LOUDLY

EVERY CHILD MATTERS!

Run/Walk 3 Distances & Swag!

- 2.15km \$17
- 5km \$35
- 10km \$50
- Custom Orange Shirt & Race Bib
- Custom Wooden Medal

Details on how to register can also be found here:

www.indigenousrunner.com

3RD ANNUAL ORANGE SHIRT DAY RUN/WALK

SEPTEMBER 30, 2023

NATIONAL DAY FOR TRUTH AND RECONCILIATION

LOCATION:

Kinsmen Park, Edmonton & River Valley Trails

START TIME:

12:00 pm Activities & package pickup start
1:00 pm Round Dance
2:00 pm Kids Race Start
2:45 pm 10km Start
2:55 pm 5km Start

RUNNERS RAFFLE

POST RACE SNACKS

ROOT FOR TREES ON SITE

FOOD TRUCK, VENDORS & MORE!

WE ARE PROUDLY SPONSORED BY THE CITY OF EDMONTON

Inquiries can be sent to
Indigenousrunneryeg@outlook.com

Edmonton

Please follow [@indigenousrunner](https://www.instagram.com/indigenousrunner)
for more information & inspiration.
Inquiries can be sent to
indigenousrunneryeg@outlook.com

GAME CHANGER

When I moved into care, I got that first child welfare worker who would just come and go and not listen to me. It was just, “Here’s the rules and sign this paper and here’s your new next home.” That was it. It was when I got my new worker that things started turning around. He asked me a lot of questions about what I liked to do and what kind of youth worker I would like and he matched me up with a great one who I would hang out with a couple times a week. A key moment in my life came when my youth worker told me he wasn’t going to be able to work with me anymore. I was so sad thinking that he was just another person who was going to come and go in my life. I was so happy to find out that he just didn’t want to be my worker anymore because he said he would rather be my friend and we are best friends to this day.



Tyler (excerpt from his full story in Youth in Care Chronicles)

PIPE CEREMONY

Stanley Milner Library

Friday, September 29th 9:00 - 1:00

EPL is hosting a pipe ceremony to honour those lost in residential schools, day schools, and the Sixties Scoop, as well as survivors and intergenerational survivors ahead of the National Day of Truth and Reconciliation. The pipe carriers for this ceremony will be Nôhkom Jo-Ann Saddleback and Mosôm Jerry Saddleback.

Everyone is welcome at this ceremony. If this is your first time attending a pipe ceremony, please know this is a welcoming and teaching space. There are further guidelines below, but if you have any questions, please email Emily Riddle at emily.riddle@epl.ca.

Schedule of Events

9:00 a.m. Guests arrive

9:30 a.m. Pipe Ceremony begins

11:00 am Naming Ceremony (guests are welcome to leave or witness)

12:30 pm (approximately)

Ceremony concludes

Guidelines

- During the ceremony, people will be sitting on the floor (if they are able). We will have some cushions available but invite you to bring your own.
- Offerings to the pipe carrier such as tobacco, medicines, monetary offerings, cloth, ribbon, etc. are welcome, but not required, as the library will be making the offering on behalf of attendees.
- If guests are on their moon time, please contact Emily Riddle Emily.riddle@epl.ca.
- People who are going to sit on the women’s side are asked to wear a long skirt or bring a blanket.

Don't drown, Kiddo.

A piece on foster care and aging out.
by Tobias Mourgue

My toes
used to dig
into the sand,
gripping
desperately
so as not to get
washed away
in the waves.

But it didn't last
and eventually I lost,
dragged into the murky waters,
given no chance to scream.

I struggled to keep my head above the waves
but it felt as though something was pulling at
every part of me, dragging me from the surface.

It was sudden but eventually I hit the bottom.

The sand felt different than it did on land
but who was I to complain when I was still alive.
When I was still hopeful to return to all that I knew.

I was alone down here, in the dark.
Yet I trudged forward, the undertow of the ocean
made it hard, but my determination was stronger.

After what felt like forever, I saw something
break through the dark waters.

Something brilliant, something bright.
I could feel myself being pulled closer towards the light
and when I arrived, I saw it. A beautiful crystal staircase.

