

Zine & HEARD

Amplifying Voices of Youth in Care

**ISSUE #7
JULY 2023**



**Photo by
Zine & HEARD**

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

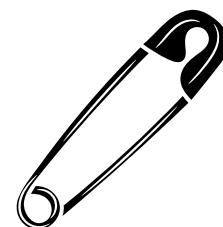
We publish around the 15th of every month.

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

www.zineandheard.ca
editor@zineandheard.ca
[Instagram @zine and heard](#)
[Twitter @Zine & HEARD](#)
[Facebook Zine & Heard](#)

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

Editor

Penny Frazier

Contributors

Adam

Bernadette

Creating Hope Society

LOCKE Tha MC

Nations Skate Youth

OMNI Podcast

S.P Joseph Lyons

Melanie Dene in honour of

Shelly Tannis Dene

Advertisers

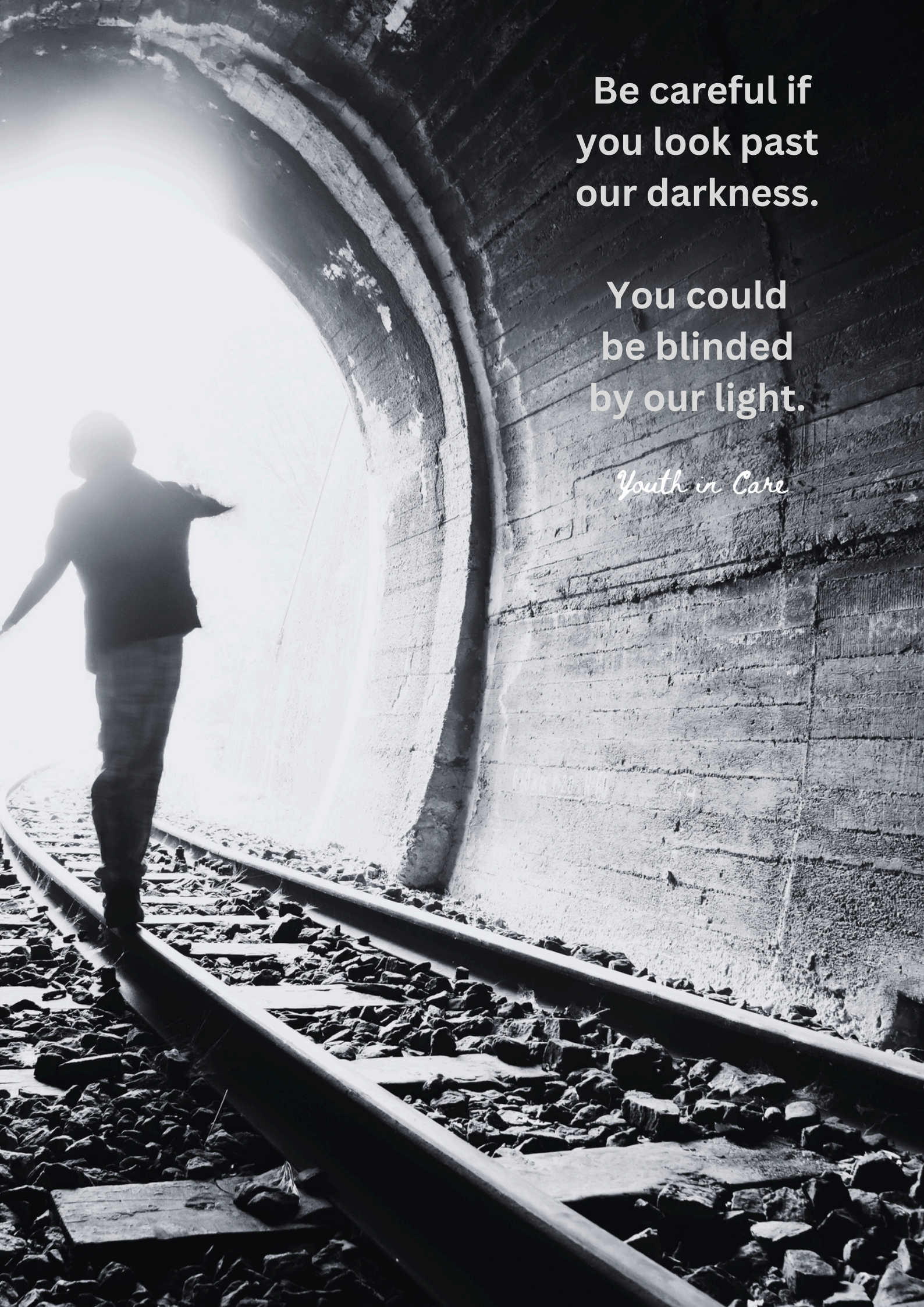
Office of the Child & Youth Advocate

City Councillor Anne Stevenson

Ward O-day'min



NOW OPEN MONDAYS!



Be careful if
you look past
our darkness.

You could
be blinded
by our light.

Youth in Care

A CELEBRATION OF YOUTH VOICE

INTERNATIONAL YOUTH DAY

2023



KEYNOTE SPEAKER
KAIRYN POTTS

SATURDAY, AUGUST 12 11 AM - 4 PM

PERFORMERS ✦ YOUTH VENDORS ✦ PRIZES
SNACKS ✦ 360° PHOTOBOOTH ✦ LIVE PAINTER
✦ SHARE YOUR STORY ON A PODCAST AND ✦
PARTICIPATE IN A YOUTH LAB TO CREATE A
SELF-ADVOCACY MODEL FOR YOUTH BY YOUTH

NORQUEST COLLEGE 10215 108 ST NW, EDMONTON

YOUTHDAY.CA

[YOUTHDAY.CA](https://youthday.ca)

YOUR VOICE HAS POWER


We want you to know that the Office of the Child and Youth Advocate (OCYA) is here for you. Understanding your experiences in the child welfare and youth justice systems is important to us. We listen to young people and help them have their voices heard and their rights upheld.

What you have to say matters. We hope you find ways to speak out and speak up whether that be by connecting with our office, sharing your story through platforms like Zine & Heard, or joining forces with others to help make a difference. There are so many ways to use your voice to create positive change for yourself and other young people!

To learn more about the OCYA, how we can help, and how you can get involved with our work, please visit our website at ocya.alberta.ca.



www.ocya.alberta.ca

A black and white portrait of Cheryl Richardson, a young woman with long dark hair, looking directly at the camera with a serious expression. The background is dark and textured.

People start to
heal the moment
they feel heard.

Cheryl Richardson



LOCKE Tha MC

Rebar by day. Beats by night.

My reserve is Muskoday First Nations in Saskatchewan but I was born and raised here in Edmonton and it's where I call home. I was in care from the age of 5 because I came from a very hurt family that had a lot of struggles with addictions.

I remember the day the cops came to pick us up and take us

away. They had to rip me from the front door. I didn't want to go and I was screaming for my mother. Being in that big van and not knowing why we were leaving or where we were going. It was really scary. I did not feel comfortable. I did not feel safe.

