

# Zine & HEARD

Amplifying Voices of Youth from Care

ISSUE #33  
OCTOBER 2025



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.

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**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**

*Thank you for  
your support.*

EDITOR

PENNY FRAZIER

ASSISTANT EDITOR

RAINNAH GOSSELIN

COVER

**NINE IRON  
VIOLENCE**

AXL

FREYA

AARON

ETHAN

WHO'S INSIDE

**MADY SILVER**

**RAINNAH GOSSELIN**

**RUSSECETTA 4 REAL**

**SKATE DRIVE 2026**

**THE DIAMOND MINDSET**

**WE OUT HERE**

**YOUTH IN CARE CHRONICLES**

**YOU ARE NOT FORGOTTEN**

**ZINE FEST! 2026**

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**Hard copies available at:**

**124 Skate Shop**

**Audreys Books**

**Magpie Books**

**Metro Cinema**

**Freecloud Records**

**Hallway Cafe**

**Paper Birch Books**



**HAPPY HALLOWEEN  
FROM ZINE & HEARD!**



**Don't let anybody dull your shine.**



# SEE YOU AT THE "WE OUT HERE" PREMIERE!



**NOVEMBER 1ST 1:00 PM**  
**STANLEY MILNER THEATRE**



# RAINNAH LILY GOSSELIN

## Assistant Editor

Rainnah is an Ojibwe and Cree writer originally from Winnipeg, MB currently residing in Edmonton, AB. She started writing at the age of 15 and went from daily journaling to writing articles for Zine & HEARD about two years ago. In the spring of 2025, she published her own zine, *Between Borders; Living With BPD*, for Zine Fest! Safe to say it was a hit.

Hardworking, honest and able to meet deadlines, we not only chose Rainnah to be the Assistant Editor this month but also for the writing mentorship we offered as part of the upcoming short doc, *WE OUT HERE*. Appointed Editor in Chief for the doc zine we are publishing, we just put them in charge and we have not been disappointed. Their creativity and commitment went above and beyond our expectations. They are also a blast to work with - quick witted and always up for an adventure, including making a guest appearance in the doc.

Rainnah is not afraid to put forth ideas and they are always good ones. This month they interviewed the band, *Nine Iron Violence*, and wrote the cover story. (Had it done way before the the zine went to print.)

This will not be the last you will see or hear of Rainnah. We have a strong feeling they are just getting warmed up.

~ Zine & HEARD ~





# 2026

## SKATE DRIVE

### ROLLIN' IN...

PLEASE HANG ON TO YOUR GENTLY USED  
DECKS, TRUCKS, WHEELS, & GEAR  
& CONSIDER DONATING TO OUR  
2<sup>ND</sup> ANNUAL SKATE DRIVE FOR YOUTH

**STAY TUNED FOR MORE  
DEETS & DATES**



**Zine &  
HEARD**



Are you a youth in care or former youth in care?

Do you have words, poetry, art, music or  
something you would like to share?

All contributions pay \$25.

You retain all rights to your work.

Please contact [editor@zineandheard.ca](mailto:editor@zineandheard.ca)

or message us on Instagram

@zine\_and\_heard



**Thank you.**



# The Power In My Pain

I didn't think change would feel like this, like I'm finally living a life that fits.  
Like I can breathe, stand tall, feel free, like I'm finally someone I'm proud to be.

I came from a toxic family, bad friends too, pain I thought I'd never get through.  
Rape, hard drugs, nights with no lights, homeless, hopeless, stuck in a fight.

Most days I acted quiet and low, but underneath, anger was ready to blow.  
Always mad, never knew how, but now I'm learning to deal with it now.

I felt lost more times than I can say, invisible, and thrown away.  
Friends turned cold, trust got thin, felt like I was drowning deep within.

Writing was the one thing that stayed true, a way to breathe when nothing  
else would do.

Pouring my pain into zines I made, trying to heal with every word I laid.

Then I showed up at the Safehouse door, broken and tired, couldn't take no more.  
But Catholic Social Services didn't just see a broken girl - they saw all  
of me and much more.

They gave me a bed and a place to stay, but more than that, they helped me  
find my way.

Workers who listened, who didn't give up, who let me choose my own path,  
and fill my own cup.

