

Zine & HEARD

Amplifying Voices of Youth From Care

JUNE 2025
ISSUE #29

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

WHO

Youth from care speaking out & making a difference.

WHAT

A zine to amplify our voices & raise awareness.

WHEN

We publish around the 15th of every month.

WHERE

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

WHY

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

THE STRONGEST HEARTS HAVE THE MOST SCARS



EDITOR

PENNY FRAZIER

ASSISTANT EDITOR

KENNEDY HIGGANBOTHAM

COVER

CHIEF ARVOL LOOKING HORSE

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SKATEROSIE

SUZIE CRAZY BULL

TYREE BILODEAU

WELLBRIETY

YOUTH IN CARE CHRONICLES

YOU ARE NOT FORGOTTEN

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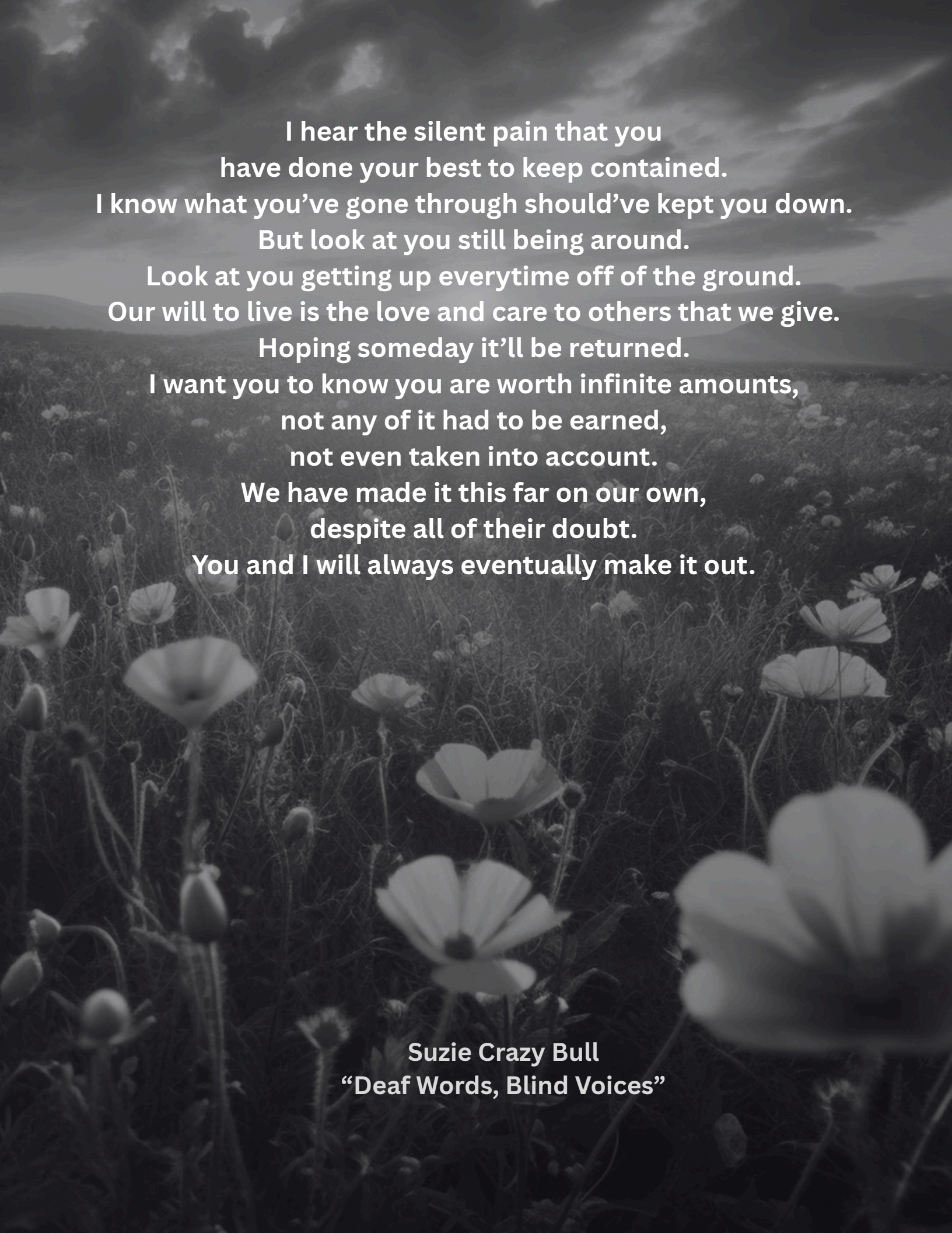
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Hallway Cafe

*Thank you for
all your support!*



I hear the silent pain that you
have done your best to keep contained.
I know what you've gone through should've kept you down.
But look at you still being around.
Look at you getting up everytime off of the ground.
Our will to live is the love and care to others that we give.
Hoping someday it'll be returned.
I want you to know you are worth infinite amounts,
not any of it had to be earned,
not even taken into account.
We have made it this far on our own,
despite all of their doubt.
You and I will always eventually make it out.

