

# POWER PAGES

A MAGAZINE FOR  
YOUTH IN & FROM CARE  
AND THEIR ALLIES



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS



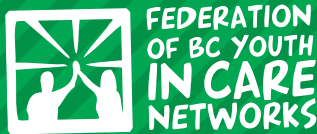
PROFILES:  
ADAM, ISAAC,  
JOCELYN & ANNIE!

HONOURING DAVE DAKIN  
BECOMING A CHARITY!  
BC CHILD & YOUTH IN CARE WEEK  
PLAN YOUR PATH TOUR  
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YOUR AMAZING  
POEMS, STORIES,  
REPORTS,  
ARTWORK &  
PHOTOGRAPHY!

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FREE  
SO TAKE  
ONE!  
FALL 2015 • #45



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

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ALUMNI

FBCYICN.CA

## BE A POWER PAGES CONTRIBUTOR!

### 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](http://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](http://fbcyicn.ca) | Email: [powerpages@fbcyicn.ca](mailto: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](http://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.



## A BIG, BIG, BIGGGGG THANK YOU TO MCFD FOR THE BC LIONS TICKETS!!!

The Federation would like to thank Connie Epp (from MCFD) and MCFD for the amazing donation of BC Lions tickets to all the home games. We know that all our young people had a great time. Thank you so much!



## MITCHELL PRESS TOUR

What an adventure it was touring Mitchell Press to see how *Power Pages* comes to life! We got to see first-hand each printing stage of the magazine before they're sent out to more than 5,000 of our wonderful members, other youth in care, service providers and allies across BC and beyond. A big thank you to Amyra Carsh for her hospitality and all the other Mitchell Press staff for all their hard work!

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# POWER PAGES

EDITION #45: FALL 2015  
BROUGHT TO YOU BY:

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AND CURRENT EDITIONS AT  
[fbcyicn.ca](http://fbcyicn.ca)

Dear Fed Members!

Grab yourself a seat and cuddle up with this issue of *Power Pages*! Sooo much has happened since our last edition and we want to fill you in on all the goods! We've been super busy with strategic planning, expanding Local Development, hiring new program managers and a new youth staff! BCCYICW was the best year yet and our volunteers helped to take our work to another level! Read on for details!

### ACHIEVEMENT AWARDS

It's that celebratory time of the year again when FBCYICN honours young people and adults who have worked hard to improve the lives of youth in and from government care in BC! We can think of approximately 1 zillion incredible young people and allies who deserve an award, but we can't make nominations, so we need YOUR help! Nominate a young person in or from care, an alumnus of care or an ally who goes above and beyond to improve themselves or their community. The award ceremony will take place on February 12-14, 2016 at our next SCM. You can find out more information and nomination forms on our website under "Leadership Program." Nominations are due by [December 22, 2015](#).

### LOCAL YOUTH IN CARE NETWORKS

Over the past few months, Program Manager Dawn has been busy connecting with existing locals and communities interested in starting a local around BC. Our goal is to have ten official locals by the end of March, 2016! For more information about locals and full update on Local Development, see page 13!

### WE ♥ OUR VOLUNTEERS!

Summer's been non-stop busy! Our Registered Charitable Tax Subcommittee engaged our members on the issue of applying for Charitable Tax Status (to become a charity), and we also formed a Staff Hiring Committee that helped hire our wonderful new program managers

and Youth Conference Coordinator! In June, our youth and alumni members represented us SO wonderfully at the "Permanency" Guardianship Forum as hosts, greeters, MCs, keynotes, panelists, presenters and facilitators before more than 200 guardianship workers (plus key folks like the Minister, Deputy Minister and Executive Directors)! We couldn't have been prouder.

At our June SCM, our crew of Greeters welcomed participants; our Photographers took pictures; and our MCs led us through the weekend in great spirits! Later back at the office, our Distribution Assistants mailed out our *Power Pages* and our Dream Fund Selection Committee awarded



bursaries (\$) to some amazingly inspiring young people. We just finished recruiting young people to help plan our next Steering Committee Meeting and leaders to help support Locals across BC! We've also formed an enthusiastic group who have begun meeting to start our Strategic Planning process! Lots of interesting and meaningful opportunities coming up; stay updated via Facebook, Twitter and on our website for what's next!

### BECOMING A CHARITY!

Our members unanimously voted for us to pursue becoming a charity at the June, 2015 SCM. Over the summer we drafted our application for Registered Charitable Tax Status to the Canadian Revenue Agency (CRA). We are now finalizing our application and plan to submit it by the time you read this! Read more on the next page in the "Message from Your Chair!"

### OUTREACH GROUP (OGS)

With additional members joining the team in May, the OGs continued to shine in

the community, presenting to the youth at the YWCA Strive Program, the Youth Directions Safe House staff team, and connecting and celebrating with folks at National Aboriginal Day. If you're a young person in or from care that would like to join the team or an adult ally and 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 in the Lower Mainland ([jessica.chu@fbcyicn.ca](mailto:jessica.chu@fbcyicn.ca)) or Tara in Victoria ([tara@victoriayouthincare.com](mailto:tara@victoriayouthincare.com)); we'd love to hear from you!

### STRATEGIC PLANNING

Strategic plans are important because they help organizations identify their priorities and how to make the most of their resources (money, people, relationships, etc.). Strategic plans are also useful to help us figure out how effective and useful our programs and services are to members and to help reinforce the key messaging our members want us to share with the world. For more information on our strategic planning process check out page 10 to see more details!!

### TRANSITION KITS & DREAM FUND BURSARIES

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

### STEERING COMMITTEE MEETINGS

In June we hosted our very first SCM North in Prince George! The Prince George Native Friendship Centre hosted us at their camp called Camp Friendship. It was a beautiful camp (minus the mosquitos) set in the northern forest surrounding a lake. We had youth participants from all over the province attend and they had the opportunity to participate in games, workshops and consultations throughout the weekend. The camp was such a success that we want to host our June SCM in different parts of the province each year. We would like to thank our partners at MCFD and the Prince George Native Friendship Centre for helping make this weekend an amazing experience for all who attended!

## GUARDIANSHIP FORUM

For the second straight year the Fed worked with MCFD's Guardianship, Adoptions and Permanency Planning and Aboriginal services to host a two-day best practice in guardianship forum in June. This year's event brought together over 295 social workers, managers, cultural workers and foster parents with the focus on permanency, celebrating and learning from successful practices, and learning how to strengthen the work they do on behalf of young people and families in BC. So what did we bring to this year's event? Ten Fed youth and alumni members (with staff support), shaped the event by sharing their expertise during workshops and as the forum emcees.

Big shout-outs go to Fed Ambassadors Elissa R, Kyla L, Marcela A, Matthew S, Alicia M, Cassie D, Natasha S, Janelle B, James C, Sarah D and our overnight support staff Erin J for holding it down and showing MCFD participants why #youthincareareawesome!

## WELCOME NEW STAFF!

We are excited to announce three new additions to the Fed staff team! First, our amazing new Youth Staff! Each year a hiring committee made up of staff, youth and alumni hire a young person to take on the responsibility of Youth SCM Coordinator. We are excited to announce that this year Ivan Wong accepted the position! We look forward to working with him over the next year and you can check out his bio on page 11 and on our website!