They didn't push or rush me ahead, they stayed steady, kept me from  
feelings of dread.

Through Turning Points I found my worth.

I'm more than the pain I was birthed, allowed to want better,  
want more, learning to walk through any kind of storm.

I'm not perfect, still learning every day, but I've got a voice and I'm  
learning how to find my way.

Speaking up loud for what I need, standing strong, planting my seed.

I've got workers who got my back, that's true, but I'm  
learning how to fight for me too.

Trusting myself, feeling real, building a life that I can feel.

This is a thank you, a real one too, for helping me see what I could  
and can do, for catching me when I thought I'd fall, for showing me  
I could have it all.

This journey's mine but you helped me start, and I will always and forever,  
continue to carry you all deep in my heart.

Mady Silver



# The Cookie Monster & The Stanley Milner

This October reminded me of the time at a Childrens Festival in July of 1978 when I had to wear a full, faux-fur Cookie Monster costume all damn day ie. I have experienced a lot of profuse sweating this month trying to get the WE OUT HERE doc wrapped up before the premiere on November 1st. Thus, the October zine getting out just before Halloween. But it's OK. Worth every minute it took.

I really, really, really hope you can make it out and support all the cool youth who made this doc possible. It is a beautiful film. The Stanley Milner has never packed their lovely theatre before and we would love to make that happen. We got free admission, free food, free posters, free doc zines & free door prizes that you can hug for the rest of your life so we think it could just happen. We believe in you Edmonton!

I want to give a shout out to the best work bro ever, Kennedy Higginbotham, for making this DIY doc project so enjoyable. This is what happens when you hire someone with a BSW who is also a film buff, a music producer and a skateboarder. He is also a dad of a one-year-old and a three-year-old so can take the pressure I bestow upon him. Mind you, I only whine and cry occasionally - not every single time I'm hungry or tired.

While we're on the subject of WE OUT HERE, I also want to give a shout out to Suzie Crazy Bull, who has been doing a film mentorship with us and she caught on faster than you can say Lois Weber. (Not going to lie, I became her assistant.) I swear she will be directing important films one day. This girl pays attention to the finest of details and is such a pleasure to work with.

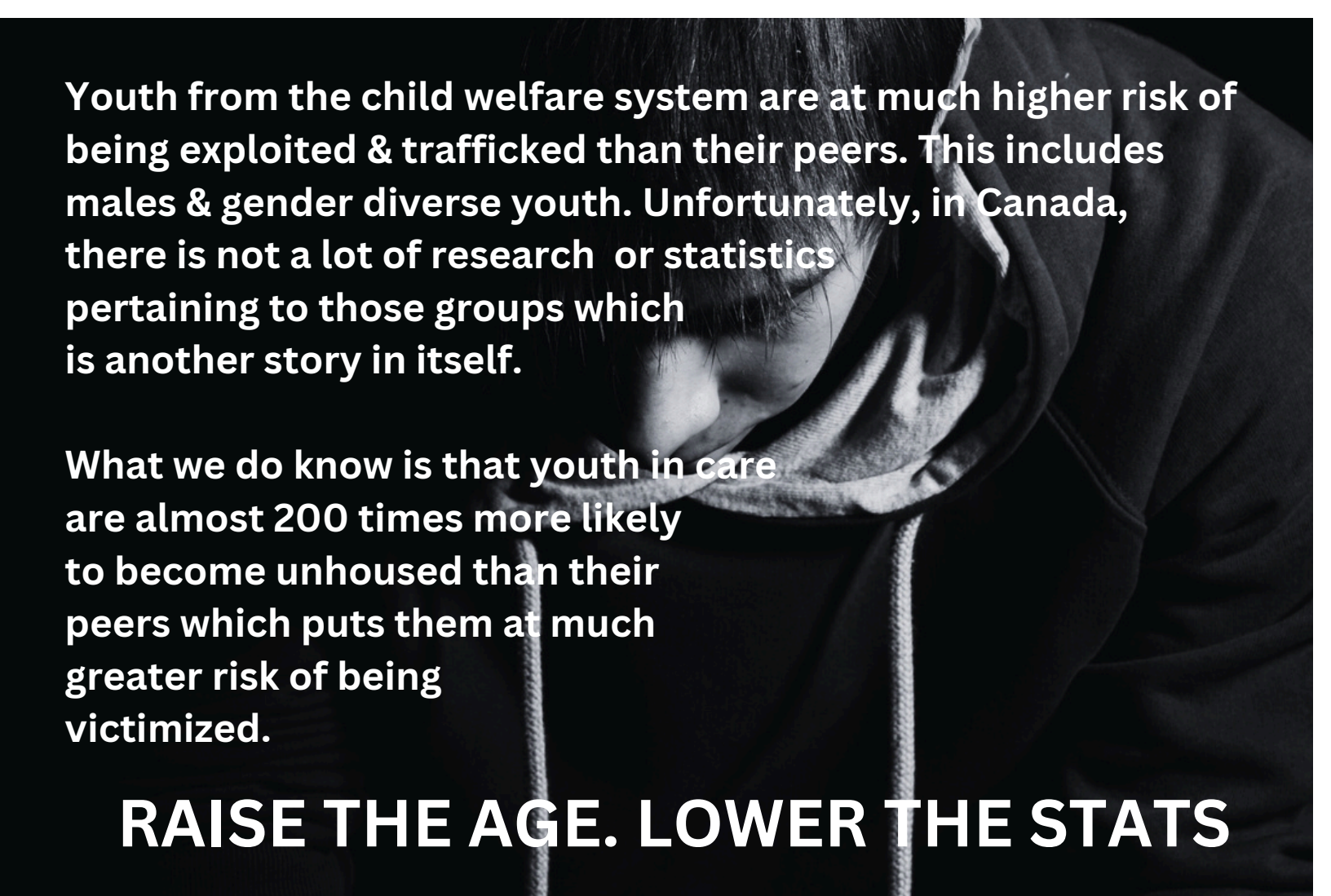
I hope you all have a Happy Halloween doing whatever you want to do and slide into November like an otter. Wild and free with no fear of falling.