Swimming closer, I would have cried
if it weren't for the water in my eyes.

My foot touched the first step and
I could feel it.

My way out.

Each step was one step closer to the surface I yearned for.

Yet it almost sounded like the ocean was
whispering something as I reached
the final step.

Turning my head back towards the waves,
I finally made out what she was whispering to me.

"Don't drown, Kiddo."

Dictionary

I can't believe all this time has flown by.

But who am I?

Writer
Singer
Actor
Poet
Dancer



I can't believe all this time has flown by.

But what am I?

Black
Beautiful
Short
Sixteen.



I can't believe all this time has flown by.

But how am I?

Exhausted
Hopeful
Emotional
Happy



by

Mady Silver @madyissilver

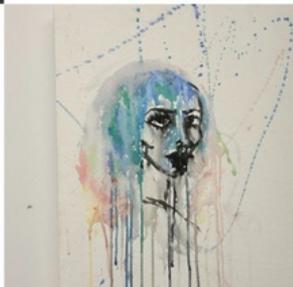
What can government do?
They can listen to their own people.
But I'll tell you what citizens can do when we elect one of these people - whether we think it's a good guy or a bozo.
You got to stay on the case.
You don't vote and go home and give them the keys to the car, they'll drive you right off a cliff.
You have to help people stay honest.

Buffy Sainte-Marie



FIRST
ANNUAL
ART
WALK

SEPTEMBER
21, 5 TO 8
22, 2 TO 5



iHuman Youth Society

9635 - 102A Avenue

Take a walk
and be amazed.



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 abuse, sexual health, sexual exploitation, sex work & others.

In 2023,
the CHEW Project
estimated that apx.
65% of their youth are
in or from care.

11725 - Jasper Avenue
Edmonton, AB
780-665-5220
Monday - Friday
11:00 - 4:00

**R&R Program Participants*

*9:00 - 11:00 am
& 4:00 - 5:00 pm*

Saturdays 11:00 - 4:00

Hours are subject to change.

If you need help outside of these hours,

Please contact Brite Line

1-844-702-7483

Because

If you knew all the answers,
If you seen all there was to see.
There would be nothing left.

Nothing to find out,
Nothing to learn.

No mistakes to be made,
You would not know.

Because that is not
how life works.

You are not supposed
to know the answers.

You are not supposed to
see the unknown.

Learning everyday is a gift.

Mistakes we make,
Show we are human.

Lessons in life show we grow.

Everyday we change
in some way.

Just because.



Cheyenne



Colonialism Skateboards celebrates a very important Indigenous woman in the skateboard community on Turtle Island and a team rider for Colonialism. Rosie Archer is from Tsq'escen' (Camin Lake) of the Secwepemc (Shuswap) Nation. Tsq'escenemc means "The People of Broken Rock" and they are part of the lakes of the Northern Shuswap. Rosie's traditional language that she learned growing up is Secwepemcstín, known as the Shuswap language. Rosie has been skating for years and is known for incorporating and celebrating her culture through skateboarding.

The pro graphic honors the deep history and education attached to the Jingle dress. The Jingle Dress is a symbol of Prayer and Healing. The dress is worn for dancing by women, girls and two-spirit individuals.

From 1884 til 1951, the Indian Act banned Potlatch's and in the 1920s the United States made it illegal for Indigenous ceremonies, and traditional clothing, and was enforced by Indian Agents and government officials who controlled everything in Indigenous communities.

"The government and its supporters saw the ceremony as anti-Christian, reckless, and wasteful of personal property." (Gadacz) Ceremony items, goods, and traditional clothing were confiscated, and charges were laid on Indigenous people who participated. By 1951, traditional identities, languages, and cultural social relations had been disrupted by residential schools, but this did not destroy Indigenous cultures and traditions as several communities throughout Turtle Island still celebrate and practice ceremonies and cultural traditions today.