Also, after reviewing hundreds of potential candidates, we are pleased to introduce the Fed family and community to Dawn Johnson and Brittaney Andreychuk who have both taken on the role of program manager! Dawn and Brittaney are committed to and driven by the youth in care movement and their skills and experiences are sure to round out the strengths of the team. You can check out their bios on page 17 and on our website. Last, but surely not least, we have welcomed back Colleen Danes who was away for the past year on a parental leave. Welcome back Colleen, and welcome Ivan, Dawn and Brittaney to the Fed team!



## MESSAGE FROM YOUR



*Dear Members,*

*Happy fall to all! I'd like to start this board update with a big thanks to members for supporting our journey towards (hopefully) receiving registered charitable tax status (so we can become a charity). You asked our lawyer great questions at the February SCM, you volunteered on a committee with board, staff and alumni members and then you voted in favour of moving forward at the SCM in June. Over the summer, our lawyer drafted all the information required for our application. We are reviewing it now and should have it submitted by the time you're reading this article. If all goes well, within six months we'll be a registered charity—meaning that we*

*will have more options for fundraising to support the work of the Fed!*

*In addition to this work, before the summer break the board also reviewed and approved the annual budget and held a dinner meeting at my home where we spent some time getting to know each other better.*

*We all took some time off over the summer and then we spent a sunny Sunday in September doing Strategic Planning with staff and several alumni and youth members. Developing a three year plan for the Fed is hard work and it's important. We super appreciated all the positive energy our members and alumni brought to the day.*

*Respectfully,  
Lynell*

## 2015 BC CHILD & YOUTH IN CARE WEEK (BCCYICW) JUNE 1-7!

BCCYICW was celebrated in a bigger and louder way this year than ever before! A team of youth advisors and representatives from partner agencies across BC supported celebrations across the province as well as a bigger online presence, including a fancy new BCCYICW website: [bcchildandyouthincareweek.com](http://bcchildandyouthincareweek.com). See page 9 for more info and a message from MCFD!

## BRAND & COMMUNICATIONS UPDATE!

Over the summer we were busy continuing our rebranding process, designing new forms that are not only easier to read and navigate through, but fun to look at as they reflect our updated fonts, colour palette and overall desired look based on member consultations. Stay tuned—we hope to release them shortly! Also, the Fed has new swag!! Program Manager Brittaney has ordered all of our new promotional items such as: cinch bags, USB keys, LED keychains, temporary tattoos, coffee mugs, water bottles, pens, notepads,

magnets and more! In September, a group of volunteers helped to assemble 250 Welcome Kits on their way to all 14 year olds in government care in BC. We hope these kits will not only introduce them to the Fed and welcome them to our family, but provide some comfort in knowing they aren't alone and that there is a community who is proud to #standwithyouthincare.

## POWER PAGES

You're lookin' at it! BC's magnificent young people in and from care keep this magazine alive with their hard truth poetry, creative photography, dazzling artwork and adventurous stories. We've also included some community updates and some life skills articles. Check out page 1 if you are a young person from care and would like to submit. You are eligible for an honorarium of up to \$50/edition!

Okay, okay we're done! Keep flippin' to see more of the good stuff!  
Much love and hugs,  
The Fed Staff

# SCM #68 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

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YouTube THEFBCYICN

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#YOUTHINCAREAREAWESOME  
#STANDWITHYOUTHINCARE  
#JOINTHEVILLAGE

## UPCOMING SCMS

NEXT ONE:

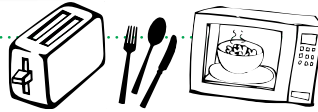
# SCM #70 FEB 2016

FEBRUARY 12-14, 2016  
IN SQUAMISH, BC!!!

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. ☺

To apply to attend or if you have any questions or concerns about upcoming SCMS, please contact Steve at [steve.smith@fbcyicn.ca](mailto:steve.smith@fbcyicn.ca) or 1.800.565.8055

# FBCYICN EDUCATION & TRANSITION BURSARIES FOR YOUTH FROM CARE!!



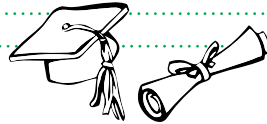
## TRANSITION KITS!!!

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 go 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/](http://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](mailto: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. One of the bursaries is our **Education Achievement Fund**; this bursary awards recipients up to \$5,000 for post-secondary education. The other bursary we have is called our **Reach for Success** bursary; this bursary 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](http://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 \$5,250 to six awesome applicants pursuing post-secondary education through the Education Achievement Fund and another \$1,500 to four wonderful young people through our Reach for Success bursary to help them with skill building and extra-curricular activities.

### REACH FOR SUCCESS:

Valeen J \$353.93 towards First Nations & Metis Youth in Action Conference  
Tashina M \$454.64 towards the National Lifeguard Service  
Zack J \$500 towards a Life Skills Program  
Jada KD \$191.43 towards First Aid Certification

### EDUCATION ACHIEVEMENT:

Laura B \$1,250 towards Douglas College  
Brooke A \$1,250 towards College of the Rockies  
Katrina G \$750 towards Mount Allison University  
Kavita P \$750 towards New Image College of Fine Arts  
Shea W \$625 towards Thompson River University  
Colleen G \$625 towards College of New Caledonia

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

Every selection process we always 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](http://fbcyicn.ca) [#ittakesavillage](https://twitter.com/ittakesavillage) [#jointhevillage](https://twitter.com/jointhevillage)

# FAREWELL FROM ALISON SPIRES!



Guys, I’m leaving guys. It’s hard to go, knowing that I am moving on from an organization made up of young people who are so strong, so self-aware, and so supportive of one another. I knew, coming into this role, that there would be an end date and as happy as I am to have Colleen come back (hey girl!), I am sad to have this amazing time with all y’all amazing young people end. :)  
However, here are some things that I’ve learned while you’ve let me be a part of your federation:

- ★ Young people in and from care are incredibly strong and have an emotional intelligence that is unusual in people who’ve lived three times as long.
- ★ Microwave popcorn can be a snack, a lunch, and sometimes a breakfast (or dinner).
- ★ The investment that Fed members have in making sure everyone is actively engaged in the decision making of the organization is an example the rest of the world should take note of.
- ★ Never turn your back on a man with a squawking rubber chicken, not if you are easily startled and/or enjoy peace and quiet.
- ★ Staying up late means sweeping floors.
- ★ It doesn’t matter where you are from in this province, every member of the Fed has a sweet heart and a commitment to making sure that everyone gets a fair shake of the stick.
- ★ You are all leaders, you are all experts, you are all so incredibly wonderful to know.

Thank you for inviting me into the Fed.  
Thank you for welcoming me so warmly.  
Thank you for laughing so convincingly at my horrible jokes. Imma miss you, dood. But we’ll cross paths again soon.  
Until then,  
Alison Spires

# VOLUNTEERING AT FBCYICN! GIVING BACK & GETTING BACK!

*"The smallest act of kindness is worth more than the grandest intention."*  
— Oscar Wilde, an Irish author, playwright and poet.

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 February 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.



