

POWER PAGES

A MAGAZINE FOR
YOUTH IN & FROM CARE
AND THEIR ALLIES



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS



← PROFILES:
TRE, RUBY,
CAZLYNN & TREVOR!

HONOURING ZACK
FED HOLIDAY PARTIES ACROSS BC!
FED CAMPAIGN VIDEO
SKILL4LIFE: POWERECIPE
COPING WITH LOSS



MORE OF
YOUR AMAZING
POEMS, STORIES,
REPORTS,
ARTWORK &
PHOTOGRAPHY!

WINTER/SPRING 2016

IT'S
FREE
SO TAKE
ONE!

#46



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

FBCYICN is a youth-driven, provincial, non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 24.

Phone: 604.527.7762 | Fax: 604.527.7764 | Toll-free: 1.800.565.8055

★ ★ 500 - 625 Agnes Street, New Westminster, BC V3M 5Y4 ★ ★
info@fbcyicn.ca

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WITH US!



FEDERATION OF BC YOUTH IN CARE NETWORKS



FBCYICN



THEFBCYICN

Brittaney Andreychuk
Program Manager

Chris Buchner
Program Manager

Jessica Chu
Youth Participation Coordinator

Colleen Danes
Administrative Coordinator

Dawn Johnson
Program Manager

Steven Smith
Program Assistant Coordinator

Jules Wilson
Executive Director

Ivan Wong
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Winona Williams
Racheal "Raven" Wright
Rob Wood
Lilia Zaharieva

ON CONTRACT

Shannon Pawliw
Design Consultant

Helen Roberts
Organizational
Development Consultant

Denise Turner
Board Development Consultant

Ann Veerman
HR Consultant

Lisa Mickleborough
Communications Consultant

ALUMNI

FBCYICN.CA

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WHAT'S POWER PAGES?

In each edition of *Power Pages*, you will find information and updates about FBCYICN projects and programs, partner-agency updates, important information about opportunities, resources and tips relevant to young people in and from care and, most importantly, writing, art, and photography by BC youth in and from care!

Power Pages is distributed to more than 5,000 young people, service providers and caregivers around the province and to other networks across Canada. You can find all editions of *Power Pages* at: fbcyicn.ca/programs/power-pages

HOW DO I SUBMIT STUFF?

To make sure *Power Pages* keeps representing the diverse interests and voices of young people in and from care, we need to hear from YOU!

If you are a youth in or from care between ages 14 and 24, you will receive an honorarium (\$\$) for each submission printed in *Power Pages* (up to a maximum of \$50/issue), so please include your name, phone number and email address with EVERY submission and submit often! You can submit any time and we publish three editions per year.

For more info about *Power Pages* submissions and deadlines — and to submit your stuff by fax, mail, email or in person — get in touch with us: Toll-Free: **1.800.565.8055** | Fax: **604-527-7764** | Website: fbcyicn.ca | Email: powerpages@fbcyicn.ca

FBCYICN EDITORIAL POLICY:

FBCYICN welcomes all submissions — including agency updates, articles, reports, stories, poems, lifestyle pieces, art and photography — relevant to youth in and from care in BC.

- Youth can request that their submissions not be edited for spelling, grammar and clarity. We feel it is important to print what young people have to say without censorship.
- Adult submissions are subject to edits, which we share with the contributor before printing. We do not print submissions from adults or youth not from care unless they are relevant to young people in care and youth friendly.
- Printing contributors' names:
 - Under 19: unless they request to appear anonymous or indicate a pen name, first and last initial are printed with each submission;
 - 19–24: unless they request to appear anonymous or indicate a pen name, first and last initial are printed with each submission; if their submission reveals no overly personal information, they can request to print their last name with their submission (e.g. An award announcement, a recipe, an advocacy article) however, this remains at the editor's discretion;
 - Alumni of care: unless they request to appear anonymous or indicate a pen name, both first and last name are printed with each submission unless otherwise appropriate; and
 - Community partners and allies over 19: first and last name will be used unless otherwise appropriate
- When we receive more submissions than we are able to fit in one issue, we prioritize submissions from BC youth in and from care.
- We will print submissions from every contributing youth in or from care unless their content does not fit with our Code of Conduct (see fbcyicn.ca for more details). For example, conflicts with code of conduct may arise with critical content where individuals are named or content that could make readers feel unsafe.
- When youth submit more than one submission, we may not have room to print them all. Have no fear! We keep remaining submissions for future *Power Pages*.

NOTE: Articles printed in *Power Pages* do not necessarily reflect the opinions or values of FBCYICN.



AgedOut.com provides life skills information to help you in your journey through adulthood. This website is based on information that former youth in care identified as important such as: education, housing, health, money and income, personal life, and ID needs. Find the answers to your life skills questions at AgedOut.com! And for learning valuable information we will reward you with lots of perks. Check out **AgedOut.com** for more information!

Don't forget to follow us:
facebook.com/AgedOut1
twitter.com/Aged_Out
youtube.com/agedoutcomBC



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POWER PAGES

EDITION #46: WINTER/SPRING 2016
 BROUGHT TO YOU BY:

STAFF

Brittaney Andreychuk
 Editor & Production Coordinator

Chris Bentzen
 Layout

Lisa Mickleborough
 Editor-At-Large

VOLUNTEERS

Marcey A, Selina J, Matthew S
 SCM Photographers

**Wheeshay M, Cazlynn D,
 Joshua W, Natasha S**
 Distribution Assistants

VIEW OR DOWNLOAD PAST
 AND CURRENT EDITIONS AT
fbcyicn.ca

Hey Fed Family!

Since our last edition we've kept our groove going and we want to catch y'all up on all of the amazingness that is happening at the Fed! We had a ridiculously GREAT time at SCM #69, we celebrated the holidays with young people, allies and community partners we hold dear to our hearts, we've travelled across BC setting up locals and we've submitted our application for Registered Charitable Tax Status! Of course, we can't give it all away now so get comfy, grab your favourite snack and dig in to this edition of *Power Pages*!

2016 BC CHILD & YOUTH IN CARE WEEK (BCCYICW) JUNE 6-12!

Now in its sixth year, BCCYICW keeps getting bigger and better! Each year there are more celebrations across the province, more young people are acknowledged for their skills, talents and accomplishments and a greater awareness is spread to stomp out the stigma that comes along with being in care. In the months leading up to June, the Fed will be working with young people, community partners and MCFD to plan cool and meaningful events for all of our remarkable young people in and from care from across the province. Visit the BCCYICW website: bcchildandyouthincare.com and stay connected for our next edition of *Power Pages* for photos and details of this year's festivities! [#bccyicw](https://twitter.com/bccyicw) [#youthincareareawesome](https://twitter.com/youthincareareawesome) [#standwithyouthincare](https://twitter.com/standwithyouthincare)

OUTREACH GROUP (OGS)

We recruit for additional young people to join our team twice a year, and after our training in November, we'd like to welcome Michelle C., Natasha S., and Wheeshay M. to the OGs! This fall, we were invited to speak to team leaders and guardianship workers at the North Fraser Youth Table and to connect with folks at the FASD Round Table Conference. What a treat for us to connect with such engaging, passionate, and dedicated adult ally champions!

Valeen J. and Hayden T. spoke alongside



advocate Dr. Cindy Blackstock at the BC Affordable Housing Conference on how structural inadequacies in housing contribute to the overrepresentation of Aboriginal children and youth in government care.

If you're a young person that would like to join the OG team or an adult ally that would like a presentation delivered to your MCFD office or community organization on the Fed's programs and services and the needs, issues, and ideas of youth in and from care, connect with Jessica (jessica.chu@fbcyicn.ca); we'd love to hear from you!

WE ♥ OUR VOLUNTEERS!

At our October SCM, our crew of Greeters welcomed participants, our Photographers took pictures, and our MCs led us through the weekend in great spirits! Distribution Assistants mailed *Power Pages* and our Dream Fund Selection Committee awarded some amazingly inspiring young people with bursaries (\$) to help with their personal and educational goals.

We just finished recruiting additional young people for both our OG and SCM Extreme Teams; who are all full of enthusiasm and passion! Youth and alumni members selected to be a part of our Board Committees will support us in carrying out our governance, finance, and legal responsibilities while our BC Child and

Youth in Care Week Advisors will help us and partner agencies to plan and promote BCCYICW celebrations across BC to raise awareness, fight stigma and celebrate our diverse and amazing young people.

We now have a team of youth researchers, and with the support of McCreary Center Society, have created a survey to explore the needs, issues, and ideas of youth as part of our Youth Speak process! Lots of interesting and meaningful opportunities coming up; stay updated via Facebook and our website!

LOCAL YOUTH IN CARE NETWORKS

There's lots to catch y'all up on with the local shops across BC since our last edition. Dawn hit the road on a local tour visiting Port Hardy, Nanaimo, Duncan, Victoria, Kelowna, Kamloops, Vernon and Squamish! We're still working towards our goal of having ten official locals by the end of March, 2016. For more information about locals and a full update on Local Development, see page 11!

TRANSITION KITS & DREAM FUND BURSARIES

Distributed three times a year, our bursaries support youth to overcome key barriers pursuing their goals. Check out page 5 for updates on our Transition Kits and Dream Fund Bursary Distribution.

STEERING COMMITTEE MEETINGS

Last November, we headed up to the Easter Seals Camp in Squamish for SCM #69! A big thank you to Extreme Team members Cazlynn, KT, Nichole, Shaelyn, Roland, and our Youth SCM Coordinator Ivan for all their hard work in planning that fantastic and successful weekend! Almost half of the youth participants that attended were brand new to the SCMs and to The Fed—how amazing is that?! We love connecting with new young people from across the province and welcoming them into our family. As always, we had a fantastic Halloween Dance party, we consulted young people on the Fed's work and new direction with strategic planning and we participated in workshops hosted by the PGT, QMUNITY and Roland from the Prince George Friendship Centre.

YOUTHSPEAK

We partnered up with McCreary Centre Society to help us train a team of six youth researchers to support the YouthSpeak Project. The research team was trained on best research practices and how to create an ethical and effective survey by two of McCreary's very own staff, Maya and Hana. The fabulous research team includes youth members Natasha S, Hari P, Marcy A, Alice S, Joshua W and Valeen J! They created and launched a survey province-wide for all youth between the ages of 14 and 24 who are in or from government care. This survey was created to gather more information that will support the results from the YouthSpeak focus groups that happened across the province last year. The team will also be trained and involved with analyzing the data from the survey and we will be launching a report by the end of March, so keep your eyes peeled!

POWER PAGES

You're lookin' at it! Young people in and from care from across BC have contributed to making this the best youth magazine ever! We've featured some spectacular young people, thrown in some Fed and community updates and ended it with a BANG of jaw dropping photography and artwork, heartfelt and raw poetry and some enticing stories all by young people. Check out page 1 if you are a young person from care and would like submit to the next or future editions of *Power Pages*. You're eligible for an honorarium up to \$50/edition!



MESSAGE FROM YOUR



Dear members:

I shouldn't have been surprised to see and hear about the level of engagement of our young people in the Fed's strategic planning process. You care passionately about the Fed, where it's going and how it's getting there. From the shout-out by Jess B, Rachel M and James C at a UBC panel (the Janusz Korczak lecture) to the November SCM, your priorities and ideas were heard, valued and—I believe—reflected in the drafting of our strategic planning document, now underway. Thank you for your energy!

Over the fall your board has been focused on planning for the next year, where we will be working with our full board/staff/member/alumni committees for the first time. We've recruited members and alumni to the

Finance Committee and the Governance and Human Resources Committee (thank you!), and will be recruiting for the Mission/Vision/Values Committee in the New Year. We've assigned board members to each committee and started work on our annual planning calendars by committee. Next up, we are planning to have our first full committee meeting, early in the New Year.