Suzie Crazy Bull
"Deaf Words, Blind Voices"

Alberta is like that guy...

Alberta is like that guy at the family gathering who suddenly holds up his gnarled fingers, yells “THE CLAW!”, and proceeds to scare the crap out of all the kids in the room. But, unlike that guy, Alberta isn’t joking around. Sure, they will be laughing all the way to the bank with an annual \$184,000,000 worth of federal CBD payments they seize from disabled Albertans, but nobody else thinks it’s funny.

Yup. Only in Alberta will the provincial government claw back the \$200 per month CDB (Canadian Disability Benefit) that is going to be available to individuals on AISH. You know - the pension for Albertans with serious disabilities who live on \$22,800 a year. (Slightly less than their MLAs get per year for housing allowance.) The CDB is intended to be a top-up, not a replacement for existing provincial supports. However, the Alberta government’s stance is that AISH recipients make enough.

To be clear - AISH recipients HAVE TO apply for CDB. You can’t NOT apply for it. But to apply for it you must have a doctor fill out a form which can have a cost of up to \$200 which must be paid by the AISH recipient. So, in fact, the AISH recipient may have to pay to apply for a credit they will not receive. It will be the Government of Alberta who will collect the benefit to the tune of around \$184,000,000. AAAAAND if recipients don’t apply for the CDB, they risk losing their AISH. True story. I called AISH myself to get it from the source. Apparently, letters went out earlier this year to notify all AISH recipients about the mandatory CDB application and the repercussions of not applying for it but curiously, no one I know who receives AISH got said letter.

I know several people on AISH. Most of them are former youth in care. They are all grateful for the support they get but they could all use an extra \$200 a month for food, in particular.

As Inclusion Alberta states in their press release on the next page:
The government should never seek to address its budget challenges at the expense of those already disadvantaged and living in poverty.

But...sigh...this is Alberta.

With love, Penny Frazier, Editor



Government of Alberta requires **people with disabilities** on AISH to apply for federal benefit, and will **reduce AISH** for those who receive it.

Inclusion
Alberta

May 6, 2025

For immediate release – May 6, 2025 - INCLUSION ALBERTA

The Government of Alberta's decision to claw back the Canada Disability Benefit (CDB) – a federal benefit intended to help lift Canadians with disabilities out of poverty – from AISH recipients is punitive, mean-spirited and undermines the benefit's fundamental purpose. Now, to add insult to injury, they have informed AISH recipients they must apply for the benefit, which requires going through a time-consuming and complex eligibility process that requires applying for the Disability Tax Credit (DTC) which often can cost as much as \$300, so that, should they be eligible, the government can reduce their AISH by the corresponding amount. This is an unconscionable decision to take money meant to improve the lives of people with disabilities and redirect it to government coffers.

“At the same time as this government is cutting income taxes, it is effectively adding close to 10% tax on disability by clawing back up to \$200/month of what would be the combined amount of AISH and CDB,” says Inclusion Alberta CEO Trish Bowman. “What moral justification could there possibly be for leaving Albertans with disabilities to live off less than MLAs receive for their taxpayer-funded housing allowance? To suggest the amount of AISH alone is adequate shows just how out of touch this government has become with the realities of people with disabilities and their families.”

“The Government of Alberta could have helped reduce the poverty and struggles experienced by many people with disabilities without spending anything, by simply staying out of the way and allowing adults on AISH to access the CDB,” said Ashton Kennedy, an Inclusion Alberta board member who receives AISH. “This may not seem like a lot of money to some, but it would have made a big difference for me. Instead, the government cruelly made the decision to take it away and on top of that, force people to find money they already don't have to complete the application process.”

Inclusion Alberta calls on the Government of Alberta to reverse their decision to claw back the Canada Disability Benefit, allowing the benefit to do what it is intended to do; reduce poverty for people with disabilities. In line with other federal benefits such as the Canada Child Benefit, the CDB should be considered exempt income. The government should never seek to address its budget challenges at the expense of those already disadvantaged and living in poverty. Surely, this is not the Alberta that we have become.



RuSSeCetta

@russecetta4real

@russecetta4real (Russ-sea-ta)

Sometimes 2real, Metis artist Russecetta, is breaking generational curses and forging her own path as a matriarch through vibrant artistic expression. From poetry to captivating beat production and raw rap, Russecetta's art is a powerful journey of self-discovery and resilience.

Overcoming tribulations from domestic violence to being houseless on her homeland, she channels her experiences into a means of resistance. As an independent artist on the rise in Amiskwaciwaskahikan (Edmonton, AB), her work shines light on critical issues in a colonialist state - challenging norms and inspiring change.

Russecetta has just released her first single on all platforms.