## YOUTH MEMBER VOLUNTEERS (14–24)

Adam N	Elissa R	KT M	Raven D
Andy A	Hari Sun P	Kyla L	Ruby B
Ashley J	Ivan W	Marcey A	Shiane K
Bayleigh B	Janelle B	Mary E	Star M
Bliss G	Janice T	Matthew S	Stephen C
Braydon-Lee S	Jared E	Michelle C	Tanner F
Cammy L	Jeremiah K	Natasha S	Tre R
Cazlynn D	Jesse B	Nate L	Valeen J
Clarie E	Josh B	Nichole N	Wheeshay M
Eddy B	Joshua W	Rachel M	

## ALUMNI MEMBER VOLUNTEERS (25+)

Anna Kowalewski	Jess Boon	Raven Wright
Bodhi Heisler	Jessy Neal	Sarah Dawkins
James Copping	PD De La Torre	Trevor Coburn

## ADULT ALLY VOLUNTEERS (19+)

AJ McLeod	Gary Tennant	Kim Lee
Andy Szabo	James Cowan	Lynell Anderson
Britta Peterson	Jeff Schiffer	Melinda Sinclair
Chelsea Turpin	Joe Latino	Michelle Hourie
Danielle Vienne	Joey Fearon	Roland Gurney
Debbie Cox	Kaitlin Crabtree	Tara Skobel

## INTERESTED? QUESTIONS?

Contact: Jessica Chu, Youth Participation Coordinator

Email: [jessica.chu@fbcyicn.ca](mailto: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

## 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.







## UPDATE FROM THE REP!

BC'S REPRESENTATIVE FOR CHILDREN & YOUTH

Wow — doesn't it seem that summer flew by? Happy fall everyone!

I'm excited to bring you up to date on the goings-on in my Office. Aboriginal issues are important to us at RCY so we've set up a special Aboriginal Initiatives team that will focus on Aboriginal community relations and youth engagement. You may spot us at future RCY events. Stop by and say hello to the team: Shawn Daniels, Director; Sophia Montero, Youth Coordinator; Amanda Willis, Community Relations.

Speaking of Aboriginal Initiatives, I'm delighted to introduce our newest Aboriginal Youth Intern, Brianna Dick. Brianna started in September and is working out of our Victoria office. She'll be working with the team on a youth-led engagement event. Stay tuned!

This summer we had great news on the tuition waiver challenge: Kwantlen Polytechnic University is the latest to offer free tuition to former youth-in-care. That makes 11 post-secondary institutions now on board!

In the spring we wrapped up our "Plan your Path" tour, and I want to say how pleased I am with the response. Check out our update on this page and look for our video of the tour coming out this fall. We'll share it through social media and our website.

In June we released a report with the Provincial Health Officer on a subject you'll know a lot about: Growing Up in BC. We asked: "how are children and youth in BC doing right now?" The good news is there are some positives—like a 31 per cent decrease in the rate of youth charged with a serious violent crime. But there is still a lot of room for improvement. The report is available at [rcybc.ca/guabc2015](http://rcybc.ca/guabc2015).

Thanks, and remember, we are here for you. If you ever want to talk to an advocate, the number is 1-800-476-3933.

Sincerely,  
Mary Ellen Turpel-Lafond  
Representative for Children and Youth

# RCY'S PLAN YOUR PATH TOUR UPDATE: HELPING YOUTH IN CARE MAKE THE LEAP INTO ADULTHOOD

*"I learned to budget my money and set life goals for the future."*

*"Today actually really helped and will start me on my successful journey."*

*"It was a really safe-feeling place and I was able to talk and express myself."*

Those are just a few of the comments we received from youth as we travelled the province meeting as many of you as we could. At the Office of the Representative for Children and Youth, we know that making the transition from youth into adulthood is exciting but challenging. That's true for everyone. But for youth in care, it can be downright scary. What does the future hold? How are you supposed to manage a budget? Where should you live and how do you go about finding a place? How do you learn to speak up for yourself when there's no one else to do it? There's a lot to learn, and we get that. Our goal with the Plan your Path tour was to meet with First Nations, Aboriginal and Métis youth in care and to give them the info they need to make that transition easier. We also wanted to make sure they know who to contact for help if they need it, and to hear from youth directly about their concerns.

To make it happen, RCY teamed up with the Public Guardian and Trustee (PGT) and the Federation of BC Youth in Care Networks (FBCYICN). We started last October 2014 in Cranbrook and finished in May 2015 in Williams Lake, stopping at 20 communities along the way, including Nanaimo, Prince George, Abbotsford, Haida Gwaii and Terrace, and met more than 200 amazing young people, mostly in and from care.

So what did we talk about? Lots. Some of the key issues we want all youth to understand include:

## KNOW YOUR RIGHTS!

For example, did you know that youth in care in BC have a set of rights just for them? It's true and, once you understand this, you are better positioned to speak up for yourself. On the Plan your Path tour,

we used games and activities to talk with youth about their rights under the United Nations Convention on the Rights of the Child as well as under Section 70 of the Child, Family and Community Service Act (which describes the supports that the BC government must provide to all young people in care).

We also talked about how youth can make sure that these rights are being respected, how to recognize when they're not, and what to do about it.

## MONEY MATTERS

We all need money to cover our day-to-day needs, but we also need money for the fun stuff, and the things we want for the future. For Plan your Path, PGT provided young people with the tools and information to help manage money every day and plan for life goals – whether it's going to school or buying a car. Important stuff!

## YOUTH SPEAK

No one knows what it's like to be in care better than youth who have actually experienced it. At every tour stop, the Fed led talks with youth about their experiences in care – and they had a lot to say. Youth talked about what they liked about being in care, what they didn't like and what could be done to make it better – really valuable info. Watch for "Youth Speak," a report from the Fed coming out in spring 2016 on the needs and issues that youth in care are facing, along with ideas on how to make this experience better for all young people.

Plan Your Path was a great opportunity for RCY, PGT, and the Fed to work together, strengthen relationships with communities and meet incredible young people. Thank you to the 22 Delegated Aboriginal Agencies who hosted us, the communities, and, of course, the youth, for your excitement and ideas! And remember, if you have questions or need help, give RCY a call: 1.800.476.3933. We'd be happy to hear from you.

# BC CHILD AND YOUTH IN CARE WEEK 2015!!

Our amazing youth members advocated for BC Child and Youth in Care Week (BCCYICW), now in its fifth year, so their diverse brothers and sisters in care could grow up feeling celebrated for their talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers facing youth in care and to fight the stigma that comes with being a “foster kid.” BCCYICW was the first celebration of its kind in Canada, and now other provinces have been inspired to follow suit—let’s encourage this growing movement!

Again this year Fed staff and youth worked with a number of partners across the province to plan the week, and chose to focus on supporting more communities to have inclusive, child and youth-friendly celebrations (including launching an awesome new BCCYICW website: [bcchildandouthincareweek.com](http://bcchildandouthincareweek.com)) instead of focusing our energies on hosting our traditional provincial event in Vancouver that, while amazing, was not something everyone across the province could attend. We wanted to work toward every young person in and from care getting a chance to be celebrated in their communities! We are happy to report back that there were more communities celebrating BCCYICW than ever (26 that we know of!) with support from youth advisors KT M and Nichole N and a team of provincial partners.