Part of our work has involved reviewing and approving Terms of Reference for our work as a board and on committees, and board orientation materials more generally. We've worked with our board governance expert, Denise Turner, to carry out this work. Stay tuned for updates to our website, where all of these board materials will be posted soon.

Respectfully,
Lynell

BRAND & COMMUNICATIONS

Back in December, Jules attended a Cineplex event where the Fed had an opportunity to apply for one of eight grants being offered to non-profits to create an organization campaign video. After having a couple meetings with different videographers, we applied and our grant was accepted to work with very talented Jenn Lee! Jenn is committed to working with young people and enjoys collaborating on projects using youth voice and vision! We are proud to announce that a campaign video is currently being produced to promote the Fed's history, membership, programs and services and what change we hope to make for youth in and from government care in BC! With this video, we are hoping to spread the word about The Fed provincially to help grow our membership and expand our reach to young people. With the help of a special committee made up of youth members, alumni, board members and staff, we've begun consultations, created a story board, and started writing the script! We invite members and allies in the Lower Mainland to attend the video screening on March 19 at the Cinemateque. Connect with us to find out more!

CHARITY STATUS

The Federation has put its application in for Registered Charitable Tax Status, and is now waiting for the assignment of someone from the Canadian Revenue Agency to review it and provide feedback. We anticipate that by June we should hear back on the status of our application and we will keep you posted.

STRATEGIC PLANNING

The Federation has been working hard to put together a first draft of the Fed's 3 year strategic plan based on all the feedback received over time from our members, community, funders and board. The first draft is done and we hope to be releasing it before the end of March.

Well that's it in a nutshell! As always, we'll keep y'all up to speed on everything Fed related on our website, Facebook page(s) and via our E-News. For now, keep flippin' to see more of the good stuff! Much love and hugs,
The Fed Staff

SCM #69 SHENANIGANS!



CHECK OUT OUR WEBSITE ALREADY!

Learn more about how you can get involved in our diverse programs and services for youth in and from care across BC!

FBCYICN.CA

★ ★ AND FOLLOW US ★ ★

f FEDERATION OF BC YOUTH IN CARE NETWORKS

YouTube THEFBCYICN

🐦 FBCYICN

#YOUTHINCAREAREAWESOME

#STANDWITHYOUTHINCARE

#JOINTHEVILLAGE



2016 SCMS

Steering Committee Meetings, or SCMs, are youth-led weekend retreats for youth in or from care from all across BC who participate in and lead workshops, activities, consultations and events. They're an opportunity to meet other youth in or from care, share common experiences and have fun! Attending an SCM can be very rewarding — and there are always tons of new youth attending and tons of staff and allies there to support a safe and inclusive weekend. ☺

NEXT ONE:

SCM #71 JUNE 2016

DATE & LOCATION TBD

To apply or attend or if you have any questions or concerns about upcoming SCMs, please contact Steve Smith at steve.smith@fbcyicn.ca or 1.800.565.8055

\$ FBCYICN EDUCATION & TRANSITION BURSARIES FOR YOUTH FROM CARE!! \$\$

TRANSITION KITS!!!

ARE YOU TRANSITIONING OUT OF CARE???
GET THINGS YOU NEED TO HELP WITH LIVING INDEPENDENTLY!



Three times a year, we offer transition kits to young people (ages 14–24) who are about to live on their own.

This province-wide program provides youth in or from care with a \$150 transition kit—items that will support young people who are transitioning or have transitioned to living independently. FBCYICN's "in care" definition includes: foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, extended family placements, whether through the Ministry of Children and Family Development or a Delegated Aboriginal Agency.

Be sure to check out the deadlines, application and eligibility here fbcyicn.ca/programs/transitions/ If you have any questions about this opportunity, please don't hesitate to contact Steve at the FBCYICN (604) 527-7762 Ext 109 or at steve.smith@fbcyicn.ca

DREAM FUND BURSARY!!!

WHAT'S THE DREAM FUND?

Did you know that if you have any questions about school, like how to get into post-secondary school, available funding, or just figuring out what you want to do, you can call our office and speak to any of the staff and they can support you around pursuing education?!

One way that we support young people with their education and skill building is our Dream Fund. The Dream Fund is an umbrella term that includes two distinct bursaries. The **Education Achievement Fund** bursary awards recipients up to \$5,000 for post-secondary education. The second bursary, **Reach for Success**, provides youth up to \$1,500 for extra-curricular or skill building activities. We offer these bursaries three times a year—check out our website for deadlines and to apply: fbcyicn.ca/programs/education

RECENT RECIPIENTS

We distributed another round of Dream Fund bursaries thanks to the youth, alumni and staff selection committee! Under the Dream Fund umbrella we awarded \$5,000 to three awesome applicants pursuing post-secondary education through the Education Achievement Fund and another \$1,500 to three wonderful young people through our Reach for Success bursary to help them with skill building and extra-curricular activities.

REACH FOR SUCCESS:

Maria S – \$500 towards Young Drivers
Breanne H – \$500 towards Excel Basketball Academy
Anonymous Youth – \$500 towards Responsible Driver Program

EDUCATION ACHIEVEMENT:

Harrison P – \$2,000 to attend Langara College
Sara LG – \$2000 to attend Douglas College
Anonymous Youth – \$1000 to attend George Brown College

♥ DONATE TO THE DREAM FUND AND SUPPORT YOUNG PEOPLE PURSUING THEIR DREAMS! ♥

With each selection process we receive many, many more applications than we have money for. The money that sustains these funds and gives young people opportunities to pursue their dreams comes from community donors. Large or small, each contribution helps address the barriers young people in and from care face in pursuing their goals. For more information about how you can make a young person's dream a reality, check our website: fbcyicn.ca #ittakesavillage #jointhevillage

**OUR NEXT DEADLINE IS MARCH 11 AT 4:30PM.
DON'T FORGET TO GET YOUR APPLICATIONS IN!!!**



INTRODUCING THE PROVINCIAL DIRECTOR OF CHILD WELFARE'S YOUTH ADVISORY COUNCIL!!!

The Ministry of Children and Family Development is excited to introduce to you the Provincial Director of Child Welfare's Youth Advisory Council of 2015–2016. The council is made up of fifteen youth in and from care throughout British Columbia.

We are all passionate about creating change in the system, as well as ensuring that there is a youth presence within the ministry. The council meets every few months in person and participates in monthly teleconferences. During our first in-person meeting we got to work right away planning some of our goals for the year and even consulting on our first piece of work! Some of our goals for the year include:

- ★ Ensuring that there is a good connection between social workers and children/youth
- ★ Ensuring that youth are given a chance to have their needs met (life skills, etc.) to become self-actualized
- ★ Enhancing supports after age 19
- ★ Assisting in the planning of BC Child and Youth in Care Week
- ★ Assisting in the planning of the 2016 Guardianship Forum
- ★ Promoting Awareness

We realize that these are not small tasks, but we are a group with big hearts and even bigger determination. We are excited to be a part of this team and look forward to the next year and the progress we can make.

VOLUNTEERING AT FBCYICN!

GIVING BACK & GETTING BACK!

"Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradeship and confidence."
— Brian O'Connell, American author

At the FBCYICN, our volunteers are the heart of our organization—driving the work that we do and making it possible through their dedication, perseverance, and hard work. We want to recognize all of our volunteers since November 2015 (last edition of *Power Pages*) for their time, energy, and acts of kindness—THANK YOU for being so generous and for sharing your ideas and passions.



Alice S.
Aspen T
Bayleigh B
Braydon-Lee S
Brian P
Cammy L
Cazlynn D
Claire J

Hari P
Hayden T
Jared E
Jesse J
Joshua W
Kevin C
Marcey A
Mary E

Matthew S
Michelle C
Natasha S
Nate L
Nichole N
Rachel M
Rodney C
Sandy K

Selina J
Shaelyn B
Star M
Stephanie H
Tre R
Tre T
Valeen J
Wheeshay M

ALUMNI MEMBER VOLUNTEERS (25+)

Aaron Chew
James Copping
Jess Boon

Jessy Neal
KT Matheson

Kyla La Pointe
Raven Wright
Sarah Dawkins

ADULT ALLY VOLUNTEERS (19+)

AJ McLeod
Alex West
Andy Szabo
Britta Peterson
Carol Merret-Hiley
Caroline Rojo
Chelsea Turpin
Dan Malone
Danielle Venne
Debbie Cox
Debby Asunma
Donna Shields
Gary Tennant

Gwen Toy
Jane Ann Mintenko
Jasmine Cribb
Jeff Schiffer
Kaitlin Crabtree
Kim Hetherington
Kim Lee
Linda Wan
Lindsay Arner
Lisa Johnson
Liz Hall
Lora Weller
Lynell Anderson

Lynn Clark
Lynn Scheider
Meena Sanghera
Melanie Melendez
Patti Ghobrial
Rob Getz
Roland Gurney
Ryan Wong
Sally White
Sheila Rennie
Tara Olson
Tara Skobel
Tracey Potter

INTERESTED IN GET BY GIVING BACK, YOU

**YOU CAN DISCOVER NEW INTERESTS.
AND GUIDE THE FED AS WE LOOK TO**

We offer volunteer opportunities for youth in and from care 14 and older who are living in the Lower Mainland or other parts of BC. Through our volunteer program, we match you to opportunities according to your interests and skills to help ensure your volunteer experience is as fun and meaningful as possible.

As a youth volunteer, you will receive a \$100 honorarium for every 20 hours of volunteer work completed. Become a Fed Volunteer today by filling out a volunteer registration form online and we'll contact you shortly with available volunteer opportunities that might interest you! We train volunteers for all positions.

WHERE CAN I HELP OUT?

It's important to remember that the Fed's work could not be done without people volunteering their time for the roles we have listed below. Each volunteer role is just as valuable as any other and your support is greatly appreciated! Some of the volunteer roles happen around specific events and are not always available. We will keep all interested volunteers posted on upcoming volunteer opportunities!

👉 DISTRIBUTION ASSISTANTS

A lot goes into keeping our members connected. If you're curious about the process and want to get involved, become a Distribution Assistant and help package, label, stamp, and mail issues of *Power Pages*, and new member Welcome Packages. It's pretty neat!

👉 FED GREETERS

Let's see your biggest smile! Do you enjoy or would you like to become more comfortable talking to guests and event participants? Want to test your Fed knowledge by answering random questions? Maybe being a Fed Greeter is the role for you!

👉 OFFICE ASSISTANTS

Do you enjoy connecting with folks in person and on the phone? Do you have an interest in administrative duties such as data entry, typing up meeting minutes, and creating posters and agendas? This opportunity is a great way to learn more about the daily operations of the Fed.

INTERESTED? QUESTIONS?

Contact: Jessica Chu, Youth Participation Coordinator

Email: jessica.chu@fbcyicn.ca

Phone: 604-527-7762 Ext 104 | Toll Free: 1-800-565-8055 | Cell: 604-353-3495

Facebook: Jessica Chu at FBCYICN

TING INVOLVED? ARE GETTING BACK!

**BUILD ON SKILLS. MAKE NEW FRIENDS.
MOVE FORWARD IN OUR WORK!**

👉 PHOTOGRAPHERS

Do you enjoy capturing memorable moments with a photo? Would you like to learn basics about framing subjects and going beyond the auto setting? This might be the perfect option for you!

👉 PROGRAM & EVENT ASSISTANTS

Are you someone that appreciates all the details that help make an event really special? Do you want to help shop for supplies needed at events or coordinate fun activities for young people and their kids? This role is vital in helping our events and programs run smoothly!