**SEE YOU AT THE  
STANLEY MILNER  
THEATRE AT 1:00  
NOVEMBER 1<sup>st</sup>  
& THANK YOU FOR  
YOUR SUPPORT!**

With love, Penny







**Youth from the child welfare system are at much higher risk of being exploited & trafficked than their peers. This includes males & gender diverse youth. Unfortunately, in Canada, there is not a lot of research or statistics pertaining to those groups which is another story in itself.**

**What we do know is that youth in care are almost 200 times more likely to become unhoused than their peers which puts them at much greater risk of being victimized.**

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



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

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

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

**Globe & Mail  
August, 2017**





# AN INTERVIEW WITH ***NINE IRON VIOLENCE***

By RAINNAH GOSSELIN, Assistant Editor

*The editor of Zine & HEARD heard Nine Iron Violence play at the iHuman Art Walk in September, loved their energy, and assigned me this story. It was great to interview the people in the band and here is what I found out.*

***HOW LONG HAVE YOU BEEN TOGETHER?***

Since March of 2025. - Axl

***TELL US ABOUT YOUR BAND NAME.***

We needed a rebrand after our singer left the band so I threw a couple names together, pitched them to the band and yeah. - Axl

It took Aaron a lot of convincing. - Freya

It did but as soon as I saw it on a poster with the logo Axl designed I was like yeah, this is it. - Aaron

***HOW WOULD YOU DESCRIBE YOUR MUSIC?***

Our sound is derivative of new metal, I notice we tie in a lot of hardcore elements like new metal, a bit of thrash metal here and there so our genre would be more defined as new-hardcore. - Axl

Yea I guess you can call it that, because we keep changing members and we got a new lead guitarist like a month ago the sound is adapting and changing, every couple weeks it's a little different than it was before but I think that was a good description. - Freya



## ***WHERE DO YOU COME UP WITH IDEAS FOR SONGS?***

It's mostly me and Freya sitting in the basement before everyone's here. I have a lot of trauma so it's mostly based on that and we just sit down and write, pitch it to everyone else and boom new songs. A few of them came out of some afterparty drunkenness. - Axl

Yea to add onto that there are a few songs that're kind of random like – Trains is where I'm going with this, Trains is a song about taking the train, me and Axl were taking the Valley Line and recorded the beeps the train makes when the doors open, and that's the riff of the song. - Freya