HOPING by RUSSECETTA4REAL

distrokid.com



ROSe BuSH

I saw him as a rose bush
But he's just a pot of flowers
Just as pretty
Not as prickly
More gentirfied
Not as wild, untamed
I'm a rose bush
My thorns kept you away
Pretty from a distance
That is me
Cause if you get too close
i might make you bleed
If you lay your hands on me




TO THE MaN i Gave a muFFiN TO

I stand strongly
privelege intact
Pack of muffins in hand
And feel just as strongly for the
Youhg man
Who is
Lost
With no sense of direction
Feeling with no purpose
Young man
With no guidance
No finance
Poorly misguided
The smell of cheap booze and a stench
Wrench as he gropes
She knows she would be blamed for
"Getting roped"
With the wrong person
For she chose to speak and give a muffin
She chose to speak and repeat what his
Parental figures should have displayed
and said
You don't do that to a woman
or to anyone
That is not okay

The bEAUTY oF LiFE


Trees that shade you from the light
Trees that let the light shine through to your
Eyes
High skies
Your little sister who shows your music to
people when you're not around.
And your finacial planner getting you
to hammer down on your work.
You gave her chills as she helped you with your bills.
Your math teacher who you laugh at the letter E with.
The friend that you feel free with
This life, that's a gift
There it is within
And in yourself

RuSSeCeTTa




Honouring The Circle of
WELLBRIETY

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



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



PLEASE NOTE, CIRCLES WILL NOT BE HELD ON HOLIDAYS.

<p>CREATING HOPE SOCIETY is pleased to host a NEW Red Road to Wellbriety sharing circles with meeting every Monday evening</p>	<p>CALL Gerry (587) 596-9814 Michelle (780) 716-9423</p> <p>MORE CONTACT INFO: yep@creatinghopesociety.ca ctd@creatinghopesociety.ca</p>
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WWW.CREATINGHOPEOCIETY.CA

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

An Interview With Chief Arvol Looking Horse

by Kennedy Higganbotham



Chief Arvol Looking Horse, 19th Keeper of the Sacred White Buffalo Calf Pipe, calls on people from around the globe to gather at sacred places on June 21st and join in prayer for the healing and protection of Grandmother Earth.

This past month at Zine & Heard we had the incredible privilege and unique opportunity of interviewing Lakota Chief Arvol Looking Horse, the 19th keeper of the Sacred White Buffalo Calf Pipe. Chief Arvol Looking Horse has lived a remarkable life and continues to do important work in being both an advocate for Indigenous culture and rights, as well as being a powerful advocate for taking care of our planet. He spoke to us about the importance of taking care of both each other, as well as the world we share. Chief Arvol Looking Horse will be coming to Edmonton to conduct the annual World Peace and Prayer Day from June 18th to 21st.

~ Kennedy Higganbotham

Thank you so much for speaking with us Arvol. We know you speak about how people need to come together with their minds and their hearts, and put their differences aside. Why do you see this as vital?

I'd like to say first of all thank you for interviewing me about this important subject. I speak about the mind, the body and spirit, because that's our tradition. It goes way back into generations when the White Buffalo Calf Woman came. Since I am the sacred bundle keeper, I still talk about what she instructed. When you are getting ready to set up a tipi, you lay down three poles. It's the mind, the body, and spirit. And then you tie them with wíkhan, or rope. In our sacred language everything that starts with "wí" pertains to a spiritual life upon Mother Earth. So, we have the three poles tied with our rope – that wíkhan, and then we stand it up and put it together with the rope and it brings unity. The 13th pole represents the women. It is the backbone of our nation – the women. It's very important to go back to that first instruction, the three polls: to the mind, the body, and spirit. That concept is very important in our life, up to today. The whole story about the tipi is you're setting up a nation and it's it brings unity and peace. Why? Because the sun is that life giver. And when you set up a tipi the sun comes into that tipi. That word "sun" starts with the "wi". The sun (wi) brings wičhóni - health and wellbeing. That's our philosophy and that's the way it's always been. Our way of life.

The White Buffalo Calf Woman said that when you honour somebody, you've got to stand them up. So it's all about honouring in our way of life here. But today, we don't really have those instructions no more, and everybody lives in square buildings and the Elders talk about that. You lose your mind into that world by not living in a balance of life. So that's very important in our time that those teachings maintain today. I made a statement that man has gone too far today. And lost their spirit. Today people are wandering everywhere because they're looking for their spirit. And so the spirit is very important in our time yet, because everything has a spirit and we have to respect that boundary.

How can folks hold onto, or find hope, when things seem difficult or hopeless?

I stayed in ceremony and stayed in prayer. I had become a sacred bundle keeper prayer when I was young. The Elders who were teaching me ceremony taught me to get up in the morning with a good mind. And that's what is not happening today because people to get up, you know, they have maybe agenda or you know, or plans and are in a rush. When you getting a rush, then it becomes a problem. You can hurt yourself. Teaching yourself peace within yourself is very important. So that's what I would rely on – ceremonies or purification ceremony to let go. That's what purification ceremony is all about, to let go of all the anger, hatred, and jealousy. It heals your mind, body, and spirit. I hope people can access ceremonies like purification lodge because what has happened today is they're selling our ceremonies, which is not right. And it's not helping anybody. If you're going to a lodge you have to be serious. And people running the lodge have to be serious.