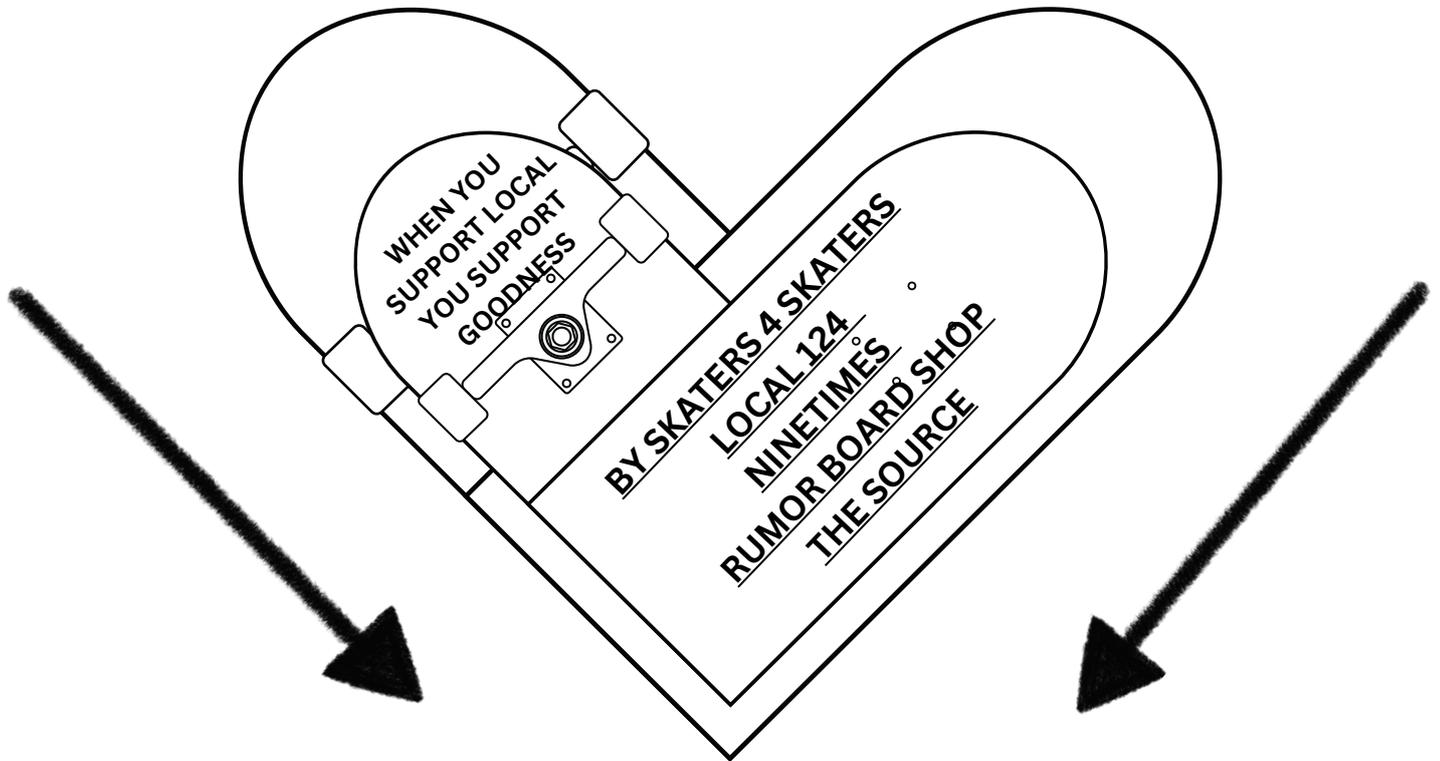
The graphic on the board is Rosie's Jingle Dress. It was made by her cousin, Mary Archie. The dress is worn when Rosie dances at Powwows but also helps Rosie heal and heal others while connecting with herself to Mother Earth.

ROSIE ARCHER @skaterosie



CONGRATS

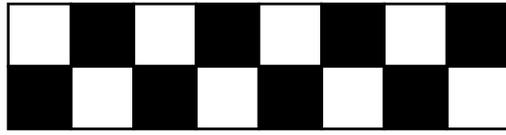
to these bros for
winning the
skateboards at
International Youth
Day. Many thanks
to our friends at
124 Skate Shop
and Zine & HEARD.
Those were some
happy kids!