👉 SELECTION COMMITTEE MEMBERS

Do you like to ask questions and learn about processes? Do you ever wonder how big decisions are made at the Fed? Selection Committee Members consider and compare different applicants for awards, bursaries, opportunities and at times, even staff positions.

👉 YOUTH FACILITATORS

Do you enjoy speaking in front of people and engaging them in different ways? Have you ever considered leading an icebreaker or delivering a workshop at a SCM? As a youth facilitator, you'll receive lots of experience speaking in public and managing group dynamics.

👉 YOUTH MCS

Are you interested in building on your skills and experience speaking in front of others? Do you want to help create a welcoming and fun environment while introducing speakers and keeping people focused and on task at events? Help host our events by being a youth MC!

👉 YOUTH TEAMS

Do you consider yourself a team player and love working with others to complete a specific and common goal? Youth team members make up our SCM Extreme Team and the OGs! Stay tuned for upcoming opportunities to work with other youth and staff!

**VOLUNTEER WITH THE FED TODAY
BY GIVING BACK
YOU ARE GETTING BACK!**

BECOME A MEMBER!

Membership is open to any young person in and from government care in BC between the ages of 14 and 24. "In care" for us means: foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, extended family placements, whether through the Ministry of Children and Family Development or a Delegated Aboriginal Agency. We strive to provide a variety of meaningful opportunities for young people to become involved at all levels of FBCYICN. There are no membership fees and a young person can renew their membership every two years and cancel their membership at any time.

TOP 5 REASONS TO BECOME A MEMBER:

1. By **uniting** our voices, we are part of a movement. By coming together and sharing your needs, issues and ideas, we're able to influence the decisions affecting youth in and from care.
2. Because we are youth-driven, you have an **influence** on our decision making. Being part of a youth-driven organization means your voice and opinion matter. We want — and ask for — your feedback and input.
3. You are **celebrated** as part of our family. We honour our members and celebrate their accomplishments and milestones.
4. You get **first dibs** on cool opportunities. You are given priority when it comes to representing FBCYICN, travelling to conferences and participating in our programs.
5. Membership is **free**! If you live in the Lower Mainland and/or are able to visit our office in New Westminster, we give you a personalized tour of the office on your first visit. Regardless of where you live, you get a Welcome Kit and an orientation to FBCYICN.

Join the FBCYICN family today by filling out a membership form found on our website:
fbcyicn.ca/programs/membership/



SEE YOU LATER

It has been an amazing experience getting to know some of the young people at the Federation. I've enjoyed meeting all the people who work at the Federation and I loved being a part of the Board. I've had some family situations arise back in Manitoba so I have had to leave BC. Unfortunately, I am resigning my position on the Board as it will be too hard to be a useful board member from Manitoba. I will be in BC frequently as I attend ceremonies there, so I may be able to join you at an SCM as a guest as I would definitely love to see everyone. It's hard for me to say goodbye to everyone so instead I will say see you later. When I'm in BC I will let everyone know via Facebook and I will drop by the office. From former board member, Michelle Hourie

BEST WISHES TO MARGARET JOSEPH!

Here at the Fed, we're lucky to work alongside some amazing staff, young people, volunteers and allies. As with any healthy organization, great people come and go and shift roles as we grow as individuals and as an organization. In the later months of 2015, former youth in care, alumni member and Communications Assistant staff Margaret Joseph transitioned from our organization.

Margaret, AKA Maggie, joined the Fed in mid-summer of 2014. She helped with *Power Pages*, E-News, the website, brand redesign and the Fed's social media. Maggie is a strong Indigenous woman proud of her Wet'suwet'en/Carrier roots and powerful role model to young people in and from care. Maggie was the first young person in BC to have completed the Youth Transition Circle and the Youth Transition Conference was based on the story of her life! Maggie is a genuine and very kind woman that is always putting other's needs before her own. Maggie hit the ground running when she joined the team and was always offering a helping hand to those that needed it.

We'd like to thank Maggie for all of her teachings, her compassion and commitment to the organization. We are honoured to have been a witness to your life, your accomplishments and the way you've dedicated your life's work towards helping young people in and from care.

Maggie, we miss ya and hope to see ya around soon!

Hugs, love and all the warm fuzzies in the world,

The Fed Team



A NEW BEGINNING FOR JESSY NEAL

Hey Fed family,
I feel the time has come for me to share with you all that I have officially resigned from my position on the board.

Over the past year there have been some pretty heavy events that have occurred in my life. All of the past traumas have finally caught up with me and I need to take a break from taking on too many things—that in a way, were helping me to escape from dealing with my issues. I've finally come to a healthy enough place in my life where I can start to deal with and face the fact that yes, I have issues and now I am going to take the steps I need to in order to change that. My first step, is accepting that change is having the courage to admit the challenges I did not want to face. I realize now that I have taken on too much and that it is time to face my problems head on.

It is my belief that I have not been as active on the board as I would have liked to have been. For many of you whom I have had the chance to volunteer with or talk to, know that the Fed means a lot to me. I do not want to do any job, especially for the Federation, half-way and I feel that I can contribute more as an adult support/alumni member than I can as a board member.

Being on the board was a pretty neat

experience. Getting to be a young person on the board (when I started) was a little challenging as there is a lot of reading and questions to ask in the beginning in order to really understand what is going on at the board level. It was a very rewarding experience once I got past the first couple months. It is really important to have youth voice on the board as young people are able to look at the Fed's membership from a different lens and provide the board with feedback on how young people are affected by topics that come up. The board makes some really important, and often times tough decisions on what is in the best interest of the Fed. Anyway, what I am trying to get at is that it's important that young people continue to express themselves on a board level and I'm hoping to see some amazing young people join the board next year!

If anyone has any questions please feel free to contact me on my work Facebook account: Jessy Neal Rootsworkeer.

I look forward to seeing and working with you all on some of the future volunteer opportunities—and of course, seeing y'all at future SCMs!

Luv y'all!!!
Jessy Neal



HO—HO—HOLIDAY OFFICE PARTY!

This year we rang in the holidays with a BANG! We enjoy nothing more than to be surrounded by tons of beloved youth, alumni, board members, community partners and allies! This past December 15 we celebrated with 70 smiling faces and over a dozen sugar-filled little ones! It was super awesome to meet, greet and welcome some new faces into our Fed family. With holiday music in the background and holiday spirit in the air, we mixed and mingled as we feasted on a delicious spread of multicultural food and treats and joined in on excitement-filled games and activities such as holiday headbands, crafts, contests and, of course, a visit from Santa!

A HUGE and heartfelt thank you to our longtime friend and MCFD ally, Karen Berry for coordinating with various MCFD teams who donated amazing stockings overflowing with super-duper great items for every child, youth and alumni of care who attended. Also, a huge thanks goes out to Agnes Varona who made an amazing cake again this year! Our holiday celebrations were a healthy reminder of some of our FBCYICN values of community, compassion, and gratitude. We hope everyone had a rejuvenating and fun holiday season!



The Public Guardian and Trustee (PGT) is coguardian with the Ministry of Children and Family Development and Delegated Aboriginal Child and Family Service Agencies for children and youth who are in the continuing care of the province. The PGT role is to act as property guardian, which means that the PGT is responsible for protecting your legal and financial interests. As property guardian, the PGT investigates potential legal claims and pursues financial benefits to which you may be entitled, such as Canada Pension Plan Children's Benefits and Registered Disability Savings Plans. The PGT also conducts various financial literacy workshops to help prepare youth for the transition to adulthood.



MESSAGE FROM THE PGT!

WORKING WITH YOUTH AT URBAN NATIVE YOUTH ASSOCIATION'S CEDAR WALK

For the second year in a row, the PGT is providing financial literacy workshops to the Cedar Walk Program through the Urban Native Youth Association in Vancouver. Cedar Walk is an alternative education day program for Aboriginal youth aged 16–18 years old.

"Providing financial literacy workshops to youth in the Cedar Walk program is such a great privilege and a highlight of my work week. The environment inside the centre is warm, welcoming and comforting and seems to encourage great participation and learning." —Patricia, Guardianship and Trust Officer at the PGT

Financial literacy can be defined as the "ABCs of learning about money". In the financial literacy workshops the PGT delivered last year, a different topic was tackled each session. PGT staff spoke about how personal values can affect how to spend money and how to set goals for the future. Youth also learned how to read a pay stub, why it's important to file income tax returns, the risks associated with credit cards and much more. This year's workshops will follow a similar model.

One way the PGT keeps the financial literacy sessions interesting is by presenting information in different ways. Financial literacy activities such as collage making are incorporated into sessions and videos on money related topics such as goal setting and how to track money are shown. Broad based discussions on the impact of advertisements on spending habits are also explored. Youth attending this program are also a strong resource. Together, the PGT and the youth share tips on saving money, where to shop economically and how to entertain on a tight budget.

We thank Cedar Walk for inviting the PGT back to the program this year to facilitate more financial literacy workshops for youth!

If you would like to know more about how to manage your money, or other matters regarding your legal rights and financial interests, please contact the PGT's Child and Youth Services, either by phone (604.775.3480) or by email (cys@trustee.bc.ca).



YOUTH HOLIDAY DINNER CELEBRATIONS AROUND THE PROVINCE!

INTERIOR COMMUNITY SERVICES SUPPORT TO FAMILY CARE NETWORK PROGRAM & A WAY HOME COMMITTEE

Our youth holiday dinner took place on the evening of December 22 and it was a wonderful turn out. We had 15 youth come out, a foster parent, adult supports and staff. Interior Community Services Support to Family Care Network Program (STFC) partnered with the A Way Home Committee to host a delicious and fun holiday event! The meaningful collaboration allowed for the STFC program to connect with more youth and it provided opportunity to share about establishing a Local among a larger group of youth.

Our community really came together to ensure we had a lot of appetizing food and dedicated efforts to make certain that we had a warm and welcoming gathering. We had community members and businesses donate turkeys as well as snacks and homemade sweet treats. A foster parent who is dedicated to youth gatherings and initiatives volunteered to come out and deep fry some turkeys, and did an awesome job of it! We also had a member from Kamloops Secwepemc Child and Family Services come out for the fun and cooked up the mashed potatoes and vegetables. The money received from the grant enabled us to purchase gifts for all the youth attending and bring gifts to those that could not attend. Because of the grant, we were also able to purchase holiday accessories, dinner supplies, and purchase enough food to ensure that all the youth could take a meal home with them and staff members delivered meals to those that could not attend.

Together as a collective group the youth decorated a Christmas tree at Interior Community Services Youth Street Outreach Centre. We had a big feast together, listened to Christmas music, made Christmas decorations, and opened gifts. Although not all the youth were familiar with one another, everyone came together and supported one another, laughed together, and shared stories together.

A BIG thank you to the Federation of BC Youth in Care Networks for making this gathering extra special! This gathering brought gifts and a turkey feast to those who may not have had these things otherwise.

Thank you!



POWELL RIVER

On December 22, Powell River Child, Youth and Family Services Society held their Winter Solstice Event; a holiday dinner for youth in and from care to come together for good food, fun, and festivities. The group started out by all rolling up their sleeves in the kitchen to make sugar cookies, homemade cranberry sauce for gifting and a delicious kale salad. Fed staff Dawn learned the trick to massaging kale, and she said *"it was life changing!"* All of the food was so delicious. While we prepared all the goodies and got the cookies in the oven, we all enjoyed some awesome take-out from Iguana's, Powell River's best Mexican Grill. After the cookies were baked, everyone spent some time decorating a plate to take home to enjoy and to save for Santa's big entrance in a couple of nights. The cranberry sauce simmered on the stove most of the night until it was ready to be jarred up. Everyone helped to decorate the jars and then took them home to enjoy and gift to others for Christmas. It was a truly amazing night filled with great connections, great food, and a great ending to 2015!