You've spoken about how in your time in government boarding school, you really saw a suppression of culture and spiritual traditions and that that made you want to be an advocate for cultural freedom. Would you care to share more about how that experience impacted your life and set you on the path you're on now?

Well, when I was younger I would hear my grandmothers and my grandfathers, talk about what happened to them and they'd cry. I'd hear the Elders describe events like Wounded Knee and other things. In our past generation we all just talk about genocide and everything, and it's still happening today. When I was younger, I thought, "I can do something to make a better life that'll change", that's what I thought about when I was young. "I hope I can do something good to make my grandma and grandpa happy". So I guess that's where it started from. When I was young the elders told me you can't use foul language. It's kind of kind sad to see I hear young people use foul language and I still have feelings for the elders and it hurts my feelings too, you know, I hear a young person cussing or using foul language. Cause I never did. There's a lot of things I never did as a bundle keeper.

World Peace and Prayer Day is something that you have been doing for a long time now. What does it mean and how has it grown?

When I was young and became a bundle keeper, this was 1966, and the elders told me that I'm the youngest ever to be the sacred bundle keeper at the age of 12 years old, and they told me that I would be the youngest chief, because they put a head dress on me. So when I go see people, I wear my headdress. So there's a lot of things that came with being a sacred bundle keeper.

In an early 70s we never had electricity or running water. We lived in a log cabin. My dad, he got a frame house and then we were still riding horses every day 24/7. We weren't really interested in being inside the house. So my dad, you know, he bought a big black and white TV. And every time we come back from riding horses and my mom would be cooking dinner... and she would always watch As the World Turns.

After that, I had a dream. In my dream I was watching this black TV. And somebody beside me either pointed to the screen or pressed the screen, but the Earth was turning slowly like that, as the world turns. So when the person pointed to that screen, or touched the screen, it stopped. And it opened like a like a book - It opened up. And there's people standing in a circle, then it shut like a book. Then the earth was turning again. And this person pushed another different part of the world and it opened up and different people are standing there in a circle with a fire in the middle. I was looking at the people and then it shut again. And the Earth was turning real slow and then this person touched another part of the world, and it opened up like a book. And this is ongoing for, like, maybe seven times. The Earth was turning and then, this person would point to the screen or touch the screen and it would open like a book and people in this place would be standing in a circle with a fire in the middle.

So that's a dream I always have in the back of mind. And then in different times, I thought, you know, maybe this is a time, this is a time... cause my dad said, "Don't make it happen... Dreams gotta happen on its own way, but it will happen". So, it wasn't until the white buffalo calves were born, that first one was born in Jamesville, Wisconsin, then during ceremonies I was coming to that place and I shared my dream. The white buffalo was born in 1994 in Jamesville, Wisconsin, and then I had a feeling that this is it. So 1996 we went to Mato Tipila, in English it is called "Devils Tower", in Wyoming. And we rode from Canada to that place and we called all the local tribes and they came in; their sacred bundle keepers and their spiritual leaders. And we had a fire like the dream. I knew that it was coming true because that was my dream - all these people standing in a circle. So that was 1996, and that's how World Peace and Prayer Day started. Because the white animals of which this second one was born this past June in Yellowstone. But why is it that these white animals are born in our generation? You know, that's that old prophecy of the White Buffalo Calf Woman: That someday, when the Earth is sick and has a fever, and that's what's happening today. It's not only our people, but many traditional people of the world are saying that Mother Earth is sick and has a fever. It's pretty well known right now. But it's also pretty well known that the white animals are the White Buffalo Calf Woman prophecy come true, because when she left, she left as a white buffalo calf. And she told the people, next time I return, it's down upon the earth when nothing is good no more, and people are having a hard time. That's the prophecy in our time right now. And so that's what's how the World Peace and Prayer Day started. From a dream, and we've been doing this for 30 years.

Mitakuye (all my relatives),

As the Keeper of the Sacred Pipe, I have stood alongside Indigenous Spiritual Leaders worldwide recognizing a critical moment in our life journey. Grandmother Earth's condition, along with the white animals showing their color of dangerous times, calling upon us to act.

The White Buffalo Prophecy, along with other Indigenous spiritual messages, have been in a prayer for centuries, guiding us through very difficult times. For three decades, our intention has been working to unite all Peoples, urging them to recognize the seriousness of our Grandmother Earth's condition. The prophecies state that if we stand together in unity at our sacred sites of prayer, we can create a global energy shift of healing.

Once again, we extend an invitation to All Nations, All Faiths, to join us in One Prayer on June 21st. We ask that you gather at your sacred circle of prayer, be it an indigenous sacred site, a sacred fire, a church, synagogue, temple, mosque, or even your home, to unite in creating a spiritual energy of positive change. We are convinced that this Global Unity effort is the key to change this destructive path we are now walking. In a sacred hoop of life, where there is no ending and no beginning...