We ourselves attended the Federation of Aboriginal Foster Parent’s beautiful Learning Pow Wow for Aboriginal young people in care and their allies; we also hosted our annual BCCYICW celebration and talent show at our SCM in Prince George with dozens of young people from across BC with teary speeches, mural making, piñata busting, photo booth hijinks and the hilarious and inspiring talent show (because [#YouthInCareAreAwesome](https://twitter.com/YouthInCareAreAwesome)!!!). We hope you were able to attend an event near you and join in festivities online as well! View the youthmade promo kit, videos, awards, events and more on the new BCCYICW website: [bcchildandouthincareweek.com](http://bcchildandouthincareweek.com), stay connected to the annual celebrations by liking the BC Child and Youth in Care Week Facebook page, check out photos from our BCCYICW SCM celebration in our Facebook group and read on for MCFD’s BCCYICW report, to the right!

Big shout-out and special thanks to the hard-working BCCYICW planning committee of youth and partner agencies: Colin, Connie, KT, Lacey, Laurie, Lisa, Malisa, Nichole, Ronda, and Tanika. [#BCCYICW](https://twitter.com/BCCYICW) [#youthincareareawesome](https://twitter.com/youthincareareawesome) [#standwithouthincare](https://twitter.com/standwithouthincare) [#jointhevillage](https://twitter.com/jointhevillage)



## MCFD: NOT SURE WHAT TO DO DURING CHILD AND YOUTH IN CARE WEEK? THROW A PARTY!

The first week of June, 2015 was BC Child and Youth in Care Week, a time to celebrate the accomplishments of children and youth in and from government care, and to acknowledge—as individuals, community members, parents and professionals—their challenging journey. It’s an opportunity to combat the negative stereotypes and social stigmas associated with government care.

An array of great parties took place throughout BC, including swimming pool parties, BBQs, picnics in the park, baseball games or the first to attend the opening of a movie.

Youth-designed promotional kits were sent to community agencies, Delegated Aboriginal Agencies and the Ministry of Children and Family Development offices to help create these parties. The kits included guidelines from youth for creating an event, large printed posters, wristbands and buttons to hand out at events, and all the PDF printable material links.

32 children from around the province were nominated to receive an award

of excellence. Award winners were celebrated in their own communities surrounded by family and friends. All nominees received a certificate. The award winners received a framed award certificate and a small gift.

“BC Child and Youth in Care Week is a testament to the intelligence, creativity, talent, and resilience of BC’s children and youth in care,” said an event organizer and former child in care. “These young people, like all young people, are our future and this week is an opportunity to celebrate their many varied accomplishments and to thank them for all they do to contribute to their communities every day.”

BC Child and Youth in Care Week is a joint partnership between the Ministry of Children and Family Development, the Federation of BC Youth in Care Networks, the Adoptive Families Associations, the BC Federation of Foster Parent Association, Federation of Aboriginal Foster Parents, the Public Guardian and Trustee and the BC Association of Aboriginal Friendship Centres.

# BEHIND THE SCENES AT THE FED!

READ ON FOR DETAILED UPDATES ABOUT IMPORTANT PLANNING WORK AND THE YOUTH, STAFF AND BOARD MEMBERS INVOLVED!

## REGISTERED CHARITABLE TAX STATUS

The quest for the Fed to get registered charity status took a big step over the summer with the first draft of the application to the Canadian Revenue Agency (CRA). We are reviewing and modifying our application and plan to submit it by the time you read this. After that happens, it goes to the CRA who will review it, ask us some questions, probably ask us to change a few more things and then we hope to have our status by April 1, 2016. We don't control the timing or the approval of our application but we are doing what we can to put forward a strong case for charity status and get our request in as soon as possible as we know it takes a few months to have someone assigned to review our applications and a few more months after that to get approval. Fingers crossed and stay posted on our progress in the E-Newsletter and on our website!

## STRATEGIC PLANNING

What is your vision for youth in and from care in BC? What's your role in creating that change? Who else can you depend on to make these changes come alive? These are just some of the tough, tough questions the Fed has been tackling this year as we create a three year strategic plan. Strategic plans are important because they help organizations identify what their real work is and figure out how to make the most of their resources (money, people, relationships, etc.) to make their vision become a reality. Strategic plans are also useful to help us figure out how effective and useful our programs and services are to members and to help reinforce the key messaging our members want us to share with the world.

On Sunday, September 13 we brought a group of 30 youth, alumni, board and staff members together to ask the questions we needed to get clearer about the work we have to do in the next three years. Now that we've highlighted the areas we want to focus on, our next step is to

gather feedback and more input from our members at the November SCM. Together we'll get more specific about how our work will change and where we can take some of our work to the next level to improve your lives and further expand our legacy for youth in and from care.

We are on track to have our strategic plan ready to share with our members and community supporters by April 1, 2016. We'd like to thank youth and alumni members K.T., Cammy, Bliss, Braydon-Lee, Star, Ruby, Marcey, Nichole, Elissa, Mary, Valeen, Jess B., James and Trevor for their recent contributions to the process. We look forward to hearing more of your ideas and see if they fit in our key work areas for the next little while. Keep checking out our website for more info.

## TUITION WAIVERS

Many years ago, the Fed supported youth member and now alumni and board member, Jessy Neal to write an advocacy letter to MCFD asking that they commit to supporting young people in and from care who wanted to pursue their post-secondary education. In her letter, Jessy highlighted that for many young people their parents help out and contribute to making it possible for them to get their education and that this was an area where the government could do more and have a huge impact. The Fed followed up on Jessy's letter with a request of their own and kept the idea as an issue of importance to young people in care. Fast forward to 2013 when BC's Representative for Children and Youth Mary Ellen Turpel Lafond challenged public post-secondary institutions to waive tuition to youth in care attending their schools. Further, they partnered with Coast Capital Savings to create a fund that could be used to provide some additional financial support to a few youth in care to help cover the costs that often produce hard choices—you know, things like rent, food, cell phones and the internet—the list goes on. These items are not usually covered by grants, bursaries and other funds

that youth in care can apply to receive.

September marks a return to school for many and we are proud to see that a few institutions have stepped up and offered some support to youth in care looking to pursue their education and their dreams. Living in a prosperous province, you would imagine that we would put a system in place where education was accessible to everyone interested in putting in the work necessary to get their trade, ticket or degree, but sadly we are not there yet. This is why we need to applaud those institutions that stepped up early to set an example of how youth in care could be supported to achieve their education.

Below is a current list of 11 post-secondary institutions offering tuition waivers:

- ★ Kwantlen Polytechnic University
- ★ Langara Bursary program
- ★ Nicola Valley Institute of Technology
- ★ Simon Fraser University
- ★ UBC
- ★ University of Victoria
- ★ Vancouver Island University
- ★ University of Northern British Columbia
- ★ Justice Institute
- ★ Camosun
- ★ BCIT

Please check them out online as each has slightly different eligibility requirements and application processes to apply for tuition waivers. The Fed continues to support this initiative and push for all public post-secondary institutions to create a tuition waiver program and to streamline the eligibility and application requirements to make it easier for youth in and from care to apply. We will post updates on new tuition waiver programs as this information becomes available. If you have any questions about your education options for youth in and from care or would like support in applying to these waiver programs, visit our website or give our office a call or email!

# ADVOCACY IS IN OUR BLOOD: HOW THE FED PROVIDES ADVOCACY SERVICES

Advocacy means pushing for equity, fairness and change on behalf of individuals and groups. This can be done in many different ways on individual, service and systemic levels.

Many groups and advocates start with individual advocacy, which generally involves helping people have their voices heard and their views considered in decisions made about them.

Sometimes, taken together, those voices are calling for more or improved services or programs – perhaps because they don’t exist in some areas of the province, or there are long waitlists or they’re not meeting peoples’ needs. We call this service advocacy.