My siblings and I were together for a while and then got separated and then at times we would get placed together again only to be separated again. I probably had about 20 placements between foster homes, group homes, kinship care, institutional settings and detention facilities. I suffered a lot of abuse and racism in some foster homes. Getting slapped around. Getting yelled at because you are hungry. Getting yelled at for playing with your toys. Eventually, I just got used to feeling like crap. I would either stay in my room or try to get away from the place. My other siblings got abused in other homes, too. At one point I lived with a really nice couple who were very kind and they actually got my sisters to come and stay with them too so we could be together again. That was a happy time. They even bought us a new swing set. I hope those foster parents are doing good. They really cared about us.

I started drinking around age 12 - 13. I was hanging out with all the other misfits and hoodlums from all over the city. Hung around Northgate mostly. We were known as the Local Northgate Hood Rats. That's when I started to get into trouble too. I got to be too much for my Grandma because I was breaking the boundaries and breaking the rules. I just kept getting worse. More drinking and then I got into drugs. I started hanging out with a gang. I saw the craziest shit I never thought I'd see in my life and at such a young age. I've seen friends get shot right in front of me, stabbed, and I've seen people die right in front of me. I have seen a lot of shit. Everybody that I was around at that age was dark and everybody wanted to be cool and be tough. We were all angry.

In 2011, I made a post like, man, I wish I could record music and make music. I wish I knew a place where there was a studio. A girl named Jade that I went to school with reached out and told me about iHuman and I met Max who was the engineer at the time. He took us in the studio right away and started teaching us how to use the programs. So we sat there for a good three, four hours. I made a lot of friends there and that's when I really got into hip-hop. I discovered that I could make beats and at first I wasn't real good at it but it's a process.

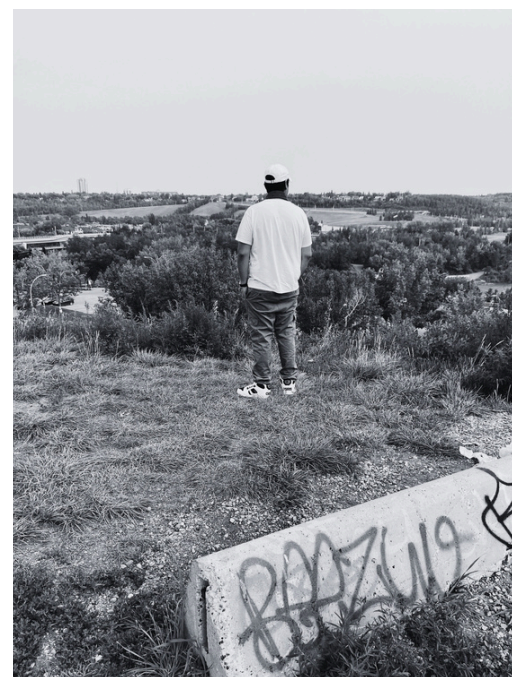
I love writing lyrics. It soothes me to write because every time I write I feel like it's like a river. Just flows out of you sometimes. I usually write just how I feel in those moments. Music is a way that I can let it out. Let things go - express my anger away.

It helps me paint those pictures in front of me instead of keeping them inside of me. Sometimes I can only make music that's like that. Because of the reflection of my life. Sometimes it's not meant for the people that are living. good lives, right? It's actually meant for the people that are struggling that's why I make music to inspire those ones. Actually, when I went to Calgary on July 1st, to perform at Honour Indigenous Day I could tell this young kid was struggling himself. He had dirt on his face, everything, but he was just so amazed about what I was saying in my music. He's like, you know what? I want to start. I want to do this. I feel confident now that I heard you. I told him to find a local place and go to that spot and just start.

In 2016 I decided to turn my life around. I was addicted to alcohol and meth and knew I needed help. I remember feeling all this darkness and emptiness. I was destroying myself. Destroying my family. My kids were just babies at the time. I was hurting the people I loved the most and I said: This is not me. This is not who I am. I went to Poundmaker for the 42-day program and it was life-changing. Now, I work full time laying rebar all day but my heart is always in music. I am currently working on a 16-track album of original hip hop. I have also been meeting youth who are into the scene. There's this one kid I met named Russ who's just 15 and he's amazing. He absolutely tells the stories. I realize you can't shine without learning from the youth of today. You can't grow in knowledge if you don't listen to them. And vice versa. We need each other. The next generation has a lot to offer and I don't think there is a greater force right now that could bring a community together. Like there's other music that does but hip-hop is self is like a Divine energy. I am on the volunteer board for Hip Hop in the Park and we are hoping to bring back that event by 2024.

The other thing I have been working on is bringing Collective Conscience back together. We got together in 2012 at Hip Hop in the Park. There were 11 or 12 of us standing there, cyphering, spinning raps and then all of a sudden we were like, hell, we should form a crew like Wu-Tang or something. Everyone is like, yo, that's such a good idea. What should we call ourselves? And then one person was like, yo, we should call ourselves The Conscience and then one of the other guys said: Collective. It was like BOOM! We became Collective Conscience.

We did a lot of work and made a lot of music. Now, of the original members, four are no longer with us. All four died within one year. After they passed, it really just hit me. I see them all suffering. And I say, this is not, this is not what was meant to happen. You were meant to do be doing big things. I had dreams of it. We're supposed to be on big stages in big places. It's like they're all broken apart, we're all suffering from the grief that it brought us and from the things that keep happening. And I think: How is this possible? What went wrong? Like they shouldn't be there. This is not what was supposed to happen. This is fcked up. I thought, I need to figure this out. We need to make sure their Legacy Never Dies. That the Legacy stays strong. It was a group once but now it's community. We're creating a movement out of Collective Conscience. Now, it's going to become a movement and a label, and it's going to help other artists



Looking out over the location of Hip Hop in the Park & remembering the first time I went to it.

develop. We want to keep the legacy moving and we want to help the youth that are up next move forward. That's how Brandy, William, Cody and Colten will live on. That's how they will be remembered and they will know that they mattered. Their knowledge will be shared like they shared it with us. Cody taught me how to make beats, Brandy taught me how to sing, Colton taught me a lot about cadence and performing, William was really good with structures and syllables and he was just a great performer. All four of them were really big.

My other goal is to create an artist development program so that I can help artists establish their platform properly. I'm learning about non-profits and I've been studying the ins and out of the industry and learning more about how you can be an independent artist yourself. You need to know this going into music because music is 25% of the business. 75% of it is all business. I want to help artists develop fully like how to establish yourself and how to 100% get paid for your music. I want to share that knowledge.

To the youth out there I want to say that your mind is everything. Your mind has the power to get you to where you want to go. You have the power to manifest anything in your life, anything that you want. It's there for you. You have to think positive every day. Don't doubt yourself. Don't say you hate your life, start telling yourself, you love your life, start saying that you are going to do great things. Start giving yourself credit for the things that you are doing right now.