Hec'ed Onipikte, Nac'a Arvol Looking Horse
19th Generation Keeper of the Sacred White Buffalo Calf Pipe



INTERNATIONAL WORLD PEACE & PRAYER DAY

All Nations, All Faiths, One Prayer

JUNE 18 - 21, 2025
ENOCH CREE NATION
OLD POWWOW GROUNDS



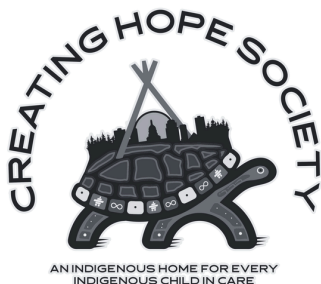
30th Event of IWWP
WELCOME TO TREATY SIX TERRITORY



Celebrating Unity & Respect: The Significance of World Peace & Prayer Day



Bernadette lahtail
Co-Founder & Executive Director
Creating Hope Society



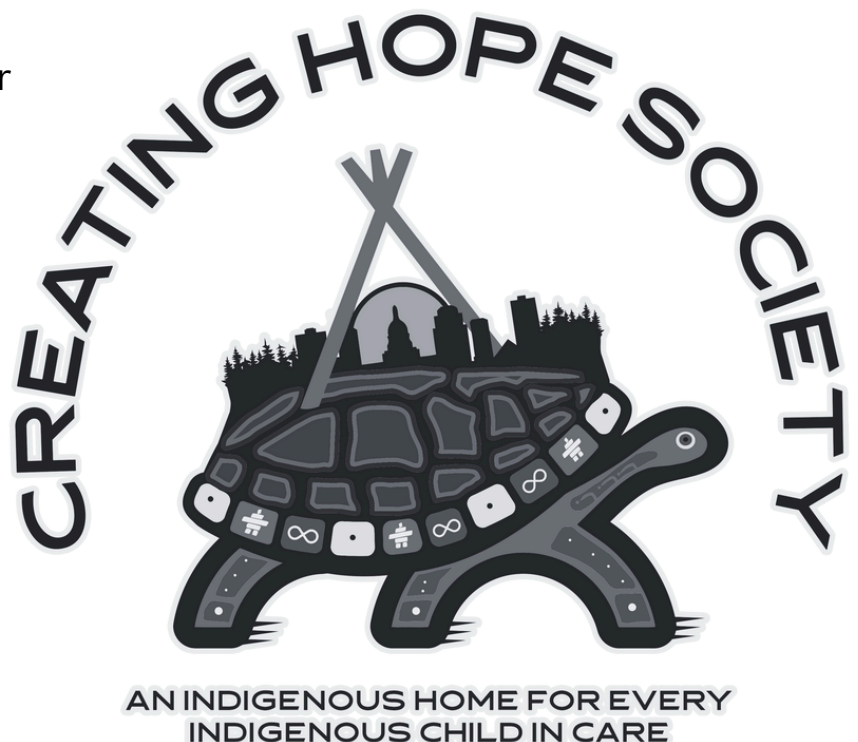
In today's world, where people often focus on their differences, World Peace and Prayer Day stands out as a powerful reminder of what we can achieve when we come together. Georgina Lightning introduced me to World Peace and Prayer Day, highlighting the importance of unity among different cultures and faiths. Celebrating its 30th anniversary, June 18-21 of this year, June 21st, also known as National Indigenous Peoples Day, teaches valuable lessons about caring for Mother Earth and cherishing our humanness, which is significant.

The White Buffalo Calf Woman Bundle is at the heart of this, passed down to the 19th generation Chief Arvol Looking Horse, which has kept a sacred bundle for First Nation / Indigenous peoples worldwide. The storytelling of the sacred pipe represents powerful prayers and traditions, signifying strength, resilience, and commitment. My first meeting with Chief Arvol Looking Horse, the keeper of this bundle, and his wife, Paula, felt incredibly special. It was like meeting royalty; I was filled with awe and gratitude for being in their presence. Their deep connection to the keeper of the land, water culture and history inspired me because I did not know my Indigenous cultural and traditional practices.

World Peace and Prayer Day carries the theme, "All Nation, All Faith, One Prayer." This theme invites individuals from all backgrounds to join a sacred space where learning and sharing are encouraged. It goes beyond mere celebration; it fosters respect and understanding among people. Everyone is invited to participate and contribute, regardless of their cultural background. This gathering is essential for building bridges and fostering relationships among diverse groups.

A central message of this day is the reminder that "Mother Earth is the source of life, not a resource." This perspective challenges us to rethink our relationship with the environment. In a time when environmental issues are more pressing than ever, recognizing the importance of caring for our planet is crucial; it emphasizes and teaches us the importance of unity, understanding, and respect by cultivating for all to be responsible for climate change and the environment, includes protecting our sacred sites in a more profound sense of purpose by honoring various traditions and embracing learning opportunities. This day encourages us to find common ground, recognize our shared humanity, and work together towards a more peaceful and sustainable future. Ultimately, these sacred spaces help us realize that we can all contribute to a more harmonious world and give respect to Mother Earth, which nurtures the entire human race.