Individual and service advocacy often highlights the need for broader and province-wide system changes. Systemic advocacy is used to promote changes in government policy, legislation and/or funding. Systemic advocacy usually takes place over a longer time period, because it involves raising public awareness about the issue and providing public education about the solutions, prior to achieving significant change. And along the way, effective systemic advocacy involves and includes those most affected by the issue. Like we say at the Fed “nothing about me without me!”

Here are a few examples of how the Fed is involved in each kind of advocacy:

Individual	Service	Systems
121 Support	OG presentations	Supporting the MCFD Youth Advisory Council
Gathering Our Voices info booth	Partnering on the Youth Homelessness Initiative	Partnering on the Fostering Change campaign
Working with RCY Advocates	Sitting on the Residential Redesign working group	Partnering with the Federation of Community Social Services of BC
Supporting youth to navigate the MCFD Complaints process	Advising McCreary Society’s “We All Have a Role – Building Social Capital for Youth in Care” report	Partnering with The First Call Advocacy Coalition
Supporting youth in their Youth Transitions Process	Social Media, including the Stand with Youth in Care campaign page	<i>Power Pages</i> magazine, social media and media relations and OG presentations
	Advocacy letters	Partnering on the University of Victoria Transitions Research project

If you are curious about our work in any of these areas or would like advocacy or support, please be in touch M–F, 9:30-5! 1-800-565-8055 [info@fbcyicn.ca](mailto:info@fbcyicn.ca) or connect with us on Facebook and Twitter @FBCYICN!



**WELCOME IVAN WONG,  
OUR AMAZING NEW YOUTH  
CONFERENCE COORDINATOR**

*Hello everybody! I’m absolutely thrilled to be your Youth SCM Coordinator! By facilitating and organizing the SCM retreats, I hope to provide the most memorable and exciting experiences for everyone! Feel free to give me some input because I would love to hear it!*

*As a student and former youth in care, I love learning new things about the community of youth in and from care. Since 2014, my involvement with the Fed has included the Dream Fund Selection Committee, Power Pages Distribution Committee, being an MC and various other support roles. It continually puts of smile on my face every time I participate in activities with the Fed :).*

*I have a passion for health and fitness including mixed martial arts, weight training, hiking, and biking. Be in touch: [youthscm@fbcyicn.ca](mailto:youthscm@fbcyicn.ca)*



## THE JANUSZ KORCZAK “HOW TO LOVE A CHILD” LECTURE SERIES

On September 29, Fed alumni members Jess B and James C, youth member Rachel M and staff member Brittaney attended the first of the Janusz Korczak “How to Love a Child” Lecture Series at the University of British Columbia. Korczak was a man that devoted his life for the good of children. Among many acts of advocacy, Korczak worked in an orphanage, he was a counsellor for youth in court and he initiated a newspaper for children written by children—kind of like *Power Pages*! It was an inspirational night celebrating his life and exploring ways of how we can adopt his model of how to love a child and defend children’s rights. It was a special treat to hear from keynote speaker Irwin Elman, Ontario Provincial Advocate for Children and Youth and to witness Jess B, James C, and Rachel M sit on the panel. A huge thank you to everyone involved in organizing and hosting the event and for inviting the Fed to participate! For more information on Janusz Korczak please visit: [januszkorczak.ca](http://januszkorczak.ca)



# PGT: UPDATES & TOOLS FOR YOUTH IN & FROM CARE!

The Public Guardian and Trustee (PGT) is co-guardian 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.

## \$ PGT'S FINANCIAL LITERACY SERVICES! \$

One of the services the PGT provides as property guardian is conducting financial literacy workshops to help prepare youth for the transition to adulthood. This article describes some of the key points the PGT emphasizes about financial literacy.

### FINANCIAL LITERACY: WHAT IS IT? WHY DOES IT MATTER?

Financial literacy is knowing the ABCs of managing your money. It is about having the knowledge, skills and ability to make responsible financial decisions. Knowing how to manage money allows you to take greater control over the direction and outcomes of your life. Money, how you manage it and your decisions about saving and spending, are linked to who you are—your hopes, values and goals.

### VALUES

- \$ Values are beliefs you have about the worth or importance of relationships, things or ideas.
- \$ They are a part of what shapes who you are.
- \$ Values are linked to our deepest beliefs and strongest feelings.
- \$ Our most important goals relate to our values.

Money is not the most important thing in life, but it is a big part of the world we live in. We need money for things like rent, food, clothing, transportation and medical expenses. We also spend money on things we want—things and experiences we don't necessarily need but that bring us satisfaction. We all want to satisfy our wants now! Knowing yourself and what you value will help you balance your needs and wants.

### GOALS

- \$ We all have Goals—things we want to accomplish or obtain in the short, medium and long term future.
- \$ Once you identify a goal that supports your values, make a plan to achieve it.
- \$ List the steps you will need to complete in order to accomplish your goal.
- \$ Most goals will have some financial cost.
- \$ How much money will you need? How long will it take to save that amount?
- \$ Even when you have a plan and are following it, at times you may get discouraged. Don't give up!
- \$ Think of goals you accomplished in the past and how you did that. Who was there to help you? In life there are people who cheer us on and support us and there are people who try to drag us down.
- \$ Surround yourself with people who want you to win. Don't give in to discouragement and don't let anyone try to take your goals and dreams away from you – they belong to you.

### BUDGET

- \$ One of the most important tools for managing your money is a budget.
- \$ A budget is a document that lists Income (money in) and Expenses (money out). Some examples of income include earnings (pay cheque), allowance, birthday money, income tax returns, selling things (video games, art work).
- \$ Examples of expenses include cell phone, internet, transportation, entertainment,

and when you are living on your own, food, clothing, shelter. Track your income and expenses.

- \$ You might be surprised how much you actually spend on things like coffee, fast food, clothes or games!
- \$ The more detailed your budget is the more information you will have to determine the money you have, where it goes, and how to plan to use it best.
- \$ Do not spend more than you have or can earn. Don't get into debt!
- \$ Always have money set aside in case of an emergency. Learn ways to reduce expenses and save for what really matters to you.
- \$ It doesn't matter how little or how much money you make – you need to know where your money is going if you want to meet your needs, satisfy some of your wants, and save for your bigger goals and dreams

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 Public Guardian and Trustee's Child and Youth Services. We offer financial literacy training and resource materials to youth at risk, especially those in and from care. These materials include our Dollars and Sense Guide for your Money and Dollars and Sense Workbook publications, available at [trustee.bc.ca](http://trustee.bc.ca). You can also reach us at **604.775.3480** or by email at [cys@trustee.bc.ca](mailto:cys@trustee.bc.ca).



# PGT'S EDUCATION BURSARY & PLANNING TIPS!

Setting goals is the key to getting the most out of life. Goals are what take us forward in life and represent the first steps in every journey we take. Your values and priorities will help you set your own goals. To achieve your educational goals you need to ask yourself the following questions so you know what steps you need to take:

## MY EDUCATIONAL GOAL:

- What career do I want to have?
- What courses do I need to take and where are they offered?
- How much will my education cost per course, per semester and per year?
- How will I pay for my education?
- How will I support myself while going to school?
- When can I start my education?
- Where can I look for financial help?