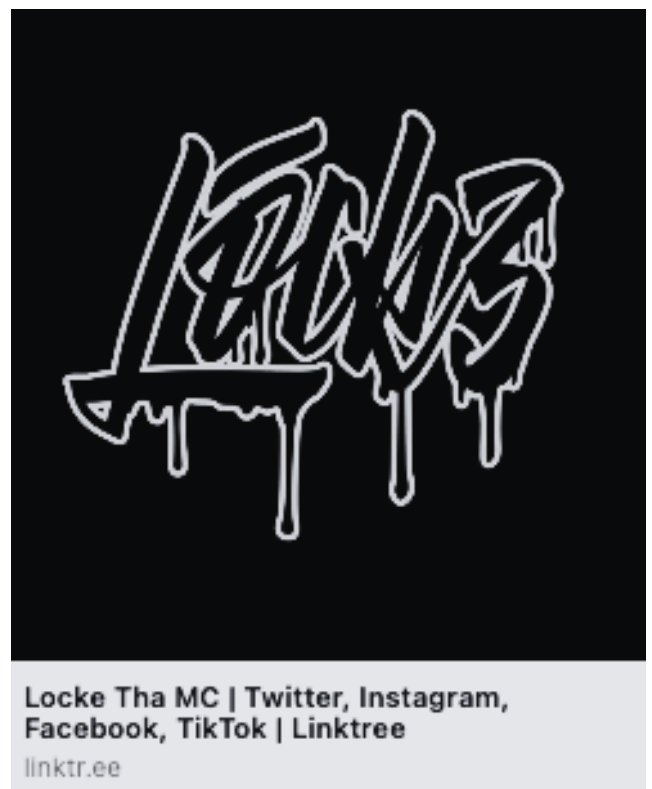
Just love yourself one day at a time. You're learning the balance of who you are and who you can become. Even before you go to bed, just say tomorrow is going to be a great day and I'm going to get something done for myself. I'm going to accomplish a goal for myself every day and surely it will happen. I've done it. And be grateful. Even for the smallest things. Being grateful helps to bring more positive things to your life. Gratitude is huge.

LOCKE Tha MC aka Dominic Bear

Dominic has performed at City Hall, the Winspear Centre, Schoctor Theatre, Interstellar Rodeo, Hip Hop in the Park, iHuman Studios, Honour Indigenous Day, First Nations events and at many others venues. Too many to list here!

Much love & respect to Dominic Bear for sharing his story and inspiring others. Please connect with him at

LOCKE Tha MC on Linktree



An excerpt from “The Rage Against”

Written in 2020 by Melanie Dene

in honour of her cousin, Shelly Tannis Dene

As another October 4th approaches, it is just another reminder that you are still Missing. This day symbolizes the remembrance of all the Murdered & Missing Women and Girls. I sit here and find myself thinking of you, as I write this. Perhaps, a letter to you, from me. The pain that I carry each passing day since your disappearance is haunting. A nightmare, really. Seven years have slipped by and yet, you are still out there. Somewhere!

I recall the last memory I have of you: I came to visit at Kohkum's, and was completely surprised to see you. It had been a few years since I seen you last. Your dad's funeral, to be exact. You were stunning! You wore your smile with grace. I remember telling you, my gosh! You're so beautiful Shelly. We hugged. And carried out our conversation of how we were both doing. This was the last time I would see you. This was the beginning of Summer 2013. This was the Summer I forever changed.

I have become surrounded by others who feel this same pain. They too, carry posters and banners of their missing or murdered loved one. The cold Fall air hits my face, and I become numb. I hear the pounding of the drums, the songs of our ancestors, and the shuffling of feet that pound on the city streets. We call out for Justice! We cry out: No More Stolen Sisters! And it cuts me deep. The smell of sweetgrass and sage burn, as if carrying us. My spirit and heart feel heavy with grief, anger, sadness, hope, love, and rage. I think of you. I think of Ivan, your son. I think how is this our reality?

I imagine you holding and laughing with Ivan. Tucking him in and telling him “I love you”, as you gently kiss his cheek. My heart hurts knowing that your son has lost his mother. Wondering if his adoptive family tells him how much you loved him.

Shelly Tannis Dene, my darling, you are greatly missed, and loved. Your memory and spirit I carry as I walk, share, and honour you in the best way that I can. You have become my sacred bundle that I carry so gently. Kisakihitin.

Melanie Dene

Much love and respect to Melanie for sharing her words with us.



Shelly Tannis Dene

Shelly Dene has been missing for 10 years this month. She was known for her trusting nature and ability to light up a room. She often put her needs before others, especially those of her siblings, and she dreamed of becoming an interior designer. This stemmed from her artistic abilities with which she painted drums, designed her own clothes and took up crocheting. After dropping out of school at a young age, she gave birth to her son in 2007 whom she described as her pride and joy. Hoping to give him and herself a better life, she restarted her education and completed her Grade 12 in 2010. She was seen for the last time in Edmonton, Alberta in July 2013 when she was 25 years old. Shelly has brown hair and brown eyes, is 5'7" tall and weighed about 110 pounds at the time of her disappearance. She has a piercing on her upper left lip and a scar on her right cheek. The Edmonton Police Service is investigating the missing persons case. If you have any information in regards to Shelly, please contact Edmonton Police Service Missing Persons at 780-421-2011 or to remain anonymous please call Crime Stoppers at 1-800-222-8477.

You are not forgotten

CONNECT WITH YOUR CITY.

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

Summer Youth Pass

\$35 for unlimited rec centre access!

Nîkâniw Indigenous Youth Leadership Program

Cultural teachings and lifeguard training for Indigenous youth

After School Programs

Free drop-in sports, cultural, social, and academic programs

Leaders in Training

Volunteer opportunities at the City

Councillor

**ANNE
STEVENSON**

Serving Ward O-day'min

REACH OUT ANYTIME.

anne.stevenson@edmonton.ca



@edmonton_anne

anne.stevenson@edmonton.ca

[@edmonton_anne](https://twitter.com/edmonton_anne)

Many thanks to our advertisers this month.

YOU ROCK!



DECOLONIZATION

I searched Mariam Webster's dictionary, and the definition of the word decolonization comes from decolonizing "to free from colonial status," and this word was first used in 1963. Where did this word come from? How was this word used for the first time in 1963? Did someone just wake up and say gee, I truly feel colonized today, and how do I get rid of this colonized feeling? After reading the definition, I wanted to know, have I been colonized? What does this colonization look and feel like? I started thinking about the Medicine Wheel and thought, how do I describe and see myself?

I remember when I was working at Terra Association, an agency that worked with young moms and dads. Ralph, my co-worker, always appeared to be angry. During a staff meeting, Ralph said he had applied for a job with the Carrier Nation, and he didn't get the job because he couldn't speak Carrier. I listened and said I am sorry you didn't get the job. Sometimes I don't get jobs I want because I don't speak my language. His reply was, "Well, Bernadette, you always get jobs as a Native or Aboriginal cultural liaison." He's right, I do get jobs like that, and at times it's not easy to work for a non-Native agency because everyone expects you to know everything about being an Indian. At times when I walk through those doors, I have to put on my feathers and become Tonto and be the Indian everyone wants me to be. I should know how to bead, make bannock, chew on hide, make moccasins, jingle dance, be in tune with the spirits, walk softly on this earth, wear my moccasins, wear long braids, know how to track animals and most of all, how to start a fire. Well, I regret to inform when I wake up in the morning, I don't look in the mirror and say gee, I am an Indian. I don't think a gay person gets up and says gee, I'm gay. So I get up in the morning just like everyone. I get myself ready, brush my teeth and off to work go. I don't do those Indian things that people expect of me. Am I colonized?

About thirty years ago, I was supposed to marry this very traditional Oneida good-looking man. His grandmother wanted to meet me. We arrived at his reserve, and as I stepped out of the car, his brother said, "Wow, look at those legs!" I was wearing a pink halter top with a tight-slitted jean skirt and sexy stilettos. During our stay, I had to meet his grandmother. See, his grandmother was the pillar of the family. Whatever Grandma said, the family followed. I was so nervous. I changed into a relaxing dress. I finally met his grandmother. Wow! She was old and had a lot of creases on her face. It looked like she had seen a lot.