In the spirit of Creating Hope,
Bernadette lahtail
Co-Founder & Executive Director





Tshirt @nsrgnts
Palestinian Keffiyeh
@doubledownshop
Photo By
@jaidenmitchellfilms

WE ♥ ROSIE

@skaterosie
@colonialismskateboards

YOU ARE NOT ALONE

Every day.
I wake up
wondering.
Why am I still here?
Why am I still fighting this
pointless, endless battle.
To this very day
I couldn't even answer
that stupid question.
Every day.
I wonder.
Why are people so cruel
and heartless?
Is it because they're jealous?
Or because they were never properly loved?
Maybe it's because
they want me to fail
because they are failing.
No one knows why people
are so cruel and heartless.
Only they know.
And it curdles my insides
because other people don't need
to bring other people down.
We should be bringing people up
when they can't get the fuck up.
We shouldn't laugh at or taunt
someone for something
they can't immediately change
or can't change at all.
YOU NEVER KNOW
WHAT SOMEONE IS GOING THROUGH.
NEVER.
AND NEVER
JUDGE A BOOK BY IT'S COVER.
You don't know the silent battles
that someone could be fighting.
You are not alone.



Tyree Bilodeau

SUP ALBERTA?



 **travly**

Canada Set To Release The First Ever Free Grocery Store In Saskatchewan.

The store will be stocked like a regular grocery store, and each shopper will be able to get \$200 worth of food every two weeks.

Froh expects the hub to serve 200 families a day out of the new location, in addition to the clients served out of the food bank's current location, which will remain open. The hope is to help 25,000 people every month once they're at full-capacity. Froh said their two largest growing demographics are people who work full time — now 18 per cent of food bank clients in the city — and new Canadians.

"Our clients are our neighbours," said Froh. "They come from every corner of the city and every walk of life."

Living up to its Community Hub name, there won't just be a store. Outside, plans are underway for a basketball court, an outdoor garden, seating and a playground. Froh said he's excited about paving the way with a space that's the first of its kind in Canada, but he said the best part is knowing the impact it will have on clients.

"When people come here, they're going to be met with a smile and they're going to leave with the food they need and that's awesome."

EXCERPT: [Alex Soloducha](#) · CBC News · Posted: Jun 02, 2024

OSYS

OLD STRATHCONA YOUTH SOCIETY

SKATE DRIVE

NOW TIL THE END OF JUNE!

PLEASE DONATE YOUR GENTLY USED
DECKS, TRUCKS, WHEELS, GEAR
AT LOCAL 124 SKATE SHOP
& MAKE SOME KID'S SUMMER
WAAAAAAAAAAAAAY BETTER
MONETARY DONATIONS TO PUT TOWARDS
PURCHASES OF EQUIPMENT ALSO WELCOME

**MANY
THANKS!**



**Zine &
HEARD**



OLD SCHOOL. NEW SCHOOL. NO SCHOOL.

WE WANT YOUR STORIES.
NO LITERACY LEVEL
OR AGE REQUIREMENTS.



Young or old, if you are a youth from care anywhere,
get a hold of us to share your stories, poetry, art, music, culture, life, hope.

Deadline for the July issue is June 27th.

Contact us at editor@zineandheard.ca or @zine_and_heard on Instagram.

Or you can text me at 780-221-6124. Maybe you'll make someone's
day a little brighter because your story gave them hope.

Thank you.

AUGUST 12 20
25



YOUTH DAY

Keynote **Piyêsiw Crane** / Performance by
Notorious Cree / Host **TJ Thompson** / Youth
Vendors / Food / **Prizes** / Booths / **360°**
Photobooth / **Speakers** / Performances /
11:00 am - 3:00 pm / NorQuest College



the
youth
day

youthday.ca

The All Stars Zine Project delivers writing and music programming to incarcerated youth in Edmonton.

We are continually blown away not only at the breadth of talent these individuals possess but also at their level of respect for each other - always encouraging and supporting the efforts of one another. We admire their courage to write from their hearts and get up on the mic.