That song lyrically, we drew inspiration from Deftones. - Axl

Oh yea for sure. - Freya

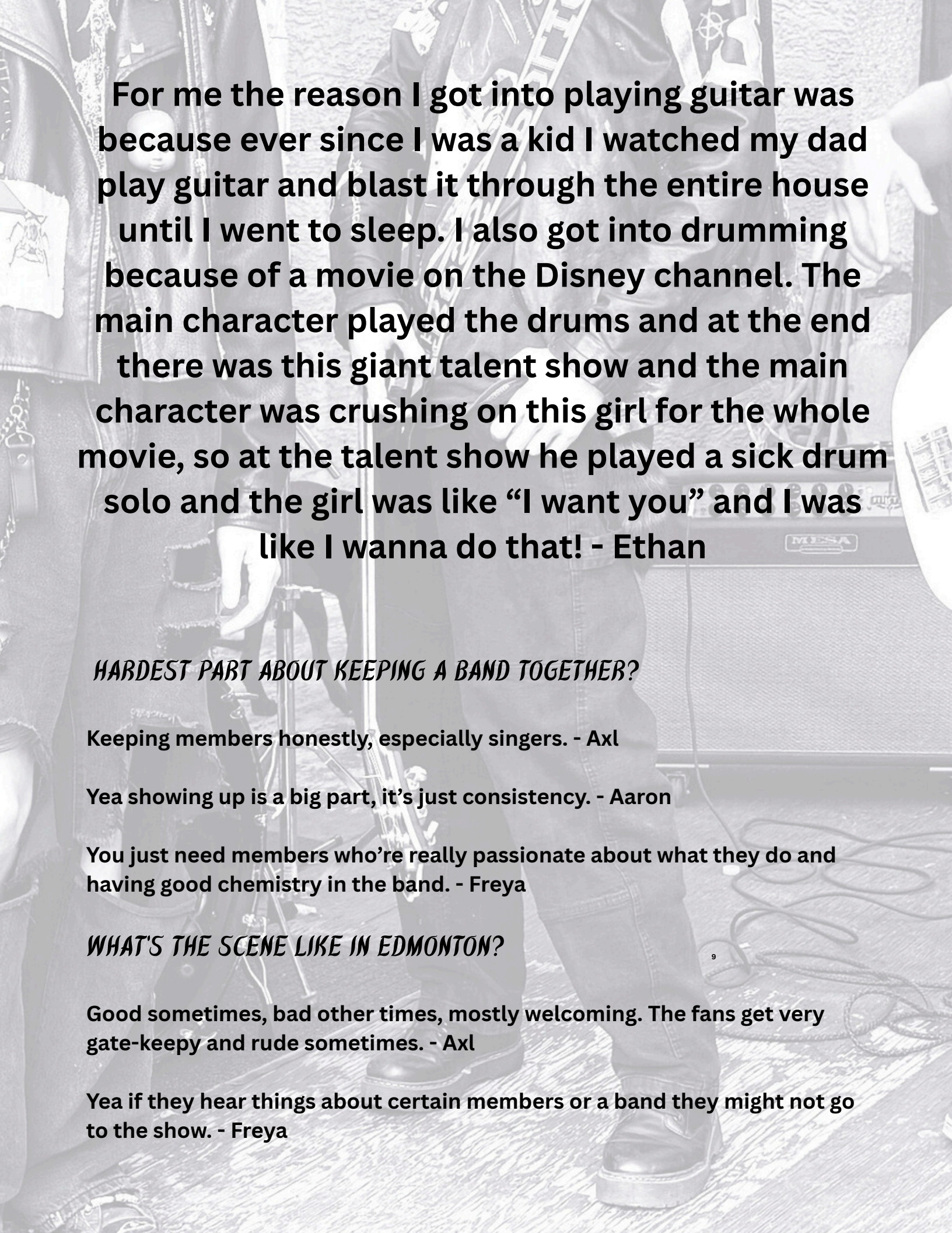
## ***WHO WAS YOUR ORIGINAL INSPIRATION TO PLAY MUSIC?***