As I sat on the couch, the old grandmother looked at me with her squinty eyes and said, So you want to marry my grandson, ha?"



Yes, we had talked about it,

Well, Grandma asked, "Do you know how to make moccasins?"

I replied, "No."

She asked, "Do you know how to make fry bread?"

Again, I replied, "No."

"Do you know how to make corn soup?"

"No."

"Do you how to speak your language?"

"No"

"Well do you know how to tan hide?"

"No."

"Well," Grandma said, "what kind of Indian are you?"

I was stunned, not really knowing how to feel. Was I supposed to say, well, I grew up in child welfare, lived in white foster homes, towns, and schools and attended church every Sunday. They were times I didn't want to tell my story of oppression, assimilation or the racist act that was placed upon me. I didn't want to be a victim... Nevertheless, my Oneida man and me never did get married because I was not Indian enough. Is that what they mean by being colonized? Oh, that word drives me crazy...

I attended Poundmakers/Nechi Institute in Edmonton, Alberta. Wow, people from Montreal were so impressed that I was going to attend Poundmakers/Nechi. They said, "You'll learn to be a real Indian over there!"

"Really?" I said.

They told me I would never be the same when I came back. Did that mean I would become a real Nishnawbe Indian woman, and I would be wearing moccasins, headbands, braids and buckskin dresses? Oh! I had the Pocahontas image in my head! It was a good course, but I became a bit more confused about my "Indianness." What kind of Indian was I, really?"

I learned that I could be: An instant Indian. A Converted Indian. Or, even an Apple Indian, which I was called many times... red outside and white on the inside. Furthermore, the Indian's identity is being a status Indian, Non-status Indian, Treaty Indian, Non-treaty Indian, and a Bill C 31 Indian. The Indianness became much more profound for me. Here I am at 36 years old, learning about my Indianness, and the more I discovered that being an Indian is so much more than language and culture. It's about the spiritual connection and relationship with all my relations.

I went through a grieving process that had held on for so long; I cried and cried until my tears dried up, and a part of me understood the meaning of Indian, "I AM THE FIRST PEOPLES OF TURTLE ISLAND / CANADA." I felt that I learned that, YES, I was colonized, not by choice, mind you. I realized that we never asked to be placed on a reservation, placed in Residential Schools and into child welfare. As a member of the First People of Canada, I needed to learn about reclaiming my Spirit, and my culture, learn the teachings of our Elders, and to learn to walk softly on mother earth; I needed to not be angry but instead offer tobacco and forgive my white brothers and sisters because they too came from an oppressive background. Their own country was ruled by dysfunctional Kings and Queens who hurt their own people, whom they called pilgrims.

Today I wish I could tell my sister, "Sis, if you had only waited. There is life after our hurts, after being oppressed and never feeling that we belonged." I want to tell her that I have learned so much and still have lots to learn to grow to be free from all of the colonization shit...the need to decolonize all this crap that I never asked for...well it's my time to continue the work of my forefathers began.

Bernadette lahtail, 2015

Sixties Scoop Survivor

Co-Founder of Creating Hope Society, Edmonton

Creating Hope Society

Who We Are: Creating Hope Society is a non-profit society established to recognize that the sixties and seventies child welfare scoop of Aboriginal children is a continuation of the Residential Schools era. We believe that it is time to halt the cycle of Aboriginal children being separated from their families and communities.

Why We Are Doing This: Creating Hope Society is carrying forward a healing process, commenced for Residential School survivors, to those who are products of a Child Welfare system that has perpetuated the legacy of the Residential Schools.

Our Mission: Our mission is to build on our strengths to create hope for the future for Aboriginal people impacted by the Child Welfare system, through healing processes, support, reconciliation and sharing what we have learned with each other.


Our Vision: Our vision is to learn from the real life experiences of those who have survived the sixties and seventies scoop and create renewed hope for the third generation of Aboriginal children who are still being apprehended.

Principles

- To build on the resiliency of survivors
- To not forget the past but look forward
- To learn and acknowledge the past and
- move forward

www.creatinghopesociety.ca





Child Intervention Crashes and Burns in Alberta

Imagine you are piloting a plane whose passengers are children who have experienced trauma. The cabin crew is a group of professionals trained to provide a safe environment, minimize further trauma and implement plans for landing, finding children a new home, providing supports in the family home and/or launching forward on a new journey to adulthood. This all requires intense planning, collaboration and trust in the safety processes and navigation systems that maintain the plane in the air and on its flight path toward landing.

Now imagine the same plane of passengers and crew receiving constantly changing instructions from the control tower about the flight path — the pilots and crew are confused as to the direction they are headed. The plane is sadly in disrepair, but was directed by leadership to take off despite the mechanic's concerns about its ability to fly safely. The cabin crew are at a loss as to how to console the children. The youth are acutely aware that something is wrong and the younger ones are reacting to the tension, anxiety and stress responses of the older youth. To further complicate the situation, the flight controls have changed and the pilots are now flying a plane on which they have not been trained.

This is an excerpt from an outstanding article by Christina Tortorilli entitled:
Child Intervention Crashes and Burns in Alberta
Please continue reading in the Calgary Herald July 1st, 2023

How's the TAP working?



TAP - TRANSITION TO ADULthood PROGRAM

So glad you asked. Let us bring your attention to a story from a young single parent who was in care for several years, aged out, and is now under the TAP program to receive supports to upgrade their education. They are working towards a degree. Their name is withheld as they fear retaliation for speaking out. They are receiving less than they were under the old supports agreement for youth in care. Over \$300 a month less but still have the same expenses so they got a seasonal job to make ends meet but were laid off in May. Supports are supposed to be delivered on the last day of the month. At the end of June - oopsie - no supports to pay rent or bills or buy groceries. There was a human error thus a delay. This young person with a child now racks up NSF charges for rent payment not being made on time. Young person asks if TAP can cover those charges as it was their fault that they did not get the support cheque out on time. The answer is no. Their mistake but not their problem. Their suggestion is for the young person to get another job or look for a cheaper place to live so they don't run into these problems again. The TAP needs to be fixed. The Alberta Government plumbers doing the TAP maintenance need to pull up their pants and do their job. There are already enough cracks in this program.

RAISE THE AGE. LOWER THE STATS.

You know something is working when...

More than one person tells you the zine is punk AF.

We get messages from people we don't know wanting to thank us for publishing the zine because it has been "life changing" for them because they "don't feel alone anymore" because they "finally feel heard" because it has made them feel normal because it has made them feel brave because it has made them feel loved & respected.

People want to share their story.

People share our stories in their stories.

Subscriptions are growing.

People advertised in the zine this month and it covered all the costs and every time you think about it, you get something in your eye.

You get invited to come and watch the Boyle Street Bombers and the Bissell Center Hammer Bats play baseball on Wednesday, July 19th at 7:00 at Alex Taylor School and you're gonna go because it's gonna be epic.

You get invited to do podcasts and other wicked stuff.

You meet the coolest people on the planet.