CALLING ALL SKATE SHOPS AND GROUPS

WRAP UP WRITE UPS

We want to give a shout out in the October zine to all the local shops and groups for all they do for youth so don't forget to send us a write up about your 2023 skate season. Send us a pic too! Make it short and sweet and send it to editor@zineandheard.ca or message us on Instagram [@zine_and_heard](https://www.instagram.com/zine_and_heard) by October 2nd. Thanks!



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

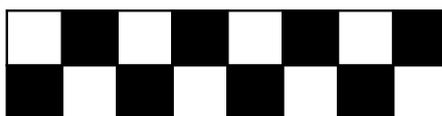
SOUTHERN ALBERTA Call: (403) 297-8435

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



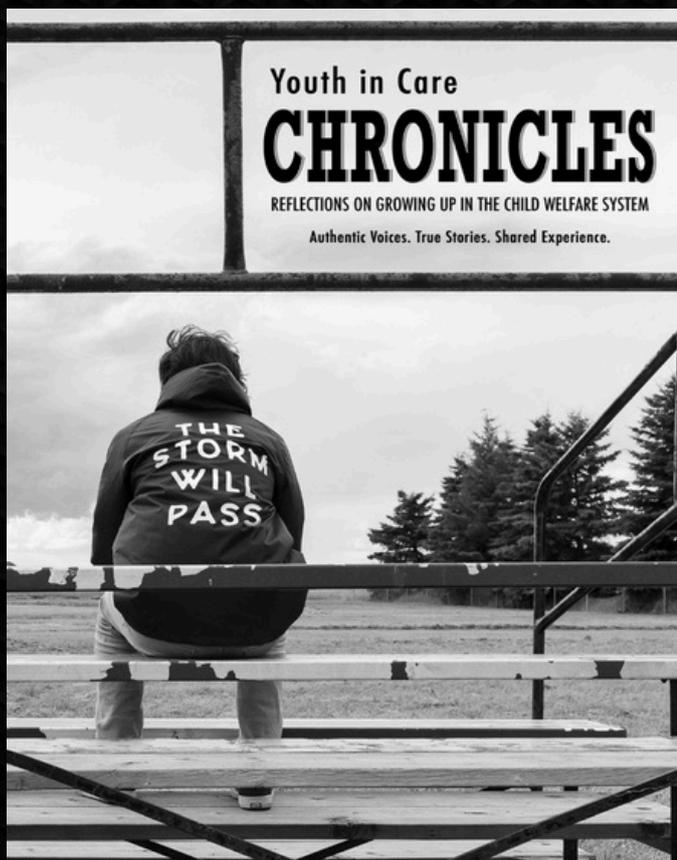


Many thanks to the Friends of Zine & HEARD

OFFICE OF THE CHILD & YOUTH ADVOCATE
CHIMO YOUTH RETREAT CENTRE
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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.

Judy Ann Chescue



Judy Ann Chescue went missing near her home in Edmonton in July of 1988. She was 21 years old, 5'0 tall and weighed about 140 pounds at the time of her disappearance. She has black hair and brown eyes and a tattoo on an unspecified arm that says "Judy + Ron". If you have any information about Judy, please contact the Edmonton Police Service at 780-423-4567 or Edmonton Crime Stoppers at 1-800-222-8477 File #88-160208