## WHAT ARE SOME SOURCES OF FUNDING FOR MY EDUCATION?

There are many sources of funding to help with the costs of going to school. Some include employment income, savings, Ministry of Children and Family Development (MCFD) education funding programs, Aboriginal Band educational funding, tuition waiver programs, student loans and the Public Guardian and Trustee (PGT) Educational Assistance Fund. Yes, that's right! The PGT can also help you to reach your educational goals!

## WHAT IS THE PGT EDUCATIONAL ASSISTANCE FUND?

If you are over 19, were in permanent care with MCFD or a Delegated Aboriginal Agency and have graduated high school, you can apply to the PGT Educational Assistance Fund. Bursaries are awarded each year to help with the costs of education.

## WHAT IS DIFFERENT ABOUT THIS BURSARY?

There is NO age limit to apply for the bursary – tell your family and friends. Over the past 11 years, the bursary has been

paid to 171 people ranging in age from 19 to 52. These 171 bursary recipients have been pursuing careers in social work, computer sciences, cosmetology, hairdressing, teaching, law, criminal justice, music, religious studies and many different trades.

## IS THERE A DEADLINE FOR SUBMITTING MY APPLICATION?

The deadline for submitting your application for a bursary is **April 15** of each year. Decisions on bursaries are made by mid July.

## WHAT IS THE MAXIMUM BURSARY AMOUNT?

You can receive up to a maximum of \$4,000 this year. A completed application can be submitted each year prior to the April 15 deadline.

## WHAT CAN I USE THE BURSARY FOR?

The bursary is meant to help you if you need assistance with your costs for fees, books, living expenses or any other financial need standing in the way of being able to achieve your educational goal.

## WHERE IS THE PGT EDUCATIONAL ASSISTANCE FUND INFORMATION ON THE PGT WEBSITE?

You can find more information about the PGT Educational Assistance Fund at [www.trustee.bc.ca/services/estate-and-personal-trust-services/Pages/pgt-educational-assistance-fund.aspx](http://www.trustee.bc.ca/services/estate-and-personal-trust-services/Pages/pgt-educational-assistance-fund.aspx). For more information on other scholarships, bursaries or awards available to children in and from government care, please see A Guide to: Scholarships, Bursaries, Tuition Waivers & Awards at [www2.viu.ca/FinancialAid/documents/A-Guide-to-Scholarships-Bursaries-Tuition-Waivers-1.pdf](http://www2.viu.ca/FinancialAid/documents/A-Guide-to-Scholarships-Bursaries-Tuition-Waivers-1.pdf).

## CONTACT

Personal Trust Administrator Public Guardian and Trustee of British Columbia  
700-808 West Hastings Street Vancouver, BC V6C 3L3 Phone: **604.660.0957**

# FBCYICN LOCAL YOUTH IN CARE NETWORKS UPDATE!

Over the last three months, Program Manager Dawn has been busy connecting with existing locals and communities interested in starting a local around BC. She had the opportunity to join the Victoria local for their annual Beach Party in August and had a blast! In September, she hit the road and visited several communities on the island and in the interior to talk about Local Development and to complete an evaluation with existing locals about what's working and what we could be doing better. Nanaimo, Port Hardy, Surrey and Kamloops are all working on kick-off events in the early fall so we hope to have a bunch of new local applications coming from each of these communities as well!

Another big piece of news is the start-up of the 2015/2016 Local Development Team! This team supports locals to get set up and thrive. The team participated in an orientation and working weekend in September and will be helping with some of the community visits over the next few months. They will also be working on some training for local leaders and creating a video about how to start a local. Stay tuned for introductions and updates from this great new team!

If you are interested in finding out more about local development or would like to start a local in your community, please contact Dawn Johnson via email: [dawn.johnson@fbcyicn.ca](mailto:dawn.johnson@fbcyicn.ca)

## CURRENT LOCALS:

Victoria and Kelowna

## COMMUNITIES WHO HAVE APPLIED:

Prince George and Port Alberni

## COMMUNITIES WHO'VE STARTED THE APPLICATION PROCESS:

Nanaimo, Kamloops, Surrey, Vancouver, Duncan and Port Hardy

**MORE  
SCM #68 HIJINKS**







## YOUTH PROFILE

# PROUD AND BIG-HEARTED JOCELYN!

Jocelyn is wise beyond her 18 years. Her ambition and strength drive her ability to overcome all obstacles placed in her way. Jocelyn is an inspirational young leader and doesn't shy away from sharing her passions and knowledge wherever she can. She is warm, inviting and makes sure that no one is ever left out. Jocelyn loves to sing, dance, act, wear regalia, participate in cultural teachings and is always willing to share her expertise, demonstrating leadership every single day! She volunteers in various roles around her community in Nanaimo and just recently, Jocelyn spoke in front 167 elementary school students about her experience with cultural teachings and canoe journeys. She once paddled 570 kilometres over a three week trip! Like her brother, Isaac, she too plays a huge role in the Kw'umut Lelum youth group and loves working with young people who have transitioned out of care. She was also featured in several documentaries and is heavily involved in her church's religious young men and women's group. Read on to learn more about this amazing young person!

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

*I first joined when a group of Kw'umut Lelum youth went to the October Halloween SCM.*

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

*Being a kid in care and knowing what we go through helps a lot. I mean who understands youth in care better than us, those in care?*

### What are some of your proudest accomplishments?

*I guess it would be being a youth advocate. It is one of my biggest accomplishments.*

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

*Well I guess a lot of my accomplishments*



**"ALWAYS KEEP AN OPEN MIND AND HEART. YOU NEVER KNOW WHEN YOU MIGHT FIND SOMETHING WORTH FIGHTING FOR OR WHEN YOU WILL LEARN SOMETHING NEW."**

*are thanks to my brothers. I just want to be a better role model for them and [I've had] a huge support... for years thanks to Britta Peterson and my foster mother.*

### What inspires you most?

*Again my brothers, Britta and my mom. My foster mom is the best!*

### 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?

*Well one thing is to always keep an open mind and heart. You never know when you might find something worth fighting for or when you will learn something new.*

### What are some of your goals for the future?

*For the next year, I will work more on advocating for youth and working in my community.*

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

*Well, I feel that maybe the process to becoming a foster parent should involve an interview with youth in care that are old enough to talk about the good times and the crappy times.*

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

*I love basketball and rock climbing!*

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

*"I lived" by One Republic*

### Anything else you would like to talk about?

*Nothing really, I just hope that youth everywhere will be inspired!*

## YOUTH PROFILE

# MATURE & MULTI-TALENTED ADAM!

Adam's optimism about life is inspiring. No matter the problem, Adam is sure to find meaning behind every experience and find the positive in every lesson learned. His cool and laid back energy makes him comforting to be around. Adam speaks about his life experience freely and from a position of strength. Adam learned to advocate for himself at a young age and continues to be that role model and mentor to his peers when it comes to standing up for what he believes in. He has been involved with the Victoria Local for about one year and participates regularly in all of the workshops and outings. He has a huge heart and he dreams big not only for himself, but for other youth in and from care. He is passionate about writing poetry and creating rhymes for rap music, which he is brilliant at! Read on for more on Adam!