You know that copy of the Youth In Care Chronicles and all 6 issues of Zine & HEARD that you sent to the new Minister of Children's Services is gonna land on his desk like a bouquet of roses made out of dried porcupine dung. He won't really want them but he is gonna look at them closely because he is gonna want to know who created these curious masterpieces. (I'd kinda like to be a fly on that dung.)

Keep fighting the good fight in whatever ring you're in. Big one. Small one. The one that has no spectators. Take the gloves off when you need a rest and then come out swinging again. It only takes one person in someones corner to make all the difference.

Stay punk AF.

Penny Frazier
Editor, Zine & Heard



Telling our stories: Lakota Skaters and the Legacy of Ground Control

Excerpts from a story by Adam Gray
resorttocannibalism.com



“The name Ground Control came from the David Bowie song, Space Oddity. I was struggling to come up with a name after getting the building and then that song came on the radio. It just fit my goals of wanting to build a launch pad for our talented people here to chase their dreams and reach for the stars. The idea that the sky’s the limit.” Referring to this place simply as an indoor skatepark, although accurate, comes across as reductive. Sure, it’s a collection of ramps and flat-bars filled with decks and trucks but the vision it encompasses is much greater. There’s a spot for making and recording music; editing and filming movies or TikToks, weights and even exercise equipment. Just a few weeks ago it became a warming center, passing out heated blankets and warmers (donated by [the Red Road Institute](#) and [Seeding Sovereignty](#)) to the community.

Kyle Mesteth and Ground Control Squad from Pine Ridge Indian Reservation in South Dakota.



FOLLOW THEM
ON INSTAGRAM
[@lakota_skateboarding_605](https://www.instagram.com/lakota_skateboarding_605)





Pine Ridge Reservation has one of the highest suicide rates in the country, 150% higher than the rest of the United States. It has been declared an epidemic and “a state of emergency” by Tribal Authorities, healthcare providers and community leaders, demanding more resources and attention from the Federal government. After the completion of the park the scene blew up and Kyle saw an immediate positive impact.

“Between the yearly competitions and then the building of this world class park, the scene just blossomed. The suicide rate for skaters in our community went to zero.”



"Between the yearly competition and then the building of his world class park, the scene just blossomed. The suicide rate for skaters in our community went to zero.

This is such an uplifting and important story. Many thanks to Adam Gray for giving us permission to use excerpts and pictures from the full story. Please read at resorttocannabalism.com

**SUPPORT YOUR LOCAL
SKATE SHOPS**

@124skateshop

@ninetimesedmonton

@rumorboardshop

@sourceboards

**When you support local
you support goodness.**



NATIONS



GROUP PHOTO - HAWAII SKATE TRIP 2023

SKATE

YOUTH



FOLLOW

@nationskateyouth

**for the stories & more pics
on their recent trip to Hawaii.**

Photo Credits: Tristan Henry

HARM REDUCTION SAVES LIVES

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.

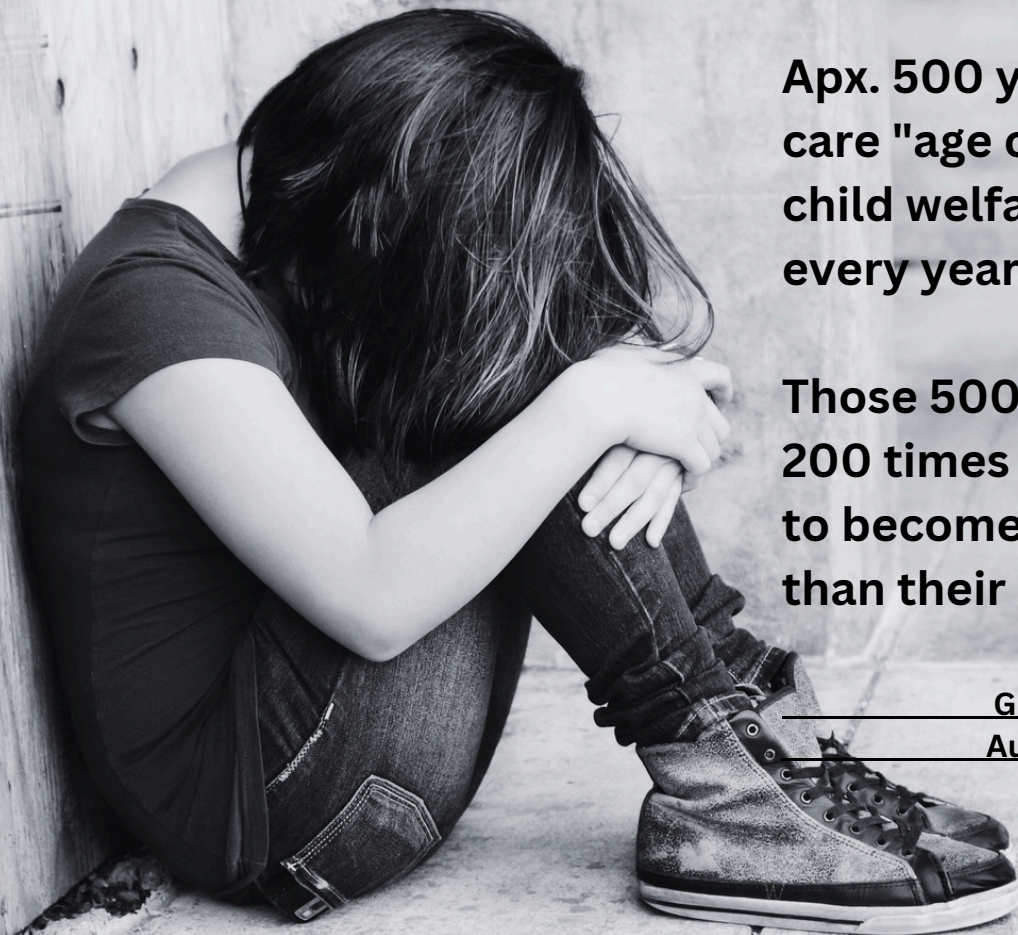
**MANY THANKS TO ALL OF
OUR FOLLOWERS.
WE APPRECIATE YOU.**



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

**DO
THE
MATH.

PLEASE.**



Apx. 500 youth in care "age out" of the child welfare system every year in Alberta.

Those 500 youth are 200 times more likely to become homeless than their peers.

Globe & Mail
August, 2017

S.P. JOSEPH LYONS



AWARD-WINNING AUTHOR HUSBAND FATHER ADVOCATE FORMER YOUTH IN CARE 60's SCOOP SURVIVOR

S.P. Joseph Lyons is a best-selling author through Goodminds.com. He is the 2022/2023 recipient of the First Nations Communities Read, PMC Indigenous Literature Award for Little Bear in Foster Care, the first book in his Foster Care series. S.P. Joseph Lyons is also a novelist of other published works. His work has been featured in collaborative and charity publications. As a child in care, a 60's Scoop adoptee, and an intergenerational survivor of the residential school legacy, Joseph has suffered segregation and abuse in the colonial system. He advocates for Indigenous education, and children in care.

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

What do you love about what you do?

I love being able to tell my stories, and to be heard. When I was in care, I was scared. The only safe place I had was my mind, and I would go there often. I built a world where I mattered, and was safe. After several years of being in this world, I put it into book form. A narrative therapy, if you will. A place where I could get some answers, get closure! But, mostly, to try to understand the missing pieces of my life. To have a place to put them. To be able to say, "Hey! I was here, and I mattered!"