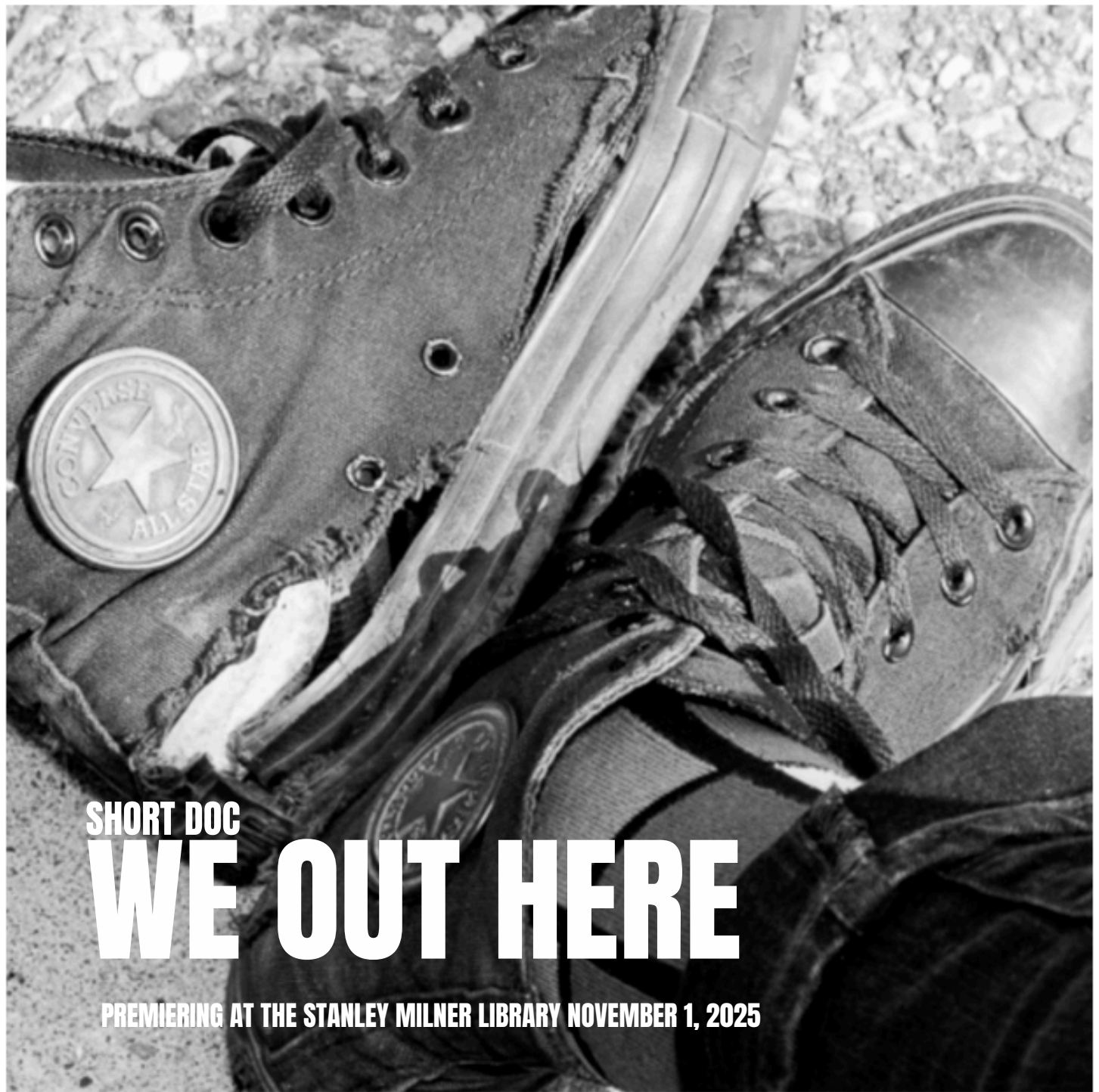
They are all an inspiration.



I like this program because we get to express what we've been through music and they understand what we are saying through our music. They both come and sit with us and it gives us hope while we are in here. They also sit with us and talk to us. I also like that they bring us donuts and they're nice to talk to. They always give us books and stickers and when we get out they're going to give us the opportunity to go see them and make more music.

At least we know there is some people that still have hope in us.

~ JF ~



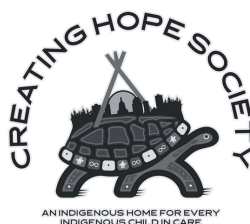
SHORT DOC

WE OUT HERE

PREMIERING AT THE STANLEY MILNER LIBRARY NOVEMBER 1, 2025

During the months of June and July 2025, we will be mentoring and working with marginalized youth in the City of Edmonton to create a short documentary regarding the harsh realities they face on a daily basis with a specific focus on the challenges they experience pursuing music on a serious note. The documentary will include interviews, clips of live performances and also commentary from established hip-hop artists with lived experience.

This project provides music education to youth in the justice system & storytelling through documentary filmmaking.



**West
Anthem**





RIDE TO RECONCILIATION



SUPPORTING



SATURDAY, AUGUST 23, 2025

RIDE

REGISTRATION: 8AM - 10AM

KICKSTANDS UP: 10:30AM

FEE: \$50 (BREAKFAST INCLUDED)

INDIGENOUS MARKET

REGISTER: BLACKJACKSROADHOUSE.COM

TIME: 10AM - 4PM

STALL: \$50 (10X10) / \$75 (10X20)



KIDS CORNER

PRIZING

50/50



\$500 CASH PRIZE DAY OF RIDE
TO ONE REGISTERED RIDER
DONATED BY LO-COST AUTOMATIC
TRANSMISSIONS



MOTORCYCLE RAFFLE WITH CUSTOM PAINT JOB
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\$50/TICKET DRAW HLD WHEN ALL 500 TICKETS SOLD

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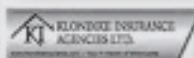
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MANY THANKS TO LIAM HODDER ARTS & CULTURE EDITOR GATEWAY MAGAZINE

thegatewayonline.ca

'Zine and Heard': Interview with Penny Frazier

'Zine and Heard' acts as the voice of youth from the foster care system.