Mine is Metallica, James Hetfield, all that stuff. My hero's. - Axl

It's kind of funny how I started playing drums but I did play guitar for about a year, I was so young I honestly don't remember what made me want to. I think I was just like I want to do this, but eventually I had friends in the 7th grade who formed a band and were like we need a drummer so I signed up for lessons, and a month later I was in the worst band ever. My inspiration is probably Korn. - Freya

**I suppose my biggest inspiration would be Relik: Signal from Earth – my dad. He's also an artist and has done a lot of music so I've been around a lot of musicians my whole life. Even Q – he was another big inspiration of mine, seeing Q on the drums since I was 13. - Aaron**





**For me the reason I got into playing guitar was because ever since I was a kid I watched my dad play guitar and blast it through the entire house until I went to sleep. I also got into drumming because of a movie on the Disney channel. The main character played the drums and at the end there was this giant talent show and the main character was crushing on this girl for the whole movie, so at the talent show he played a sick drum solo and the girl was like “I want you” and I was like I wanna do that! - Ethan**

### ***HARDEST PART ABOUT KEEPING A BAND TOGETHER?***

**Keeping members honestly, especially singers. - Axl**

**Yea showing up is a big part, it's just consistency. - Aaron**

**You just need members who're really passionate about what they do and having good chemistry in the band. - Freya**

### ***WHAT'S THE SCENE LIKE IN EDMONTON?***

**Good sometimes, bad other times, mostly welcoming. The fans get very gate-keepy and rude sometimes. - Axl**

**Yea if they hear things about certain members or a band they might not go to the show. - Freya**



**Or cancel the band entirely. - Axl**

**Yea we almost had that happen a while ago. - Freya**

**Otherwise the show scene is pretty good, the bands get along pretty well. - Axl**

***DO YOU HAVE ANY RELEASES OR GIGS COMING UP?***

**We do have one release on Soundcloud and Youtube right now, it's our single and it's called Brain Death – it's just a demo version at this time. - Axl**

***PLANS FOR 2026?***

**We got a couple festivals booked, hopefully we'll be releasing new music before the end of the year, other than that playing shows. - Axl**

**Yea we'll definitely be recording new music over the winter because there'll be less gigs available because there's no more outdoor venues, and personally I'd love to see the album out by the end of 2026. - Freya**

***WHAT'S THE DREAM GIG?***

**A big one I'd love to do is Decimate Metalfest, and Loud As Hell, any big festivals would be cool. - Axl**

**Just not a bar. We don't want to be a bar band. - Freya**

10

15

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# BOOK RELEASE!



*The Diamond Mindset*  
by *Diamond* herself

*Buy it on Amazon & be Amazed.*

Full story on Diamond and her new book,  
The Diamond Mindset, in November's issue of Zine & HEARD.



# And still, they wait.

Edmonton

## Proposed lawsuit alleges Alberta government wrongfully kept money meant for kids in care

Plaintiffs say the federal government should have stepped in



Paige Parsons · CBC News · Posted: Nov 28, 2023 7:00 AM MST | Last Updated: November 28, 2023



Former foster children Octavian Laboucan and Sierra Clarke are two of the representative plaintiffs in a proposed class-action lawsuit that seeks to force the Alberta government to repay benefits it allegedly misappropriated from kids in care. (Emilio Avalos/CBC)

Manitoba

## Manitoba won't appeal ruling that government improperly took \$334M from children in care

Indigenous leaders pleaded with government not to appeal



Ian Froese · CBC News · Posted: Aug 04, 2022 8:56 AM MDT | Last Updated: August 4, 2022



A child walks among signs at a 2020 protest against proposed legislation exempting the province from a lawsuit for taking funding for kids in care. (Trevor Brine/CBC)

**Same case.  
Different province.**

**Alberta needs to follow  
Manitoba's lead and  
do the right thing.**

**Not everything  
has to be a fight.  
Mistakes were made.  
Restitution is required.  
That's it.**

**Justice can be a very  
simple process.**



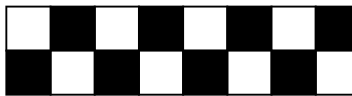
# ZINE FEST! 2026 is in the making!



If you are a youth in or from care who would like to make a zine and be a part of the ZINE FEST! next year, please reach out to Penny at [editor@zineandheard](mailto:editor@zineandheard) or message me on Instagram @zine\_and\_heard or text me at 780-221-6124 by December 16th but the sooner - the better.