I also love being able to reach out to the children in the same place I was. To be a voice. To remind them of how important they are, despite some of the big feelings they may be having. But also to give them hope! To show them that they can do anything!
And that they are not alone.

Why is it important to tell our stories?

Stories keep people and times alive, long after both have passed. Stories are a way to paint a picture of a time no one will see, and as time passes, fewer will remember. Our stories are our journey, our vulnerabilities, our wisdom, and proof we were here, and were a part of it all, even if only for a moment.

What would you like to tell youth in care?

I was once you, in the place you're in now. I felt scared and alone, lost and confused. But I am an adult now, and I write books for children and teens. I'm an award-winning, best-selling author. And, hey. I'm just a guy. If I can do it, so can you! You matter! You're not alone! And, you have the rest of your life to do whatever it is you want!

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

If I could talk to myself at the age of three, going into care, I would remind myself of the strength I have within. And that we've got this. We'll get through. I promise. Just hang on a while.

*MUCH LOVE & RESPECT TO THIS AMAZING SURVIVOR OF
CANADA'S CHILD WELFARE SYSTEM. THANK YOU FOR SHARING YOUR
TIME & YOUR THOUGHTS WITH US. YOU ARE A GAME CHANGER.*

St. Marys-area author wins Indigenous literature award for children's book

Excerpt from The Beacon Herald written by Galan Simmons

October 8, 2022

For St. Marys area author S.P. Joseph Lyons, growing up as an Indigenous child in the foster system meant separation from family, community, culture and a sense of identity.

Looking back on that time from his dream home on his own slice of rural Perth County land, Lyons remembers having little sense of who he was or where he fit into society as an Indigenous person. At the time, Lyons said he couldn't see a life beyond his immediate circumstances and the idea of hope for the future seemed firmly out of his grasp.

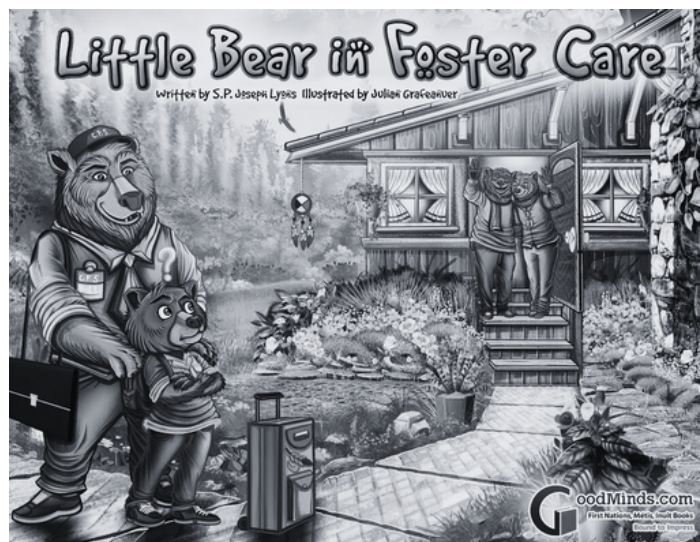
“In my experience, I didn't know where I was, why I was in foster care, (or) where my family had gone. I didn't know anything and nobody gave me any answers,” Lyons said. “So I felt really lost, really scared, really confused. Where every other child in the world had a mom and a dad, a bed, clothes, toys, family trips, knew where they fit into society, I had none of that.

“So when I finally got adopted, I had no sense of what it's like to interact with peers. I didn't know what was socially acceptable and what wasn't. I had never had an opportunity to experience this. I'd never been in that family setting.”



Looking back on that time from his dream home on his own slice of rural Perth County land, Lyons remembers having little sense of who he was or where he fit into society as an Indigenous person.

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



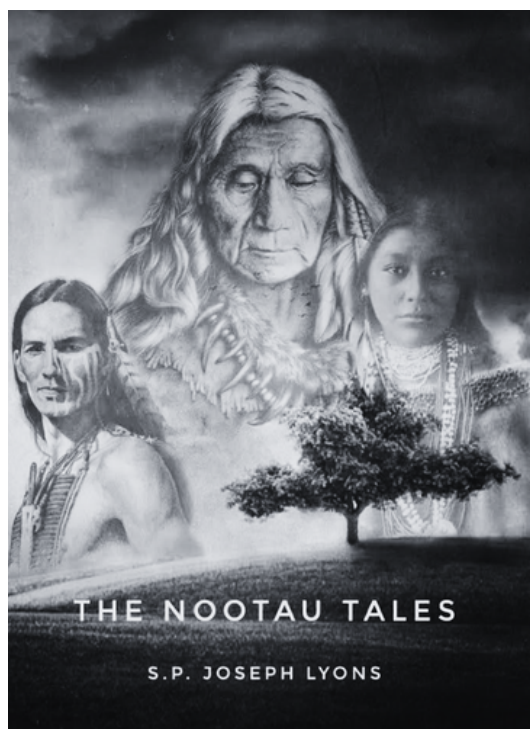
WINNER of the (FNCR) First Nations Communities Reads, PMC Indigenous Literature Award 2022/2023, **Little Bear in Foster Care**, written for preschoolers to Grade three, speaks to the feelings and fears a little one has while lost in the confusing and unfamiliar environment of foster care. It helps guide the child through the process, and lets them know they are not alone.



Moving between homes is difficult for young children who miss their family. While the experience can feel overwhelming, journey with Wolf Pup as he receives care and gifts to support his healing and resilience. This book connects children to emotions and teaches of the peace found in the medicines, ceremony, and community. Our children learn of the importance of their circle of care, who surround them to show them they are important, special, and loved.

Order these titles at goodminds.com

**Other books by
S.P. JOSEPH LYONS**




Journey with Turtle Hatchling on her search to find herself and her place in Creation. This book expresses children's questions when they do not know their parents. It helps them tap into their identity, inner knowing, and truth. It affirms the healing and belonging that comes through connection to nature.

ZINE REVIEW

The right to define oneself

Earlier this year Penny sent me an email letting me know that she would be publishing an excerpt from an Exclaim! Review I wrote back in 2020 on the Jesse Jams documentary for the March issue of Zine & Heard. While I haven't been writing about film and television lately, the Jesse Jams doc stood out in my memory for having been—well, very cool for one but also from an important perspective that isn't shared much.

Throughout the documentary, Jesse — an Indigenous, trans musician, is able to express himself through his own experiences and definitions. This is especially important



**Gabrielle
is a writer,
musician,
multimedia
artist &
trauma survivor
currently
based in
Tiohtià:ke/Montreal**

given that Jesse is a former youth in care—citing in the film his staggering number of moves before turning 18.

While I am not a former youth in care, I am a survivor of developmental trauma and childhood abuse. Though abuse and neglect are not the experience for all in the Canadian foster care system, it is my understanding that this experience is far too common for many. Coming of age in an environment where you struggle to feel heard is not for the faint of heart. It demands cultivating a strength and protective shell that no child should be asked to develop so early in their lives. It also makes coming to understand oneself and applying your own self definitions a great challenge.

This is what I found so valuable about the documentary, and what I feel is so significant about the Zine & Heard project. Utilizing independent media to platform the voices of Youth in Care, former Youth in Care and the individuals who work with them allows a container for self-expression, support and the right to define oneself beyond the systems that so often can reduce us to their own definitions. Though these systems are often incapable of fostering the opportunities to see oneself outside of them, Zine & Heard stands as an incredible volume of work which celebrates this life-affirming self-expression.