VANCOUVER

We had a fantastic holiday dinner at the Britannia Youth Centre. Almost 75 youth, their children and 15 adult allies attended for an evening of crafts, games, goodies and of course, great food! Young people of all cultural backgrounds attended and shared in the celebration of diversity and multiculturalism. We ensured that our feast had a little bit of something for everyone. The meal included a traditional turkey with all the fixings, but also sushi, Chinese food, pupusas and tamales and of course, fry bread! Amongst all of the amazing decorations, young people played games, socialized and make Christmas cookies. Every young person who attended also got to take home a bag filled with toiletries, goodies and games. The night was a huge success and we look forward to doing it again next year!

VICTORIA

On January 21, the Victoria Youth in Care Network hosted their holiday dinner at The Burger Bin. With a welcomed twist to turkey festivities, they feasted on beef, bison and chicken burgers with mile high fries! The evening was filled with lots of great conversation, laughs, and holiday cheer. Adult supports Tara and Chelsea surprised all of the members with incredible gifts ranging from Netflix gift cards to Beats by Dre headphones! Every young person received something special from the Network to celebrate all of their time together over the past year.

The dinner was also bittersweet as amongst the celebrations it was also a goodbye dinner to adult support, Tara Skobel. To thank and celebrate her, the group put together a framed photo collage of some of their favorite memories of Tara. The tribute portion of the evening brought some laughs and some tears, followed by a beautiful cake made specially for Tara by a foster parent of one of the members. As the evening came to an end, everyone gathered outside for a closing circle, sharing some of their favourite moments with the network over the past year. In true Victoria Network fashion, this brought even more laughs and lots of hugs. It was an awesome dinner and a great way to close off 2015!

PRINCE GEORGE

We had a great turn out for our FUBU (For Us By Us) Youth in Care Network holiday dinner. We hosted nine elders, 40 young people, 13 staff and 12 others that joined in celebrating with their family members. In total there was 74 people! We shared some good food, sang karaoke, gave away some awesome prizes and above all, we had fun and we laughed all night long.

FUBU also hosted other notable events during the holidays such as, a horse drawn sleigh ride, a Christmas Youth Council Chinese dinner, bowling and Christmas light tour, a movie night and we attended a hockey game!

Thank you to the Fed for the continued support of our Youth in Care Network!

FBCYICN LOCAL YOUTH IN CARE NETWORKS UPDATE!

Since the last edition, Dawn hit the road on a locals tour visiting Port Hardy, Nanaimo, Duncan, Victoria, Kelowna, Kamloops, Vernon, and Squamish!

On Vancouver Island, Nanaimo hosted a couple of events and they're hoping to get a local started soon. Other communities have shown interest as well and they're working on gathering additional members in the community to support a local. Victoria has been going through some changes, but the local leaders and members have been working hard generating some great ideas that they are looking to launch in the New Year!

While we celebrate moving up and onwards with these new and exciting times for the Victoria local, we remember, and are grateful as we say our most loving goodbyes to adult support, Tara. Tara had been involved in the network for three years and has been a tireless advocate and supporter of the Victoria Youth in Care Network's work. She volunteered countless hours that often went above and beyond expectations towards the network, and as a result, has developed amazing relationships within the community and with many of the youth involved. Tara will definitely be missed! The Fed team and local members would like to extend a huge thank you to her for all that she has done as a champion for youth in care!

In the interior, our Kelowna local has been busy hiking, baking, and having tons of fun. In Kamloops, a group has been coming together and they are working hard on getting an application in to become an official Fed local! We can't wait to add this group into our network.

Exciting news from up North: we have made the Prince George group an official Fed local! FUBU (For Us By Us) runs out of the Prince George Native Friendship Centre. Their youth council meets once a month, but they have local activities going on every day of the week. If you're in Prince George and want to get involved, make sure to check them out!

There are so many great youth and adult allies all across BC and it looks like we will be seeing new locals spring up over the next few months, so stay tuned!

CURRENT LOCALS:

Victoria, Kelowna & Prince George

COMMUNITIES WHO HAVE APPLIED:

Port Alberni & Kamloops

COMMUNITIES WHO'VE STARTED THE APPLICATION PROCESS:

Nanaimo, Surrey, Vancouver, Duncan & Port Hardy



UPDATE FROM THE REP!

BC'S REPRESENTATIVE FOR CHILDREN & YOUTH

Hey everyone,

I have a question for you. Do you ever check out RCY's social media? I'm talking about our Facebook, Instagram, or YouTube pages. If not, we're aiming to change that. Sure, adults know about us, but we want to make sure youth do too, and we especially want you to know that at RCY, we have advocates you can call to get help.

With that in mind, I'm thrilled to announce our first ever Youth Social Media Team, made up of six young people who will advise and create content specifically to let you know about RCY. If you have ideas for what we could be doing on social media, let our Social Media Youth Team know. Contact Brianna Dick at Brianna.Dick@rcybc.ca. I know our team would love to hear from you!

Good news on the education front. This winter, another university has met our tuition waiver challenge for former youth in care. Royal Roads University is offering tuition bursaries for up to three former youth in care a year. Way to go RRU! That's 12 post-secondary institutions on board out of 25 so far.

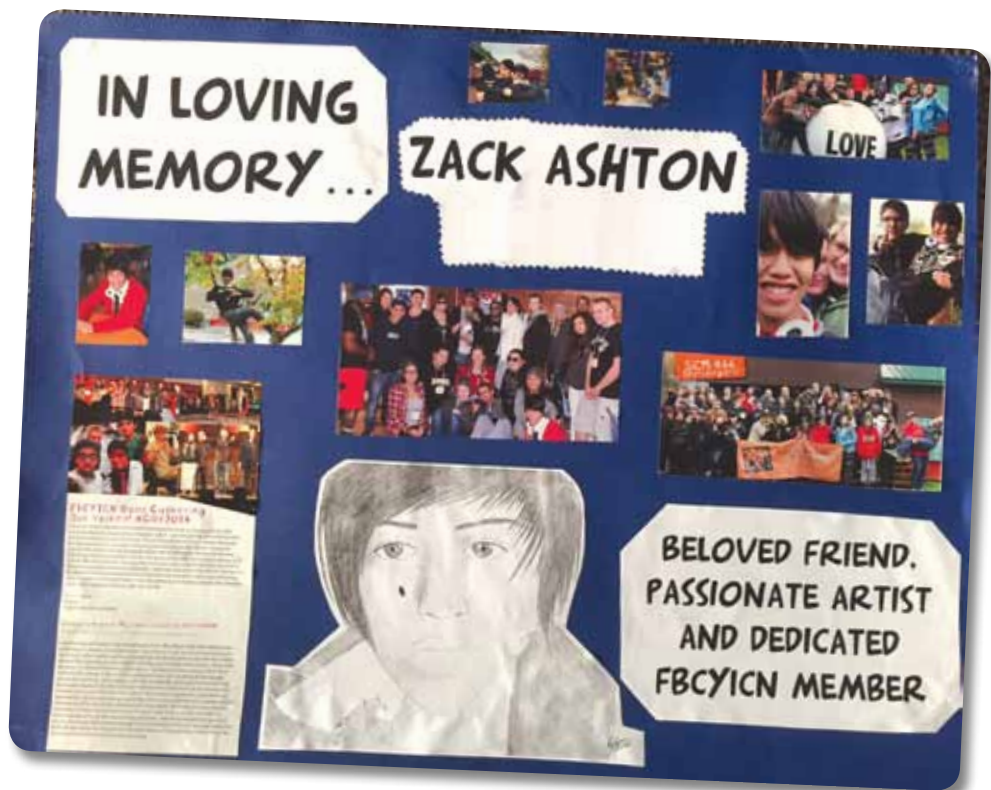
Did you know that one of the things we do at RCY is monitor adoption rates for children and youth in care? We want to make sure that all kids and young adults have loving, permanent families, and although we've got a long way to go, our latest adoption report released in December showed a modest amount of improvement. Government has increased the number of adoptive homes it approves from 31 to 39 per month, and has also increased the number of Aboriginal adoptive homes available. If you want to know more, the report is here: www.rcybc.ca/reports-and-publications/reports/monitoring-reports/bc-adoption-update.

And remember, we're always here for you. RCY advocates are available at **1-800-476-3933**.

Sincerely,

Mary Ellen Turpel-Lafond

Mary Ellen Turpel-Lafond
Representative for Children and Youth



IN LOVING MEMORY OF ZACK

Back in October, many of us heard some devastating news that our beloved youth member Zack (or Ashton, as some of us knew him) passed away and we wanted to send out tons of love and hugs to each of you. We wanted to let you know that we are here, processing and grieving right along with you.

In the meantime, please take care of yourselves (which can include connecting with others, alone time, rest, distractions, exercise, hiding under the covers, having a messy cry, or any and all of the emotions).

Zack was such a wonderful soul with an open and thoughtful mind, a big voice and even bigger heart.

We remember him fondly as someone

who always welcomed new people with open arms, who asked tons of questions and used his voice, was passionate about fairness, and had an amazing style and sense of adventure. Whenever he was around, we felt like he was always climbing or jumping on things and giving us all a heart attack. :) We loved that about him. So many people in the Fed fam and beyond loved him and are better for his presence in their lives. Zack, you'll live (probably jumping on a trampoline) in our hearts forever. :')

There is some information about grieving on the opposite page you may find helpful. Much love, hugs and sighs,
The Fed Team



"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us."—Helen Keller, American author and activist, and first visually and auditory impaired person to earn a Bachelor of Arts degree.

WHAT IS GRIEF?

Grief is the experience of loss. Many associate grief with the death of an important person or pet. However, you can experience grief after any important loss that affects your life (e.g. a breakup, losing a job, leaving a foster home, etc.). Grief can also be experienced after being diagnosed with an illness or other health concern.

We experience grief in many different ways—and experience many different thoughts or feelings during the journey. Grief is complicated. Whatever you experience and feel is valid and OK. You may feel shocked, angry, sad, hurt, scared, confused, anxious, or guilty. Or you may feel numb or have a hard time feeling any emotions at all. This is also OK and does not make you a heartless robot. At times, we may even feel relief or peace after a loss. This is OK too. There is no one way to experience grief.

Feelings, thoughts, reactions, and challenges related to grief are very personal. It's not uncommon to have thoughts or feelings that seem conflicted. For example, we may feel very depressed about our loss but accept it at the same time. You may find the intensity of your grief changes over time. Certain times of the year, people, places or memories can often bring up strong emotions. We all work through grief in our own time and on our own path.

"There are no quick fixes to grief. No easy answers. Every expression of grief that wants to be felt and honored and given its space must be allowed... in order to heal."—Tom Zuba, American author and speaker on grief.

WHAT CAN I DO ABOUT IT?

"The capacity to grieve is as much a part of us as the capacity to love."—Anonymous

We all express or talk about grief in different ways. Often times, we navigate through grief with help from loved ones and a supportive community. Some of us might need extra guidance from a counsellor or mental health professional.