### Tell us about yourself?

*I'm 16 years old and I live in Victoria, BC. I've been involved with the Victoria Local for about a year and a half and became an official Fed member last June, 2015.*

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

*Through the Victoria Local. I went to a meeting with a foster brother and he told me about what the Federation of BC Youth in Care Networks does.*

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

*What makes me so passionate is the ability to learn so much. I've learned more and better life skills and it has made me realize that I can live up to my full potential no matter what situation I'm faced with. I can always make the best out of any situation and it has changed my life.*

### What are some of your proudest accomplishments?

*My proudest accomplishment is having a paper published in a local magazine in*

**"CHANGE CAN BE UNSETTLING AND WEIRD, BUT IT'S GOING TO BE ALRIGHT. THERE ARE A LOT OF LESSONS TO LEARN AND THINGS WILL GET BETTER."**

Victoria. I wrote an article about the ins and outs of being a student, things that needed improvement in our school and classrooms and struggles that students experience. I also spoke about the pressures of graduating and planning for the future.

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

I have a really great support system. When I was younger I gave up so early on any situation that came my way, but one day made a decision that giving up won't get me anywhere in life—so I decided



to keep trying until I can't try anymore. I changed my way of thinking and it changed my life.

**What inspires you most?**

Music inspires me the most, specifically local hip-hop. Also, my dad. He is the nicest person in my life and is always smiling no matter what life throws at him.

**Tell us about your rapping!**

I've been rapping for about four years. I've always been good at writing poetry and I started hearing different instrumental music I liked and decided I wanted to join my poetry and those beats together. If I were to choose an artist I look up to it would be Logic the rapper.

**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?**

Growing up in foster care I moved a lot. Living with different families taught me different skills, rules, and manners. I was exposed to a lot of different cultures and lifestyles, which I'm thankful for. If I could share something it would be that change can be unsettling and weird, but it's going to be alright. There are a lot of lessons to learn and things will get better.

**What are some of your goals for the future?**

First, to graduate high school. After that I plan to attend college or university to pursue my passions (drawing and math) by taking architecture.

**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 more children and youth being told what it means to "go into care" before it happens. Going into care can be such a shock and not many people know what happens. There appears to be so little information about what it is actually like and the fear of the unknown can make the experience so nerve racking and scary.

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

I came in second place in the 100 metre dash in grade four for track and field. Also, I like to go to the gym and swimming.

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

"Pressing On" by Reliant K

**Anything else you'd like to share with us?**

I am fluent in four languages Spanish, French, Italian and English and can speak and understand and speak some Portuguese!

**WELCOME TO OUR FABULOUS NEW PROGRAM MANAGERS!**

**DAWN JOHNSON**



Tansi! I'm super excited to be joining the Fed as one of your new Program Managers. I am Cree and Swedish and a former youth in care from Alberta. I'm a proud mom to two amazing girls and a cheeky Chihuahua. My friends say I'm a bit of a free spirit and a little 'Cree-zy' at times. On my downtime my favorite place to be is on the road exploring new places.

I started my journey into this field as an engaged youth and have continued to remain passionate about and committed to the youth in care movement. I love the values the Fed holds—especially around being driven by YOUR voices! Part of my work is going to be Local Development and working to support new and existing youth in and from care locals around BC. I am honoured and humbled to be a part of the Fed team and to work alongside so many incredible young people and allies!

**BRITTANEY ANDREYCHUK**

It is with great enthusiasm that I express my excitement about joining the Fed team and family! As one of the Program Managers, I'll be dedicating my efforts towards our communications work and the support programs for young people in and from care across BC.



As a Child and Youth Worker in Toronto, Ontario, I've had experience working in Day Treatment Facilities, Residential Treatment Centres, Psychiatric Units, LGBTQ Community Centres, Suspension and Expulsion Programs, and Youth Shelters. Growing up in Nanaimo, BC, my own personal experiences support my knowledge and sensitivity towards the issues and challenges young people in and from care face throughout their lives.

I'm so grateful to be back on the West Coast and working with a new community of young people. I'm excited to work collaboratively with such amazing young advocates to overcome systemic barriers and through teamwork I believe we can achieve social equality. I have witnessed such resilience, strength, brilliance and pride in the Fed members and your ability to influence and advocate for your peers inspires me.

Together, we have the power to make a change and I'm committed to growing with the incredible young people of today as you will be our future leaders of tomorrow! I'd love to connect with each of you and get to know you all for the amazing individuals that you are!

Other fun facts: I have a great hunger for travel, I adore animals and I love music, dance, the outdoors, cooking and thrill seeking adventures.

## FAREWELL FROM SHAELYN, OUR INCREDIBLE 2014- 2015 YOUTH SCM COORDINATOR!

*I'd like to say that above all things, I may be leaving this role, but I will never leave the Fed. I will continue to volunteer whenever possible, as I hope would only be expected of me at this point!*

*This experience has been a journey of growth and knowledge. I came into this role knowing that I would support and guide some amazing young people in this organization. I knew I would have to learn how to be patient and appreciate the diversity of every person I meet. I knew I would need to be understanding of everyone's individuality and barriers. I truly enjoyed that I found a job that would expect these things of me and I have thrived based on those expectations.*

*What I didn't know was that I would be facing myself throughout the entire process.*

*I didn't know I would be so darn impatient with myself, unappreciative of my own qualities and have a lack of understanding as to how and why I do and say the things I do. For me, it was so easy to love and appreciate each and every one of you, but so difficult to do the same for myself. I didn't know I would be battling my own demons in this job and winning, thanks to the support of each and every staff and friend! The battle may still be ongoing, but I am now equipped with the right tools and knowledge to continue to take on every demon holding me back from my true potential.*

*I was always determined despite being dragged down, (heck I applied for this job twice before I got it). I am now more determined than ever because each battle I've conquered has given me a little more experience. (I'm sure my next battle will be just enough experience points for me to level up).*

*I will not stray from the path I have begun to travel on.*

*So this isn't a goodbye, this is a see-you-soon!  
Shaelyn*



## YOUTH PROFILE

### WISE AND PLAYFUL ISAAC!

To say Isaac is awesome would be an understatement! He has a HUGE heart and a fantastic sense of humour. To Isaac, having fun means being youthful, goofy, positive and yourself. He loves to have a good time with people he cares about and enjoys meeting new people. He defines the word genuine. Extremely passionate and devoted to his culture, he is an incredible role model to many of his peers. Isaac has been featured in several documentaries and loves to participate in tribal journeys. Isaac plays a vital role in the Kw'umut Lelum youth group and loves paddling, wearing regalia and working with other youth in and from care who have transitioned out of care. He is also strongly connected to his faith and an active member in different men and women's groups in his church. Read on to learn more about why we think he's so awesome!