It is my hope that this project is blessed with many, many more future publications and filled with the voices of all who are looking to be heard.

GABRIELLE



FOLLOW IHUMAN ON INSTAGRAM

THIS IS THE HOME OF OSYS. OLD STRATHCONA YOUTH SOCIETY.
PLEASE CONSIDER DONATING HERE! MONEY! SNACKS! BACKPACKS! COOL SHOES! COOL CLOTHES!

FOLLOW THEM @osysedmonton





"It's important for us to maintain a genuine approach in our podcast, as youth in care have a keen ability to detect inauthenticity. Youth in care generally have a good bullshit meter accessible at all times, so it's got to be real, ya know."

HOW DO YOU ENVISION YOUR PODCASTS MAKING A POSITIVE IMPACT ON THE LIVES OF YOUR GUESTS AND INDIVIDUALS FEATURED?

Our hope is that each episode of our podcast serves as a source of inspiration, drawing from the diverse journeys and healing processes of our guests. Sometimes, a single sentence can provide an entirely new perspective, serving as fuel to help someone overcome obstacles or find motivation. Additionally, speaking and sharing their stories can offer personal benefits to the guests themselves, providing a healing and rewarding experience. With this podcast, we aim to give a voice to the internal conversations happening within us all, allowing them to be expressed, acknowledged, and shared.

WHAT TOPICS AND ISSUES DO YOU EXPLORE IN YOUR PODCASTS?

Our hope is that each episode of our podcast serves as a source of inspiration, drawing from the diverse journeys and healing processes of our guests. Sometimes, a single sentence can provide an entirely new perspective, serving as fuel to help someone overcome obstacles or find motivation. Additionally, speaking and sharing their stories can offer personal benefits to the guests themselves, providing a healing and rewarding experience. With this podcast, we aim to give a voice to the internal conversations happening within us all, allowing them to be expressed, acknowledged, and shared.

DO YOU HAVE ANY SPECIFIC GUESTS OR EXPERTS IN MIND TO INVITE AND SHARE THEIR INSIGHTS AND EXPERIENCES?

While our primary focus is on the youth, I envision creating a digital resource available for youth as well as other service and resource providers in Edmonton. This platform would enable them to market and promote their services, provided they benefit the youth in our area. Additionally, we will be attending the 'International Youth Day' event on August 12, 2023, at Norquest College, where we look forward to meeting and chatting with individuals for the first time. This event will provide an opportunity for them to share their stories or talk about any topic they wish. We prefer not to prepare questions in advance, as we believe it allows the conversation to flow naturally and authentically. It's important for us to maintain a genuine approach, as youth in care have a keen ability to detect inauthenticity. Youth in care generally have a good bullshit meter accessible at all times, so it's got to be real ya know.

HOW DO YOU ENSURE THAT THE PODCAST CREATES A SAFE AND SUPPORTIVE SPACE FOR YOUTH TO SHARE THEIR STORIES?

To create a safe and supportive space, we never use real names in our podcast. Instead, we encourage the youth to create a fake name they are comfortable using. Additionally, we allow them to request what goes on the episode and what stays before and after edits. We recognize that conversations can sometimes become deep and personal, potentially triggering past traumas. Therefore, we prioritize checking in with the guest's mental well-being after the recording to ensure they are okay.

HOW DO YOU PLAN TO ENGAGE AND INVOLVE THE PODCAST'S AUDIENCE, PARTICULARLY THE YOUTH WHO MAY BE LISTENING?

While the podcast is designed for anyone, regardless of age or location, we primarily interview and engage with youth associated with the company we work for, excluding the Youth Day event. However, we aim to provide a takeaway for anyone who listens. To enhance the storytelling experience, we create a soundscape that complements the stories being shared. Joel, and occasionally myself, create the music and sound bites, incorporating creativity and sonic elements akin to scoring a film.

HAVE YOU ENCOUNTERED ANY CHALLENGES OR OBSTACLES IN PRODUCING A PODCAST ON SUCH A SENSITIVE TOPIC AND HOW HAVE YOU ADDRESSED THEM?

Since we started producing this podcast, we haven't encountered significant challenges or obstacles. While we have had conversations of a serious nature, my experience of working in this industry for over 17 years, along with my educational background and the training provided by various services I've worked for, has equipped me with strategies to support individuals in crisis or going through difficult times. It's crucial to emphasize that our podcast isn't meant to solve all problems, as that's an unrealistic expectation. Instead, we offer a platform for guests to be heard and share their experiences, with the hope that the process itself benefits everyone involved in some way.



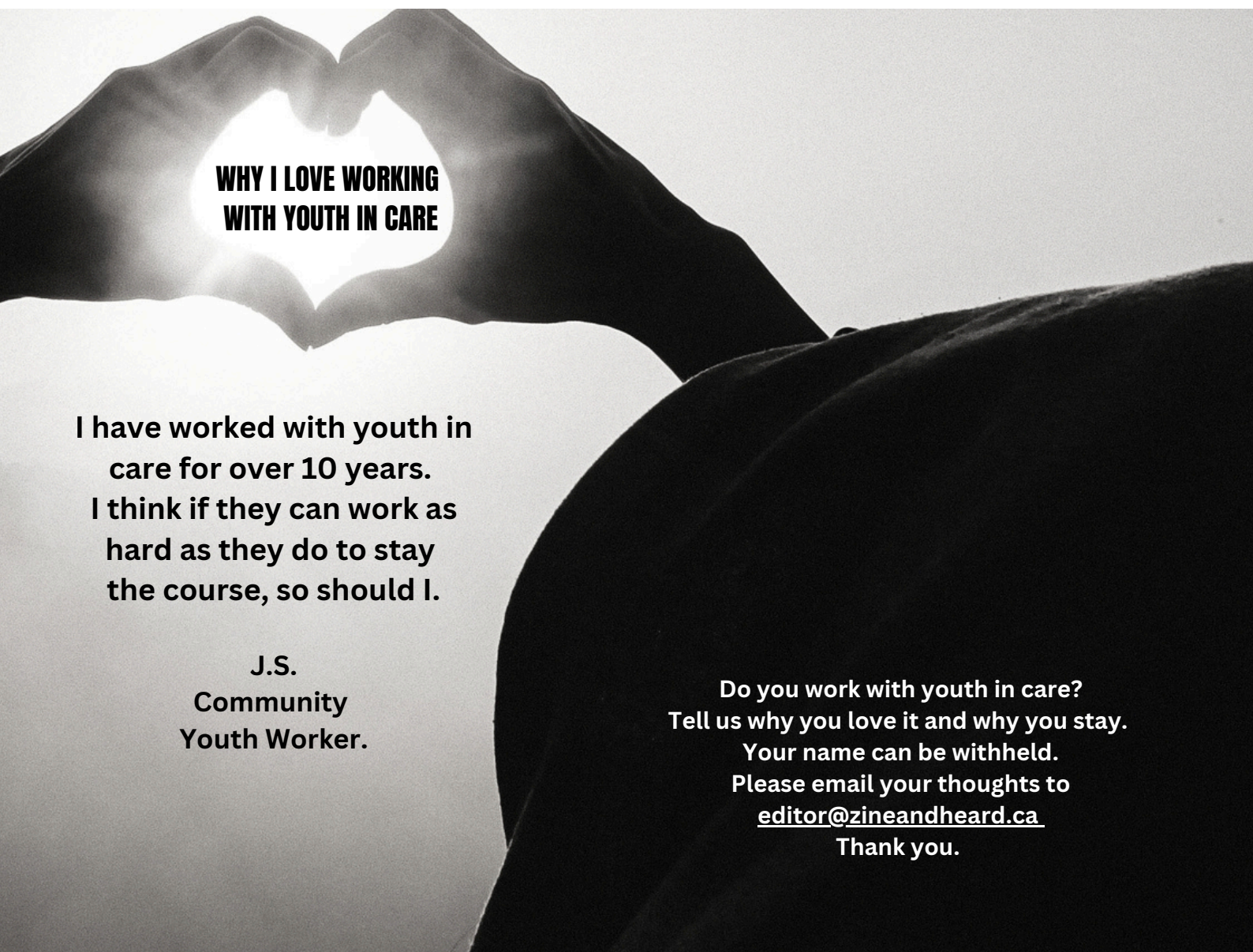
**LET YOUR VOICE BE HEARD
ON THE OMNI PODCAST**