10 suggestions to help you through your journey:

- ★ Recognize that your life has changed. You may feel less engaged with work or relationships for some time. This is a natural part of loss and grief.
- ★ Honour your process, feelings, and reactions however strange or uncomfortable they may seem. Let yourself feel whatever you need to feel.
- ★ Accept that this is a challenging time that might affect your beliefs about yourself, society, religion or the world. Be patient with yourself as you navigate what has happened into your belief system or to change expectations or assumptions you had before.
- ★ Find healthy ways to share your feelings, express yourself, and work through difficult emotions (e.g. talking with people you trust, writing in a journal, getting a sweat on, being in nature, trying something new, singing and dancing to your favourite tunes, etc.).
- ★ Take care of your physical health—drink plenty of fluids, eat nourishing meals, and get adequate rest and exercise if you can. Be aware of any physical signs of stress or illness, and speak with your doctor or counsellor if you feel that your grief is affecting your health.
- ★ Reach out for help and connect with caring and supportive people. This might include friends, mentors, and co-workers. It could also include a support group or community organization. Loved ones may want to give you privacy and may not feel comfortable asking you how you're doing, so don't be afraid to ask for their support.
- ★ Offer support to other loved ones who are grieving. Reaching out to others may be helpful in your own journey.
- ★ Holidays and other important days can be very hard. It may be helpful to plan ahead and think about new traditions or celebrations that support healing.
- ★ Think about waiting before making major life decisions. You may feel differently as your feelings of grief lose their intensity, and the changes may add to the stress you're already experiencing.
- ★ Give yourself enough time. Everyone reacts differently to a loss and there is no normal grieving period.

"Within our suffering lies the opportunity for a new and authentic understanding of our purpose and ourselves."—The Grief Support Network, Colorado.

HOW CAN I HELP SOMEONE I CARE ABOUT?

Many people feel like they don't know what to do or say when a loved one is experiencing loss. If the loss also affected you, you may be working through your own experiences of grief. One of the most important things you can do is to simply be there for your loved one. Grief can feel overwhelming but support and understanding can make a huge difference.

Here are 7 tips for supporting someone who's experiencing loss:

- ★ Understand that they need to follow their own journey and express their feelings in their own way. Give them the space they need to grieve.
- ★ Ask what they need, and regularly remind them that you're there for support if they aren't ready to talk with others yet. If you can, remember to offer practical help, too (running errands, picking up the kids, etc., so they can focus on their self-care).
- ★ If both of you feel comfortable, talk about the loss. It's common to avoid the topic and focus on just our feelings, but many of us find sharing thoughts, memories, and stories helpful or comforting.
- ★ Remember that grief may be bigger than the loss. For example, someone who loses their partner may also experience a lot of fear or stress around financial security and other important matters.
- ★ Invite your loved one to social activities that you're attending. Even if they say no, it's important to show that they are still an important member of your community.
- ★ Help your loved one connect with support services (e.g. Canadian Mental Health Association, BC Crisis Line, or us at the Fed for more support and to learn about resources in your community).
- ★ Take care of your own well-being and seek extra help for yourself if you need it.

"Maybe his grief was like her wounded arm. Slowly healing. Gradually becoming less consuming as life delivered other worries and other joys. Other sources of pain and happiness."—Veronica Rossi, American Author

MORE
SCM #69 HIJINKS





YOUTH PROFILE

FIERCE, DETERMINED & ENTHUSIASTIC RUBY!

Ruby is an all-around incredible woman. She is one of those individuals that just makes people feel good in her presence. She's HILARIOUS and has stories that will leave you laughing so hard that you won't need to work out your core for a month! In the three years we have known her, we've been gifted as witnesses to her growth, dedication and resilience. When Ruby sets a goal for herself, nothing can stand in her way. Ruby is a second year student at Vancouver Island University studying Child and Youth Care through the tuition waiver program for former youth in government care. She is part of the Dean's Honour List and working as a Resident Advisor in Student Housing. As a volunteer with the Fed, she has helped spread awareness about BC Child and Youth in Care Week and advocates for youth in her hometown of Powell River. Ruby is currently a member of the Ministry of Children and Family Development Provincial Youth Advisory Council. She is interested in becoming a Wilderness Therapist and was awarded the Most Dedicated Student in her Outdoor Leadership Program. Finally, during the summer months, she works at the YMCA as a camp counsellor.

Tell us about yourself!

I'm 20 years old and I live in Nanaimo, BC. I've been a proud Fed member for just about three years.

How did you get involved in the Federation of BC Youth in Care Networks?

My youth worker recommended the Fed to me as I had been advocating for other youth in care in my hometown. I attended my first SCM, which was the YouthSpeak, and fell in love with the energy and intention of the organization. I'm all about that Federation life!

What makes you passionate about the youth in care movement?

Having been a former youth in care makes me passionate. I see obvious areas for improvement in the system, which directly

affect children and youth in care, yet I also see all the improvements being made. It's progress like youth tuition waivers, and Youth Advisory Councils that inspire me to continue to strive for the next change. Overall, I would also say the collective youth voice is what fuels my passion, along with all the resiliency in the youth in care community.

What are some of your proudest accomplishments?

I consider the space I am in physically, mentally, and emotionally a personal accomplishment. I have done some really



intense self-work and reflection, which has resulted in some great progress. Some major highlights of my journey include:

- ★ *Graduating high school*
- ★ *Graduating from my Outdoor Leadership Program and being awarded Most Dedicated Student*
- ★ *Graduating off my Youth Agreement*
- ★ *Being accepted to University and making it on the Dean's Honour List*
- ★ *Working as a Student Leader in Student Housing*

Why do you think you've been able to overcome and accomplish so much so young?

I owe a lot of my success to my support system. I have learned in my program that one of the most valuable assets a youth can have is someone who is dependable and supportive. I owe a huge thank you to my youth worker, counsellor, social worker, doctor, child and youth mental health clinician, and soul sisters out there for being there for me, and empowering the woman I have come to be.

What inspires you most?

When people make good out of a bad situation. I love watching others thrive, it makes me want to achieve my best too. People who take on radical changes, or slowly accept change, instill confidence and determination in my journey. One of my soul sisters has this saying that really speaks to me

and sums up my main inspirations: "The light in me sees the light in you."

What are some of the biggest life lessons and wisdom you have learned that you'd like to share with youth growing up in care and transitioning on their own?

One of the biggest things that I have learned is that it is okay to choose your family. I have witnessed and experienced the value in putting energy into healthy relationships, including the one I have with myself. I love my family, some of whom I have only known for a few years, but I know that they have my back and believe in what I do. They are those people that I can call and connect with intermittently and pick up right where we left off. It is important to set boundaries, even with yourself.

What are some of your goals for the future?

Right now, my goal is graduate with my BA in Child and Youth Care. I'd love to accomplish my Master's Degree before I'm 25 and maybe even go to school for Outdoor Adventure. Basically my main goal is to be in a really good space once I'm done school (two years and counting). Sometimes I have a five year plan, and other days I focus on just getting through the next semester. I have dreams of becoming a Wilderness Therapist and potentially working for some great organizations, but I also would love to take some time and travel too. Yet, Beyonce spoke to me through her lyrics to "Run the World" too, but we'll see how I far I get.

What changes would you like to see happen for children and youth in and from care in BC and around the world?

Ultimately a huge focus and passion in the Youth in Care Network is the expansion of resources for youth aging out. I'd like to see some more regulation and implementation of supports and life skills, or assets for youth aging out. I am also super passionate about change in rural communities, and the development of agency assets in those communities; especially if they are built by the residents and create employment opportunities there too.

Tell us something interesting or surprising about you that no one would guess!!

Fun fact: I was a home birth baby!

If you had to sing karaoke, what would your song be?

I'm super feeling Adele at the moment, so probably a tune from her newest album.

YOUTH PROFILE

HUMBLE, BRAVE & CONSIDERATE CAZLYNN!

Cazlynn is a committed and valued youth member at the Fed. She has contributed over 260 volunteer hours to the organization as an SCM Extreme Team member, an OG Member, an Office Assistant, an Emcee at the Guardianship Forum, a Dream Fund Selection Committee Member and a Distribution Assistant for *Power Pages* and Welcome Kits. We know her as someone who is loving, compassionate, supportive and thoughtful. She gravitates towards those in need and will offer a helping hand to anyone that needs it. Cazlynn is someone that can be trusted and will tell you the truth even when it's hard. She does not judge and she is someone whose company you enjoy. We've had the joyous opportunity to learn from, and grow with her for over eight years and we're honoured to have her involved with the Network. Read on to find out more about this incredible young woman!

Tell us about yourself

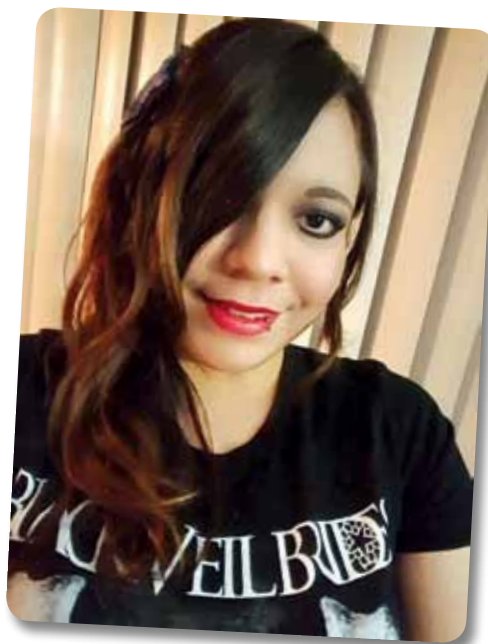
My name is Cazlynn and I'm 22 years old. I live in Burnaby, BC and I've been a Fed member for over eight years.

How did you get involved in the Federation of BC Youth in Care Networks?

My social worker introduced me to the Fed. She told me about it and asked if I wanted to go to a SCM. I wasn't sure about it, but my sister went with me. For the first two SCMs I was iffy, and then the third, I liked. Continuing to go back really pushed me to socialize.

What makes you passionate about the youth in care movement?

I'm passionate about the youth in care movement because I grew up in care. I want to make a change for current and future youth in care.



"I HAD A LOT OF PEOPLE WHO DIDN'T BELIEVE IN ME AND I WANTED TO PROVE THEM WRONG. THE STIGMA AGAINST YOUTH IN CARE PUSHED ME TO ACHIEVE MY GOALS."



What are some of your proudest accomplishments?

A proud accomplishment has been getting to where I'm at today with the help of friends, family and Fed family. I've grown a lot over the years and without supports. Other accomplishments are that I'm the second person in my family to graduate high school and I've volunteered over 260 hours into the Fed.

Why do you think you've been able to overcome and accomplish so much so young?

I've been able to accomplish so much because I had a lot of people who didn't believe in me and I wanted to prove them wrong. The stigma against youth in care pushed me to achieve my goals.

What inspires you most?

I don't have one particular thing that inspires me, I have someone that does—and that's my sister. I want to make her proud. She raised me, taught me things, helped with homework, she included me and took care of me. She was always so strong. She gave up her childhood to give me mine.

What are some of the biggest life lessons and wisdom you have learned that you'd like to share with youth growing up in care and transitioning on their own?

Don't give up. You can achieve so much more than you think you can. Take advantage of the opportunities that being in care gives you.

What are some of your goals for the future?

Some goals for my future are to go back to University and take Early Childhood Education and to learn as many things as I can.

What changes would you like to see happen for children and youth in and from care in BC and around the world?

I would like to see the age-out limit raised from 19 years to over 21 years and I want the stigma against youth in care changed. We've all made a good start, but more change needs to be done.

Tell us something interesting or surprising about you that no one would guess!!

Currently, I'm learning two languages—Japanese and Sign Language. I'm good at photography and I enjoy sketching. I LOVE music! I play the flute and I'm learning the play the guitar.

If you had to sing karaoke, what would your song be?

"I won't give up" by Jason Mraz or "Photograph" by Ed Sheeran

Anything else you'd like to share with us?

Being from care, a lot of crap happens in your life. You make mistakes. One really important thing I learned is to not regret any experiences because without them you wouldn't be who you are today. Stay strong, and as a wise woman once told me "have a bad moment, not a bad day."