Liam Hodder • 1 minute ago

3 minutes read



Supplied

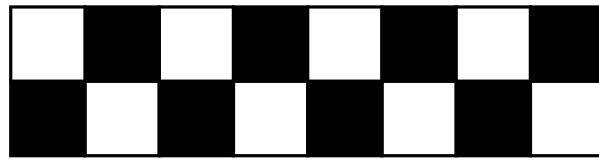
Zine and Heard is a monthly zine based in Edmonton, founded and run by Penny Frazier. The zine focuses on highlighting the struggles and stories of youth from within the foster care system.

With the zine recently releasing its [28th issue](#), *The Gateway* sat down with Frazier to chat about the project and its impact on local youth who have been or are currently in foster care.

Zine & HEARD

wants your stories, art, music, thoughts. If you are a youth from care please contact us by emailing editor@zineandheard.ca or connecting with us on Instagram [@zine_and_heard](#)

Thank you.



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

INDIAN RESIDENTIAL SCHOOLS CRISIS LINE

24- HOUR 1-866-925-4419

YOUTH EMERGENCY SHELTER (Y.E.S.S.)

780-468-7070 24/7 24 HOURS

ACCESS 24/7 - 24 HOUR

Crisis and Intake Services - 780-424-2424

KIDS HELP PHONE - 24 HOUR

Call 1-800-668-6868 Facebook Messenger

Text CONNECT to 686868

NACIS CRISIS LINE - 24 HOUR

780-422-2001

NATIONAL SUICIDE PREVENTION SERVICES

1-888-456-4566 24 HOUR

CMHA DISTRESS LINE - 24 HOUR

780-482-4357 (HELP)

KICKSTAND CONNECT

mykickstand.ca/online-care#resources

OFFICE OF THE YOUTH & CHILD ADVOCATE

**If you have questions about your rights as a young person,
need legal help, or need to speak out, we're here for you.**

Talk to Us: Toll-free: (800) 661-3446

Monday - Friday 8:15 AM - 4:30 PM

NORTHERN ALBERTA Call: (780) 422-6056

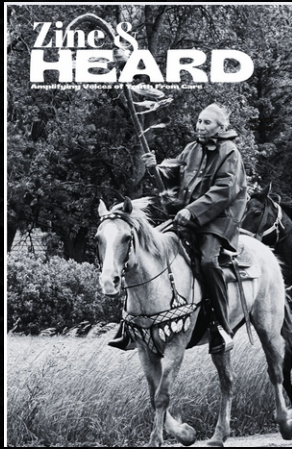
SOUTHERN ALBERTA Call: (403) 297-8435

ACCESS OPEN MINDS

**ACCESS Open Minds Edmonton is a walk-in service for individuals
16-25 years old. Young people and their families can walk-in during
open clinic hours and will be seen on a first come first serve basis.**

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

NEED TO CONNECT? DIAL 211 24 HOURS



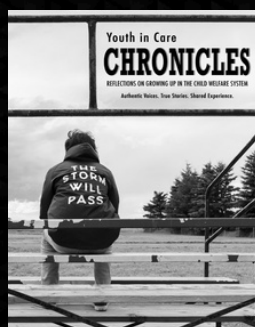
Many thanks to the Friends of Zine & HEARD

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We need your support

Zine & HEARD is made possible by subscriptions, 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](https://www.amazon.ca)
&
[Audreys](https://www.audreys.com)

All proceeds go to fund
projects for youth in care.

MISSING



JACKIE STRONG

MISSING SINCE MAY 23, 2025

Manning RCMP Missing Person is asking for the public's help to locate 31-year-old Jackie Strong

EYES: Brown | HAIR: Brown

HEIGHT: 120lbs | WEIGHT: 5'5"

Last seen wearing a brown jacket, brown camo sweatpants, and a backpack.

Jackie Strong was last seen on May 23, 2025, in Manning, Alberta

If you have any information, please contact: Manning RCMP Missing Persons at 780-836-3007. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

MISSING



TAKODA WHITE

MISSING SINCE MAY 22, 2025

Takoda is described as:

Medium complexion; Brown eyes

6 feet tall and 160 pounds;

Last seen wearing jeans, grey and black Zoo York hoodie, grey t shirt and dark blue and black high top Nike shoes.

If you have any information regarding the whereabouts of Takoda, please contact Leduc RCMP at 780-980-7267.

If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store. To report crime online, or for access to RCMP news and information, download the Alberta RCMP app through Apple or Google Play.

YOU ARE NOT FORGOTTEN



*You
are
not
forgotten.*

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

They grow up.

They rise above.

They beat the odds.

**Never underestimate the power
of youth from care.**



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