**INTERNATIONAL YOUTH DAY
SATURDAY, AUGUST 12TH
11:00 - 4:00
NORQUEST COLLEGE**

**OMNI PODCAST
on LINKTREE**



The Disability Pride Flag was designed by Ann Magill. She has waived copyright on the image so it can be used by activists & allies. Please visit her art page on Flickr <https://www.flickr.com/photos/capriuni/>



**WHY I LOVE WORKING
WITH YOUTH IN CARE**

I have worked with youth in
care for over 10 years.
I think if they can work as
hard as they do to stay
the course, so should I.

J.S.
Community
Youth Worker.

Do you work with youth in care?
Tell us why you love it and why you stay.
Your name can be withheld.
Please email your thoughts to
editor@zineandheard.ca
Thank you.



BOYLE STREET BOMBERS VS BISSELL CENTRE HAMMER BATS

Wanna see Treaty 6's
roughest, toughest,
biggest, baddest,
fastest, finest
Downtown Inner City
Community Workers
face off on the big field?

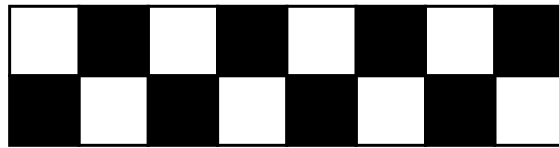
Edmonton's own
Boyle Street Bombers
clash with
Edmonton's own
Bissell Centre
Hammer Bats
in an epic battle
of slo-pitch
at Edmonton's own
Alex Taylor School.

Bring your lawn chairs,
blankets & outside
voices to cheer on these
Edmonton inner city
krakens as they
blow off some steam!

**WEDNESDAY
JULY 19TH
7:00 PM**

**ALEX
TAYLOR
SANDLOT**

YOU



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

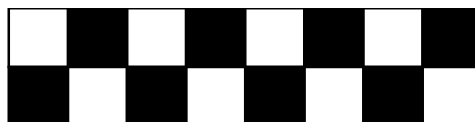
SOUTHERN ALBERTA Call: (403) 297-8435

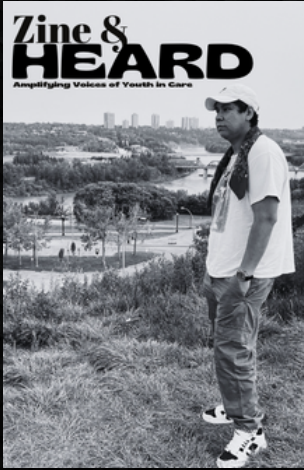
ACCESS OPEN MINDS

**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





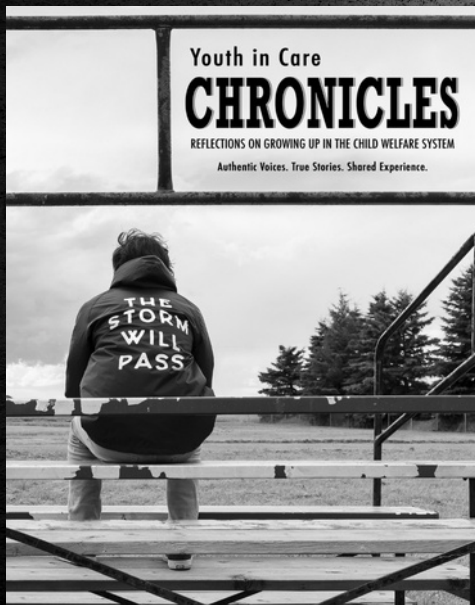
Many thanks to the Friends of Zine & HEARD

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

DELBURNE GHOST RYDERS DR. MELANIE DOUCET COLLEEN THOMPSON
CLINT FRAZIER CADENCE LEADERSHIP & COMMUNICATION INC.
HIGHER KNOWLEDGE aka BRYANT DORAND VALISSA THOMSON
TOMMY TWO DOGS JAN MASLYK ANONYMOUS X 6
CHEYANNE CARLSON-WHITE LYLE BELL MARLEY-JAY
LOCAL 124 SKATEBOARDS & LONGBOARDS JOEL PIPPUS
BUD FRASIER & THE ELECTRIC RAZORS MARTIN HIDINGER
KRISTINA W. BROOKS ARCAND-PAUL M.L.A. P.E.

We need your support

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



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

Available at
Amazon
&
Audreys

All proceeds go to fund
projects for youth in care.

I am
so tired of fighting.
Fighting for just the
basic necessities
for me and my child.
Fighting for food.
Fighting for rent.
Fighting for medication.
Fighting for everything.
Why do I
have to fight for
every single thing
I need?
Because I was
a kid in care?
I won't give up
but it's exhausting.

TAP recipient
NAME WITHHELD

RAISE THE AGE.
LOWER THE STATS.

RAISE THE AGE.
LOWER THE STATS.

RAISE THE AGE.
LOWER THE STATS.

RAISE THE AGE.
LOWER THE STATS.

RAISE THE AGE.
LOWER THE STATS.

INTERNATIONAL YOUTH DAY


SATURDAY AUGUST, 12th

NORQUEST COLLEGE 11:00 - 4:00

PRIZE

WINNERS!

Zine & HEARD will be there with surprises
and you could win some prizes!


A black and white photograph of a person standing in a wooded area. The person is wearing a dark, long-sleeved dress with multiple horizontal ruffles and a wide belt with a rectangular buckle. They are positioned on the right side of the frame, facing away from the camera. The background is filled with bare, tangled tree branches and some low-lying bushes. The ground is covered with dry leaves and twigs.

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

*You are not
forgotten*

"They did not have an alternative program in place," said lawyer Avnish Nanda in an interview. "They developed the TAP program and it has been an unmitigated disaster. It has forced ... people who otherwise would have been through the SFAA program, taken care of, supported, led to an independent self-sustaining life in adulthood, to homelessness, to substance use ... to overdose, death."

CBC March 18, 2023
by Andrea Huncar
Province announces
\$28M for youth
transitioning from
care, but critics
say program
falls short



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