ALUMNI PROFILE

AMBITIOUS, COURAGEOUS & DEVOTED TREVOR!

Trevor is an amazing person, role model and huge ally to youth in and from government care and the issues that face them. He has been involved in the Network for so long now (too many years to count – but we will say over 15), as a youth member, as an alumni member, as a champion for youth and most of all, as a humorous, awesome, persistent, passionate and dedicated young man!

There has been so many ways Trevor has been involved in our organization over the years and so much he has done to support the young people, his peers and the staff members. He will always make time to connect and volunteer in many roles such as, Hiring Committees, Hospitality Support Staff, Strategic Planning Sessions, Outreach presentations, and all while holding space for and creating room to support young people. He is always helping to advocate and support the young people involved in the organization and uses his life story to help guide us. We are so very lucky to have Trevor involved in our work and our lives. Read on for more on this remarkable man!

How did you get involved in the Federation of BC Youth in Care Networks?

I got involved because my social worker asked if I would like to attend a youth in care conference and I said “yes.” I continued coming back because it taught me about my rights and that we are truly not alone. March 2001 was my first SCM #27.

Now that you’re an alumni member, what do you think being a great alumni member means?

To me, it’s about giving back to the members both new and old about the ins and outs of the Fed—supporting the members to stand up and push for change as they are our future. As an alumni, it’s been an honour and a privilege seeing the



members take on a more productive role in a variety of ways.

What makes you so passionate about the youth in care movement?

I am passionate about the movement because when I was growing up I didn’t know anything about youth in care. For me, it’s about empowering the youth to stand up and use their voices. I am also passionate because I am a big advocate of educating youth on their rights. Youth in care deserve to be loved and wanted. As long as I’m here I will never stop fighting for equality and youth in care.

What are some of your proudest accomplishments?

Some of my proudest moments are aging

out of care, overcoming depression and overcoming homelessness. My proudest accomplishments came later in life. For example, creating a play regarding the closure of three underage safe houses in 2004. In 2012, my life changed for good. I received a job opportunity from the McCreary Centre Society to finish a project called Youth Injection Prevention Project. We travelled throughout BC to youth agencies disseminating information. In July 2012, without grade 12 or college, I got a job at Directions Youth Service Centre as a Peer Support Worker. That job left an impression and understanding that will last a lifetime. I can’t leave out being a part of COR (Choices of Reality) working with MCFD to create a Youth Complaints Brochure and the Youth Engagement Evaluation Tool Kit.

Why do you think you've been able to overcome and accomplish so much?

I believe that I have been able to overcome and accomplish a lot because I try not to give up. Persevere and things will come to fruition. If you want something, you have to work hard and fight for it. It hasn't been an easy ride for me, but I am happy and satisfied with where my life is now and I look forward to what the future has in store for me.

What inspires you most?

What inspires me are my niece and nephews. They inspire me to be the best that I can be. They teach me that life is too precious to waste, to never give up and keep the fight going. I am here to love, teach, guide and support them in life and they make me want to reach every goal I set out.

Tell us about anything going on for you outside of the Fed you're excited to share.

As of right now nothing exciting is happening. I've been focusing on my health and making positive decisions. For 15 years, I've struggled with making some decisions that impacted my life and my health in a negative way. For the last year, I have worked hard to better myself, my health and I'm learning to make different and more positive choices that will shape a brighter future for myself, my career in Child and Youth Care and my family. I've lived a year in sobriety and every moment of it has been amazing. I have so many hopes and dreams for my life and for the future and I feel like I can go after what I want now. I want to see myself do better and I know I can. It wasn't without great challenges and the rewards of sobriety have been so impactful. I've gained my friends back and I've probably gained years of my life back. I feel healthier, I'm happier, I'm content and I'm able to set my priorities straight. I have a clear head on my shoulders and I'm now able to prepare myself to venture on a new journey in my life and start accomplishing some goals. I owe in large part my sobriety to my family. They've challenged me to make the change and showed me what life can be like. I also owed it to myself and to the future young people I intend to work with to be my best self and with a level head. I made the decision to become sober based on a situation that occurred in my life and it

"I HAVE COME FULL CIRCLE WITH THE NETWORK. THIS IS MY HOME AWAY FROM HOME."

took me realizing that I have a niece and two nephews that look up to me and idolize me as a strong male figure in their lives and I needed to make a change in order to be a role model. I live for my niece and nephews and I want to continue to do right by them and show them that I'm a strong, powerful person and that I am their hero. So I guess you can say that is exciting because thinking about the impacts of choices and learning to make positive decisions will open a lot of doors for me. I am currently working towards getting my grade 12 diploma, finally! Now that I'm 30 this is the decade I need to finish my grade 12, take and finish the Child and Youth Care Program and then gain employment.

What are some of the biggest life lessons and wisdom you have learned that you'd like to share with youth growing up in care and transitioning on their own?

Some advice I can give youth growing up in care is to stand up and use your voice. Your plan while in care should be yours to create, that way it's achievable. Ask questions, be actively involved e.g. Locals, youth transitioning conferences, SCMs, etc., for youth aging out—plan, plan, plan! Start preparing a couple years in advance, get your life skills started (e.g. cooking, budgeting, etc.), save money, because adulthood is scary, but amazing if everything is put in place to succeed. Never give up. If you fall get back up and try again. Don't be afraid to ask for help or support. You all can succeed. I know you can and I believe in all of you.

What are some of your goals for the future?

Some of my future goals consist of completing my grade 12 and getting my Child and Youth Care Diploma. I am continuing to stay strong and focus on making positive choices in my life that will ensure my ability to make a powerful impact in the youth in care community and be present for my family—that's my every day plan.

What changes would you like to see happen for children and youth in and from care in BC and around the world?

The changes that I would like to see happen for children and youth is for them to be recognized for their achievements and accomplishments and to limit the barriers that prevent them from succeeding in life. Kids in care deserve to be treated like any other child and deserve to be given opportunities to be successful.

Tell us something interesting or surprising about you that no one would guess!!

Well, you all know me pretty well as my life has been an open book. I have a "LINDEN 16" tattoo. I love my Canucks and hockey. My niece and nephews keep me sane.

What would be your Karaoke song if you could pick anything?!

My karaoke song would be "I'm just a kid" by Simple Plan. When I was 17, an accident happened and when I woke up I heard that song. The lyrics just resonated with me and the ups and downs in my life. I have said that, that song will be played at my funeral.

Anything else you'd like to share with us?

In the 15 years I've been involved with the Fed, I have not felt out of place. It has been a home with a family that supports, educates, and has people that empower and love us. The Fed provides a safe haven for children and youth in care. I have held different roles, from the first leadership council to helping Colleen prepare for SCMs and being hospitality. I have come full circle with the network. I will continue to support the network in any way that I can. This is my home away from home. Thank you for letting me share my moments and thoughts.

Love you all.

Yours truly,

Trevor "16" Coburn

YOUTH PROFILE

ENERGETIC,
FRIENDLY &
CHARMING
TRE!

In just a few short months, Tre has become a huge part of the Fed family. After attending his first SCM in June, 2015 he quickly jumped on board getting involved in as many ways as he could. He has a huge smile and a big personality, making him easy to connect with. He is a dedicated member of the Prince George local and has brought that experience forward to be a part of the Local Development Team. Tre is full of energy and creativity with a passion for the youth in care movement. He is willing to be there for his peers in any way he can and doesn't hesitate to offer to help out with the Fed and with the FUBU (For Us By Us) local. Tre is a unique young man who is very resourceful, passionate and has a big heart. Keep reading to find out more about what makes Tre so AWESOME!

Tell us about yourself

My name is Tre and I'm 19 years old. I live in Prince George, BC and I've been a Fed member since June, 2015.

How did you get involved in the Federation of BC Youth in Care Networks?

I heard about the Fed from some of the youth from the local who were going to the February SCM and it made me want to get involved and attend the next one in June.

What makes you passionate about the youth in care movement?

It's great to see youth having a support system. There wasn't really much for anyone as I was growing up.

What are some of your proudest accomplishments?

Some of my proudest accomplishments are becoming independent. Obtaining my driver's licence too, that was a big one! I'm also proud of not giving up when I could

"ALWAYS FIGHT FOR WHAT YOU WANT NO MATTER HOW HARD IT IS AND BE WILLING TO LET PEOPLE HELP YOU."

have and just being a part of the youth in care movement all together.

Why do you think you've been able to overcome and accomplish so much so young?

I think it was just determination. Knowing that things were going to get better and easier, and knowing that I could help people in the future based on my experiences. The more you go through, the more you can help people.

What inspires you most?

What inspires me most is the people around me. Specific people like Roland, the whole Fed staff team, and all of the members around BC. Also, people in general—seeing people and even strangers around me step up and do good things inspires me.

What are some of the biggest life lessons and wisdom you have learned that you'd like to share with youth growing up in care and transitioning on their own?

That's a big question! Never give up. Always fight for what you want no matter how hard it is. Don't be cocky about things. When I was younger, being cocky didn't get me anywhere. Be willing to let people help you.

What are some of your goals for the future?

Some goals I have are to graduate high

school and eventually go to post-secondary. There's a lot of things I want to take, but I'm thinking criminology and psychology. I was looking at being a criminal psychiatrist.

What changes would you like to see happen for children and youth in and from care in BC and around the world?

I want to see a better system for young people in care. One that's not failing so many of the kids that need help. We need more connections. When I was in Vanderhoof and Fraser Lake, there were no resources for young people that needed them. There's just not enough help.

Tell us something interesting or surprising about you that no one would guess!!

I'm pretty easy to get to know. I'm just me—I'm loud, out there and open about everything.

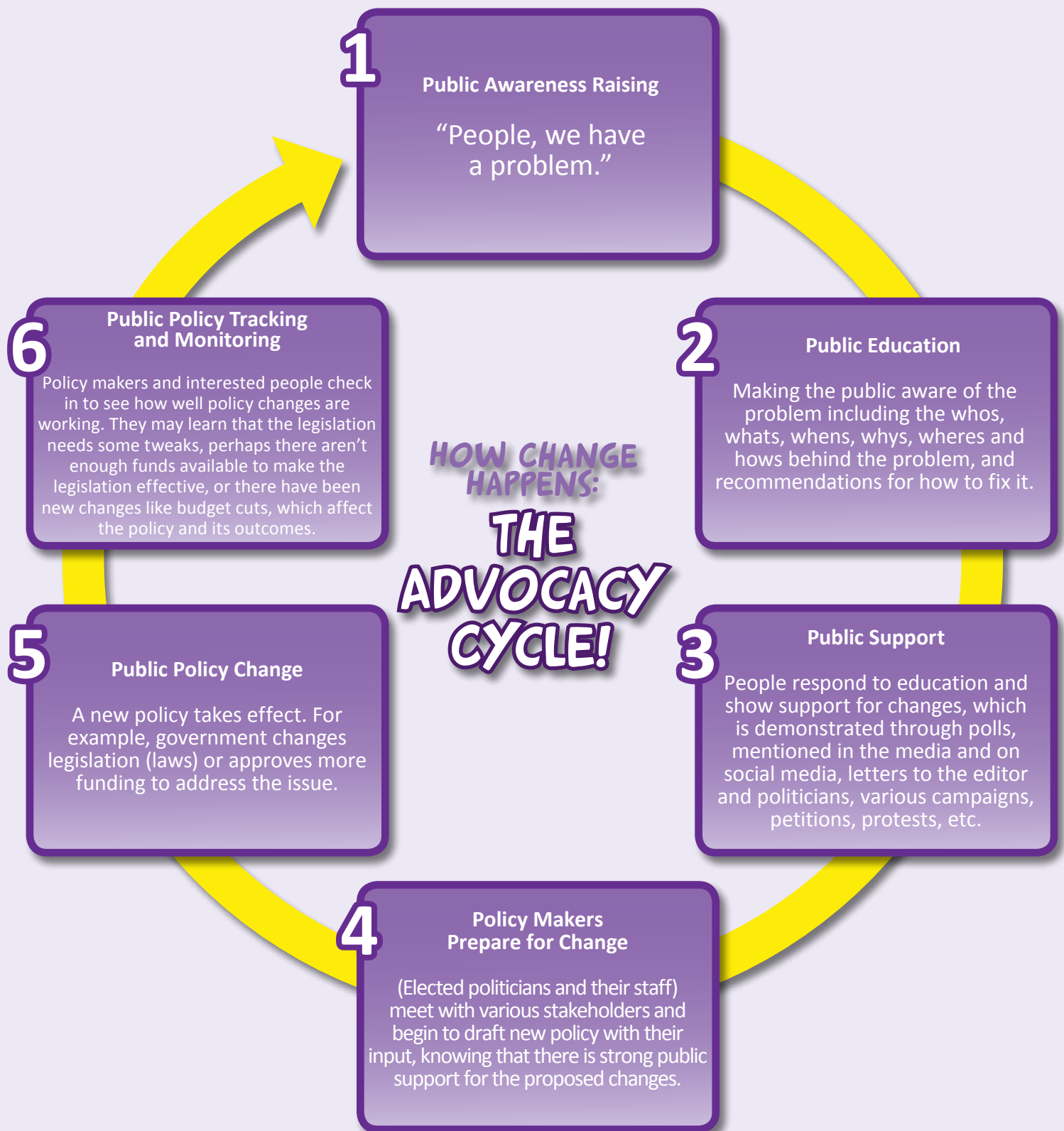
If you had to sing karaoke, what would your song be?