**It's gonna be a another banger!**





**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](https://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**

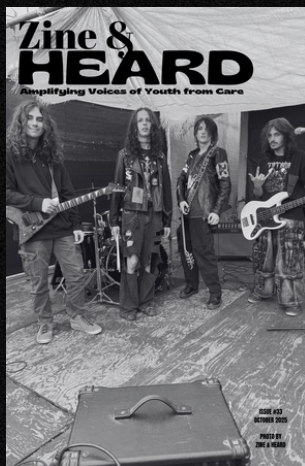
**ACCESS OPEN MINDS**

**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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NANDA & COMPANY AMANDA QUILL  
ANNE STEVENSON - WARD O-DAY'MIN COUNCILLOR  
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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](mailto:editor@zineandheard.ca) or visit [www.zineandheard.ca/support](http://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.



# DENZEL LOUIS-SMALLBOY



**Last seen: July 14, 2025 in Red Deer**

**Red Deer, Alta. – Red Deer RCMP are seeking the public's assistance in locating missing 16-year-old Denzel Louis-Smallboy.**

**He was last seen on July 14, 2025 in Red Deer. There is concern for his well-being. Denzel is described as:**

**6 feet 2 inches and approximately 155 pounds. Black hair and brown eyes. Medium complexion. Last seen wearing a black hoodie, black skinny jeans, Black shoes, and a black toque**

**If you have any information regarding the whereabouts of Denzel, please contact Red Deer RCMP at 403-406-2200. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at [www.P3Tips.com](http://www.P3Tips.com)**

# MARIKA "MIKA" SUTTON



**Last seen: Early August in Edmonton**

**The Edmonton Police Service (EPS) is seeking the public's assistance to locate a missing 29-year-old woman.**

**Marika aka "Mika" Sutton, 29, was last seen in early August in the Richfield neighbourhood in Mill Woods, southeast Edmonton.**

**Sutton is described as a 5'5" tall Indigenous woman with a slim build. She has long brown hair and brown eyes. Sutton's disappearance is out of character, and as such, her family and police are concerned for her welfare.**

**Anyone with information about Marika Sutton's whereabouts is asked to contact the EPS at 780-423-4567 or #377 from a mobile phone. Anonymous information can also be submitted to Crime Stoppers at 1-800-222-8477 or online at [www.p3tips.com/250](http://www.p3tips.com/250).**

***We hope Denzel & Mika are found safe and can return to their family & friends soon.***





*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.**



SHORT DOC

# WE OUT HERE

NOVEMBER 1<sup>ST</sup> STANLEY MILNER THEATRE 1:00 PM

## FEATURING

RUSSECETTA DYLER THEA HARNESS RUSSELL CARDINAL

## SUPPORTING CAST

RAINNAH GOSSELIN SUZIE CRAZY BULL PUNK INDIGENOUS  
DIAMOND MCCARTHY MADY SILVER VAL SATTLER CADEN A.  
VULTURE SOUNDZ BLEU VOX OCIANNA & LOGAN

## GUEST APPEARANCES

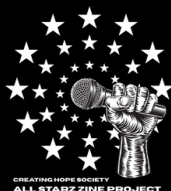
POOKY G DOMINIC BEAR JO SWAMPY  
KAZMEGA SEAN ARCETA DILL PRUSKO  
ENOCH ATTEY JESSE JAMS TJ THOMPSON

OFFICIAL WELCOME BY BERNADETTE IAHTAIL

MADE POSSIBLE WITH THE SUPPORT OF  
WEST ANTHEM ALBERTA MUSIC CITIES GRANT  
& THE ALBERTA CRIME PREVENTION GRANT

PRODUCED BY CREATING HOPE SOCIETY  
DIRECTED BY PENNY FRAZIER & KENNEDY HIGGINBOTHAM  
EDITED BY INDIGITAL MEDIA

West  
Anthem



||||| epl.ca

Zine &  
**HEARD**  
Amplifying Voices of Youth From Care

FREE ADMISSION & LIGHT REFRESHMENTS  
MINGLE WITH THE ARTISTS AFTER THE FILM