You are not forgotten

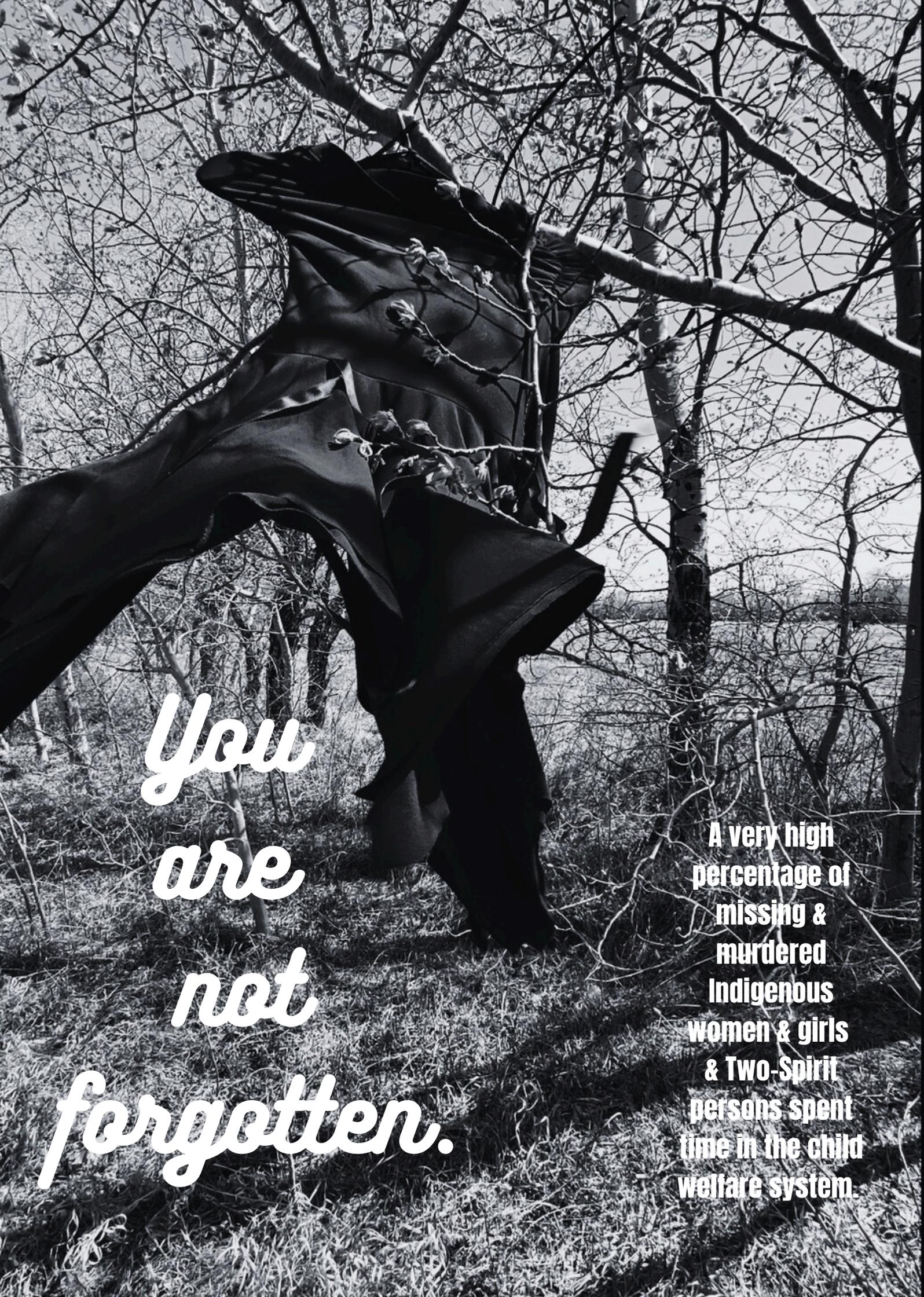
Canada: UN expert decries “appalling” legacy of Residential Schools, calls for meaningful reconciliation

March 10, 2023 Office of the High Commissioner - United Nations Human Rights

“Canada has made progress towards the promotion and protection of the rights of Indigenous Peoples since the visits of my predecessors,” Cali Tzay said, while pointing to many existing challenges that remain unaddressed.

“The negative legacies of residential schools are reflected in the child welfare system today. Despite comprising 7.7% of the Canadian population, over 53% of children in care are indigenous, up to 90% in some provinces,” he said.

Calí Tzay said intergenerational trauma caused by residential schools and structural racial discrimination has led to a number of present-day human rights violations and abuses, including the current crisis concerning missing and murdered Indigenous women and girls. It is estimated that Indigenous women and girls are 12 times more likely to be murdered or go missing than other women in Canada.



*You
are
not
forgotten.*

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

I don't think there is any "there" for reconciliation. I think it's ongoing. Every day. Hit or miss. Win some, lose some. One step forward, one step back, two steps forward, one step back, three steps forward, one step back. You know, life is like that.

Life is not like a boardroom where you make a plan and you have a deadline and then life happens....

And I think that with reconciliation, it's just going to have to happen heart by heart.

Buffy Sainte-Marie