I do karaoke every weekend! My song would be "Broken" by Seether and Amy Lee.

Anything else you'd like to share with us?

One of the biggest life lessons I've learned just this week is that if you fight with people, never leave it on a bad word. Make sure you tell them you love them and you care about them.





In the fall *Power Pages* we talked about advocacy at the Fed. We noted that systemic advocacy, or systems change, generally happens over the long term because it’s often about big changes to policy, legislation and/or funding. For many people, systemic advocacy focuses on the issues they care about such as, human rights, climate change, inequality, etc., and is a lifelong commitment! That’s because systemic change tends to happen in stages and in steps (both forwards and backwards!), and after celebrating each success there is always more

work to do. For example, while women finally received the right to vote in Canadian federal elections starting in 1919, full gender equality has not yet been achieved. Women in Canada earn about \$0.82 cents for every \$1 earned by men (www.huffingtonpost.ca/2015/05/06/gender-pay-gap-canada_n_7223508.html). Canada’s “gender wage gap” is twice the global average, and even bigger for women who are minorities, newcomers, Aboriginal or women living with disabilities.



PowerPlaylist

Songs that Matter to Us!

Certain songs mean a lot to us, and there's not always a good explanation why. Often they're songs we listened to when going through rocky times, or they're songs that have lifted us up. Here in the PowerPlaylist column we share with each other some of these special songs.

POWERPLAYLIST BY NATASHA S:

Fall for Your Type by Angel Haze
For my Cinderella's by K. Michelle
Good Enough by Empire
Happy by Leona Lewis
Catch Me If You Can by Jess Moskaluke
Hard to Love by Lee Brice
Storm Before the Calm by Jess Moskaluke
Sufferings First by Angel Haze
Better by Bow Wow
Don't by Bryson Tiller
Beautiful Flower by India Arie
I Remember Me by Jennifer Hudson
Today Just Ain't My Day by K. Michelle
Misunderstood by Tynisha Keli
Through the Rain by Mariah Carey
Leap of Faith by R Kelly
I Can Do Bad All By Myself by Mary J Blige
You're so Beautiful by Empire

POWER PLAYLIST BY STAR M:

Your Guardian Angel by The Red Jumpsuit Apparatus
Syndicate by The Fray
Bloodstream by Ed Sheeran
She Waits by Loudon Swain
Mad Hatter by Melanie Martinez
Love Is All by The Tallest Man on Earth
Unsteady by X Ambassadors
Little Do You Know by Alex & Sierra
Show Me What I'm Looking For by Carolina Liar
One For The Road by Funeral For A Friend
Carry On My Wayward Son by Kansas
All I Want by Kodakone
We'll Be The Stars by Sabrina Carpenter
Everybody Wants To Be Like You by Snow
Mind Over Matter by Young The Giant
Fix Me by 10 Years
Atlantic by The Midway State
Falling Stars by David Archuleta
Preacher by OneRepublic
Lucky by Jason Mraz feat. Colbie Caillat
Invincible by Jesse McCartney
Try by Colbie Caillat
Invisible by Hunter Hayes

If music has meant a lot to you in your life, submit a PowerPlaylist column to us at powerpages@fbcyon.ca with a list of up to 10 songs with brief description of why. You just may see it in the next *Power Pages*!

ON THE BUS

BY GENEVIEVE C

Some people say life is a work of art
It must be fragile and strong
I don't understand why it's always
falling apart

I feel like the end is the start
So many places and so little
destinations
Try to walk it with less than none
When it comes to expectations

What makes me laugh is that
When you're not trying to keep your
head
Above water

You're dying from dehydration
Try to rhyme to kill the time
It helps the concentration through the
Frustration
Unfortunately the rhymes are so close
I'm afraid it lacks sophistication

One last thing before I go
Remember you kill time only before it
kills you
Enjoy the ups and downs
without them you wouldn't know
your way around

DADDY

BY NATASHA S

I know there's nothing I can do to help
you even though I want to try. I'm afraid
if you go farther on this path there's
nothing left to do but die. I miss in my
life, the father I have always known,
but drugs is what you want, that is
what you've shown. I pray that you
see different and you find a better
way. I take the time to think of you, I
do it every day. Maybe we will meet
again, maybe, in some way. This is
what I promise you—In my heart you
will always stay. I love you more than
anything and I wish you all the best. I
hope that you find happiness before you
lay down to your final rest. I believe that
when that happens, God will welcome
you with open arms. He will accept you
for who you were and forgive you for
what you have done.

LOVE IN ACTION

BY VALEEN J

I am here on earth to love with every
chamber in my heart.
To love the lands, waters, plants, animals
and people until love becomes visibly
ubiquitous.
Learning to love myself is another story,
but just as beautiful.
This decolonial love will transform you and
I into something greater.
Because at your best, you are love.

GIRL IN THE MIRROR

BY NATASHA S

This girl, she stares with glazed eyes. She
can see into eternity and past my lies. She
mimics my words and is no help to me, I
know that deep down she wants to break
free. I lash out at her with broken claws, I
reach out and grasp her flaws. She shatters
with a heart wrenching cry, I watch as
pieces of me and her fly. Blood trickles
down my torn skin, she looks up at me with
empty eyes and asks "did I win?"

PLACE CARE THOUGHTFULLY

BY JAZ W

You walk faster and look past homeless
people on the street so you don't have to
give away your "hard earned" change that
you would otherwise put toward some
refined sugar product to destroy your
being. But when your government wants to
send people with conflicting world views on
to your stolen land you suddenly care more
than ever. Take care of ALL people. Not
just ones within the colonial constructed
borders of land you have been assigned to.
If you think that being homeless (with the
resources available present day) or making
less pension than you think you deserve
is more detrimental to human life than
living in a war zone or being enslaved and
tortured, then maybe you should go for a
visit to some war-torn country and rethink
your decision to make already traumatized
people feel unwelcome and unsafe.

PHOTOS BY BAYLEIGH



PHOTOS BY MELINDA H



PHOTOS BY VALEEN J



PHOTO BY MATTHEW S



PHOTO BY JAZ F



A VOICE FOR CHANGE

BY VALEEN J

The morning after my 12th birthday, myself and my younger sisters were apprehended by the Ministry of Child and Family Development. There were 2 police vehicles and 1 plane waiting for us outside our home in the isolated community of Oclucje. The cops and social workers forced themselves into our home and told us that we had 10 minutes to pack our clothes. We shed many tears while they did not show a hint of empathy or compassion. They flew us to their office in Port Alberni where we faced a lot of discrimination. They interrogated each one of us with questions about our way of life and then placed us in a stranger's house. We went from foster home to foster home all

across the island with no sense of belonging while our mother fought tirelessly to get us back. It didn't take long for the ministry to separate us because nobody but our mother was willing to take all four of us. I understood that we needed change within our family, but being forced into foster care for a year was of no help and resulted in a traumatizing experience that I had felt ashamed of.

After speaking on a panel alongside Cindy Blackstock about my experiences and the overrepresentation of Indigenous children in the foster care system, I realized that I still have a lot of healing to do so I wrote a note to my 12 year-old self:

*Dear 12 year old Valeen,
Congrats on making it to the big 12! ☺ I know it has been a crazy life thus far, but I want to remind you how wise and brave you are! It is difficult to be surrounded by justified grievances at such a young age. You are right to be angry; outraged at a system that has already failed you in countless ways. Thank you for getting out of bed every morning with the understanding that through these experiences you will gain invaluable strength. You will grow and learn from thousands of inspirational people such as Rinelle Harper who said: "I think of myself not as a victim, but as a voice for change." You will be a voice for change. The struggle will continue but you can rise above it. Broken crayons still colour.
With love & gratitude,
19 year old Valeen*

FALL

BY MALCOLM O

My favourite natural sound is the wind as it blows at my dad's place out on the road. On a hill, sitting proudly like a castle looking out through the window I can see the neighbour's, horses through the leaves, I can hear myself think, and I can smell freshly cut grass and wood from the trees around me. There is fresh air away from the smoke that comes from the factory and mills. I can hear the sound of cattle in the distance and gun shots feather from the gun range. During the fall the trees are beautiful—there are many different colours of leaves and trees in the mountains towards Nazko, BC. The gentle sound of the creek that flows slowly down the hill moving towards a small pond and it brings a cool breeze when it meets the bottom of the earth where the sun rises. It is so beautiful when it comes up and over the back of the hill lighting up the trees.

Winter. The sound of an axe splitting wood and snow breaking as I walk over it. The cold air that tingles my neck as I breathe and the sound of a lone wolf calling others. The feeling of cold air and warm breath combining makes the snow appear to glimmer. In the morning, the sun's light shines through the icicles. With the sun's

rays, the pond is now a frozen skating rink. The sound of plastic to packed snow as I now hear laughter of children and adults alike as they race down a hill on sleds. Now I hear a roar from a skidoo. The warmth of hot chocolate burns yet feels good and makes my body warm for a second.

Spring. As I wake up from a peaceful sleep I look out the window to see icicles melting. The look of the snow melting creates a happy sense for me and I go outside for a walk. Feel the warmth. It's almost too hot for me because of the cold winter I just experienced. I see deer and bears more often now and I hear a small whimper of a small dog. I look to see seven baby dogs with a happy yet very annoyed looking mother. She is very loving and as I walk over to my sister's the road is muddy yet smooth. I hear laughter as I get closer and two happy faces come out to see me. First, a little boy named Dawson and a little girl named Emma Ann and as I walk to the back of the property, I can see what looks like a small village which is Quesnel.

Summer. The weather is getting hotter now and the leaves are all out making good shade. I walk to my favourite place to write atop the hill in the back yard and when I reach the hill I see a little makeshift house I

made when I was ten years old. I painted it blue, green and yellow (very ugly, but cute) and I go inside and there's three small seats and a smaller table beside a window. Then I remember why it was my favourite—the view is amazing! I can see a house, a logging truck shop and a small log cabin in the distance. The pond right below the makeshift house is unthawed and the tree above it is the same age as me because my dad planted it when I was born. My dad is happier now that his babies are gone except for one, a brown and spotted black one named Shylow (not spelled wrong that's her name). I can see a fire outside at my house and that means it's time to go home. The walk back is harder because the hills are bigger than the one I climbed getting here. As I get to the top I am greeted by a friendly smile—it's my dad! He has a beverage in his hand and he smells of old spice aftershave. He's tall, slim, has curly hair and an understanding face. He has a brown cowboy hat on his head and a checkered shirt. His blue jeans are not too tight, but not baggy either and the same brownish blackish cowboy boots on that are still useful and a silver watch he's been wearing for seven years, which was his birthday present I gave him when I was ten years old.



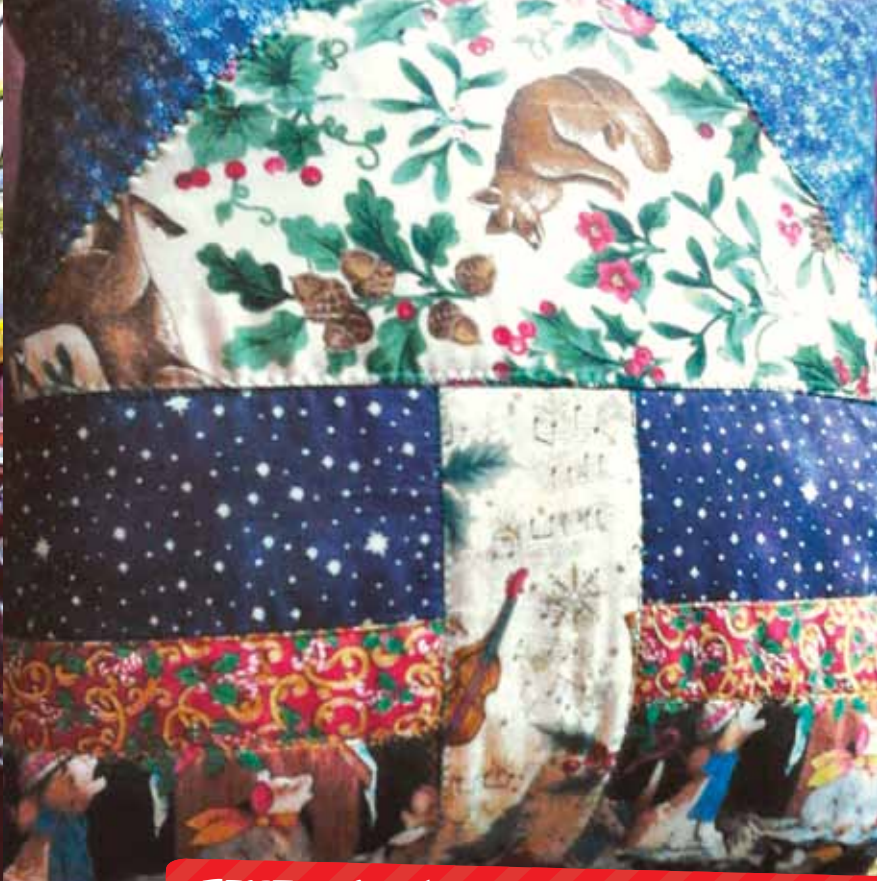
ART BY MATTHEW K



ART BY SHAELYN B

ART BY JAZ F





TEXTILES & SEWING BY SELINA J

PROLOGUE

BY MALCOLM O

My name is Malcolm O. I'm going to start this by asking a question. Do you think the people on the river bank wanted to be there? Was it a choice or simply their lifestyle or maybe both? I'll start by saying if you said "choice" you're right and wrong. They started as teens trying crazy stuff or adults on a bad patch of road. Worst of all, war vets who were forgotten all have stories and tales behind their addictions. Behind their happy faces are tales of how they all got there. First of all, residential schools are blamed for most of the elders of the Season's House because of the pain, trauma and all of the abuse (sexual, mental and physical) they were subjected to. They turned to drugs and alcohol for help because of the simple fact that it's easier to access than treatment or therapy. I have many family members who choose this path, but I always believed that everybody rich or poor has a story behind how they got there. I once was in that situation. Before having experienced addiction, I

judged people before I even knew them and called them "bums," "drunks" and "addicts." I realized that I didn't know their story or why they were in the position that they were in so I started hanging around the Seasons House and talking to the people. They are kinder than most people who have money that I know because they know what it's like to be poor and to not have anything.

So this is what this story is. An eye opener for those of you who believe that they are just "bums, drunks and addicts." This is their story. I only hope it will open your eye as much as it did mine. If you ask me why I'm taking the time out to write this—my answer is: if I don't, who will? I'm stuck here asking myself "will people even care if I write this" and I can only hope so. I'm not asking you to walk in their shoes, but only listen to their stories and be mindful that none of the "homeless" want to be like that—most of them used to have homes, jobs and families, but they hit a rough patch in their life and judging them sure won't help.





POWERCIPCE A DELICIOUS STRAWBERRY BANANA SMOOTHIE

Are you a super busy individual and always on the go? Would it be helpful to have a quick, but filling drink or meal you can take with you? Try this quick and easy smoothie! **Note:** you can substitute strawberries for a different berry of your preference!

WHAT YOU NEED:

- 1 banana
- 12 strawberries (fresh or frozen)
- 1 cup (250 ml) of milk
- $\frac{1}{2}$ cup of strawberry yogurt
- 2 tbsp of honey or
- 1 tbsp of white sugar (optional)
- 3 ice cubes (optional)
- 25g or 1 scoop of vanilla protein powder (optional)
- 5g of ground flaxseed (optional)

WHAT TO DO:

1. Combine all ingredients in a blender, don't forget to put the lid on tight before you turn it on!
2. Blend all ingredients for approximately 5–20 seconds depending on how well your blender mixes everything together.
3. Turn off and unplug your blender.
4. Pour this lovely smoothie into your favourite glass or to-go cup and enjoy!





FEDERATION
OF BC YOUTH
IN CARE
NETWORKS



ANNOUNCEMENT BOARD

Congratulations to Stephanie H
on the birth of her adorable new
baby Emilie!

Welcoming new Alumni
Marylyn Tait, we know you're
going to rock your new role!

Congratulations to new Alumni Hayden
Taylor for graduating from Quest University,
majoring in Business, Entrepreneurship
and Aboriginal Studies and on his new
employment as a Market Development Lead
at Aboriginal Tourism Association of BC.

Congratulations to Shaelyn B on her new
employment as a Housing First-Peer
Specialist at Aunt Leah's Place!

Congratulations to Matthew S on his
new employment at Dollarama!

Congratulations to Ellisa R on her
new employment as a Production
Manager at Cobs Bakery!

Congratulations to Brian P on his new
employment as a Dishwasher at Savoury
Bight Seaside Restaurant and Pub!

WE'RE SO PROUD OF YOU OF ALL OF YOU!!
#YOUTHINCAREAREAWESOME

If you or a young person in or from care you know has
reached a major milestone, accomplished a goal or has
something incredible to celebrate, please contact us!
powerpages@fbcyicn.ca



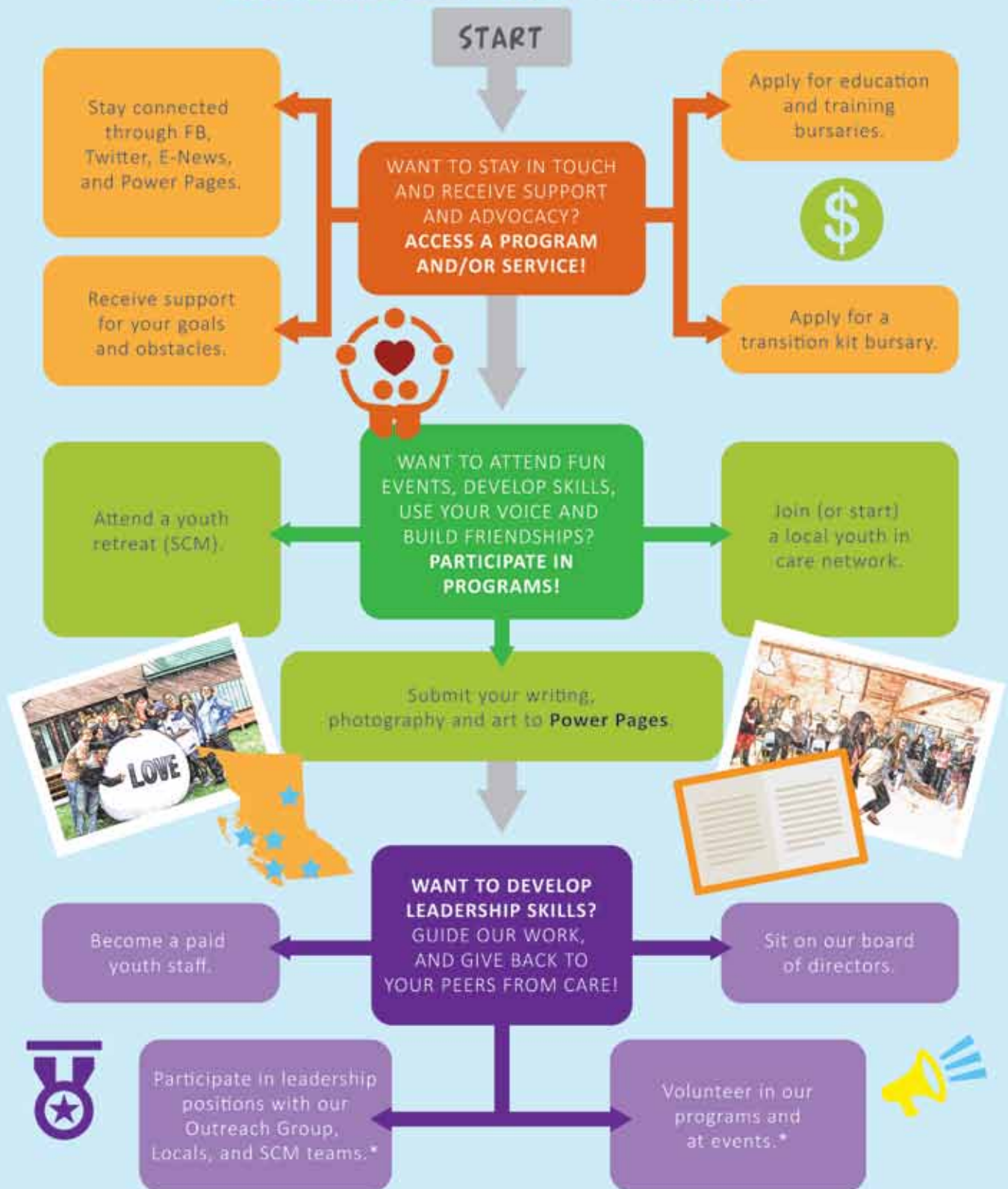
*There are times when
you might feel aimless
And can't see the places
Where you belong
But you will find that
There is a purpose
Right there within you.
All along
And when you're near it
You can almost hear it*

*It's like a symphony
Just keep listening
And pretty soon you'll start
To figure out your part
Everyone plays a piece
And their own melodies
In each one of us
It's glorious.*



CHOOSE YOUR OWN FED ADVENTURE!

IF YOU ARE A YOUTH IN OR FROM GOVERNMENT CARE* IN BC BETWEEN THE AGES OF 14 AND 24, HERE ARE SOME WAYS YOU CAN BECOME INVOLVED IN OUR FED COMMUNITY...



*Youth who volunteer earn honorariums (\$)