#### Tell us about yourself

*I'm 18 years old and I live in Nanaimo, BC. I have been a Fed member for about two years.*

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

*My child and services people took me up to an SCM on Halloween and it was amazing and fun, so I decided to join.*

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

*Well the youth in care movement is an awesome thing; most of the youth in care are ridiculed and abused... so I wanna join in and help the ones that are in the horrible foster homes.*

#### What are some of your proudest accomplishments?

*My proudest accomplishment is when my little brother started to acknowledge me as his older brother, I finally knew I wasn't a jackass anymore.*

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

*I've had a lot of help from my foster family and canoe family and friends and thanks to my FASD, I can't show emotions like a normal person and I can keep a clean head in most situations.*



#### What inspires you most?

*What inspires me most are probably my childhood heroes, Batman and the Joker.*

#### 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 do drugs they will f#\*k you up. Live life to the fullest, surround yourself with people you trust, respect and love. Just because other people do it doesn't mean you are a gangster, people! And try and be polite to others no matter how much you wanna hurt 'em.*

#### What are some of your goals for the future?

*I plan on enrolling in the military and training to help out wherever they need help. After that I plan on going to college to study medicine and get my undergraduate degree for that and then help the military some more. Then getting my ER Doctors Degree and then help out in the military some more.*

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

*I'm in a position where I have a little baby foster brother and he's been with us for a year and a half now. They plan on taking him away and placing him in another home with family that he doesn't know and are probably far away. I would love to change that. When you give a foster family a baby girl or guy wait until they are older then have them choose for themselves whether they wanna stay or leave.*

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

*I am the second youngest in my family and I am quite a nerd with video games, anime and fantasy books.*

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

*"Call Me Maybe" by Carly Rae Jepsen*

#### Anything else you would like to talk about?

*I do, but it would take up an insane amount of the page so I think we should just move on! Thanks everyone for reading and remember Batman is amazing! Goodnight or good day!*

## ALUMNI PROFILE

# POSITIVE AND SUPPORTIVE ANNIE STANYER!



Annie is a wonderful person and dedicated Fed alumni member. She fearlessly stands up for what she believes in and is a true champion of the Fed and youth in and from care. She is always thinking of others and how she can better support, teach and mentor young people. Annie is considerate of how people are feeling and always appears to have a gift in knowing just how to cheer someone up. Her stories will be sure to make you giggle and her laugh is contagious! Annie is very conscientious and makes sure no one feels left out—even if she doesn't know you yet, you are guaranteed to receive a warm fuzzy at an SCM! Annie loves to tap into her creative and artistic sides through scrapbooking and has shared her skills with many of us in her SCM scrapbooking workshops. She values relationships and she builds life-long connections wherever she goes. Committed and dedicated to achieving her goals, she also treasures memories and the simple pleasures of life like going to the movies, listening to music and attending concerts. The Fed can always count on Annie to send a postcard in the mail on special occasions and from destinations she travels to and she has grown into a beautiful person and wonderful ally!

**How did you get involved in the Federation of BC Youth in Care Networks?**  
*I got involved with the Federation when I met Lacy D at a writing contest for kids and youth in care in February of 2004. She told me all about the Fed and then I went to my first SCM in May of 2004!!!*

**What do you think being a great alumni member means? What makes you so passionate about the youth in care movement?**

**"BEING A GREAT ALUMNI MEMBER MEANS BEING ENGAGED WITH YOUNG PEOPLE AND VALUING THE IMPORTANCE OF THEIR LIVES."**

*Being a great alumni member means taking on leadership roles and leading workshops. It means being engaged with young people and members and valuing the importance of their lives. What makes me the most passionate about the youth in care movement is seeing youth have a voice that creates change.*

**What are some of your proudest accomplishments?**

*My greatest accomplishment is graduating from both high school and college.*

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

*I wouldn't have been able to get to where I am without my family and friends. Their support has meant everything.*

**What inspires you most?**

*What inspires me most is seeing other youth in and from care at SCMs and seeing them participate in all the different activities.*

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

*I've been working almost a year at a big Vernon catering company as a bakery assistant!! I really enjoy this job!*

**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?**

*Make sure you finish school! My family is very proud of me for finishing. Also, believe in yourself—if you set your mind to something, anything is possible!*

**What are some of your goals for the future?**

*Some goals I have for the future are to save money and travel. I would really like to drive across the country to Toronto, Ontario and sight see with a friend. I would also really like to go to Disneyland because I think it would be fun and exciting!*

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

*The biggest change I would like to see for children and youth in and from care not just from BC, are if siblings at any age are being brought into care that they stay together. Brothers and sisters should be able to stay in the same home and with the same family.*

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

*An interesting fact about me that no one knows is that I have the same birthday as Charlie Chaplin!*

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

*"I Want It That Way" by The Backstreet Boys*

**Anything else you'd like to share with us?**

*Youth in and from care should join FBCYICN!!!*

**Where did you go to college?**

*I studied at Capilano College from 2004 – 2007. My program involved preparing individuals with learning disabilities for work and/or work experience and teaching life skills.*



**"YOUTH IN AND FROM CARE SHOULD JOIN FBCYICN!!!"**





# DAVE DAKIN

## THE COWBOY, THE ADVOCATE, THE SOCIAL WORKER

Dave was a social worker. But none of us held that against him! Dave gave young people hope. He showed all of us that there are adults out there who genuinely care. He also showed the system and his peers that it's hard but important to stand up for what is right and fair. As a social worker, he didn't always follow the rules but he always used his 'powers' for the best interests of young people at-risk.

Dave did so much more but essentially he was one of the original founding adult ally supporters of the Network and helped legislate rights for children and youth in care. His advocacy on behalf of young people was key in securing ongoing funding for the Network and his support of us as individuals could never be questioned.

Dave absolutely believed in the power of young people coming together to help themselves and would go to great lengths to ensure this would happen by securing meeting space, buying pizza and taking us to meetings and conferences all over BC to speak with other youth, caregivers and MCFD employees. He worked weekends with us and advocated tirelessly for equality for young people in care. He treated us like 'normal' kids and if something wasn't good enough for his own daughters, it certainly wasn't good enough for us and he made sure management

knew it. He would become furious if he found out we were moving around with garbage bags because we didn't own luggage and would somehow pull funds from the 'air' to get us our own set.

Over the years, we witnessed and experienced how Dave treated the young people he worked with care and respect. He believed in the value of engaging young people in decision-making; equipping them with the tools and resources needed to make healthy and informed decisions; and encouraging them to exceed the expectations placed upon them. And he recognized that everyone makes mistakes, and when we did, he didn't hold those mistakes against us. He didn't give up on any of us. He treated us like we were equals with his own children and that there was never a good enough reason for a young person in or from care to go without something that his own children shouldn't go without. He was a passionate and fierce advocate.

That's why writing this is so difficult. It is with profound sadness that we're letting you all know that Dave passed away in July. He had been sick for a number of months but despite this he always asked about the Network and made time for any of us that wanted to visit with him. In his honour, we are asking for donations to be made to the Federation of BC Youth in Care Networks'

Transitions Kit Bursary Fund. Dave was particularly passionate about advocating for services for young people leaving care and the Transitions Kit Bursary assists young people with these needs.

It's so hard to know how to say goodbye to a man like this... his positive impact stretches across this country and beyond in the successes of those of us who were fortunate to have had him in our lives. And his legacy lives on in the generations of Networkers who continue the work that Dave helped us to make a reality so many years ago. Please join us in saying a quiet thank you to Dave for assisting in the formation and development of what you all enjoy as the Federation of BC Youth in Care Networks.

Yours in Networking,  
Teresa Lum and Nicole Herbert  
FBCYICN Alumni

**Please make donations to:**  
**FBCYICN**  
**Federation of BC Youth in Care Networks**  
**500-625 Agnes Street**  
**New Westminster, BC**  
**V3M 5Y4**

**(Note: Please write Dave Dakin on the memo line of your cheque. Finally, you will not receive a charitable tax receipt as the Fed is currently not a charity.)**

# LIVING WITHIN AUTHENTICITY

BY HARI SUN P

Life is suffering. We are born without choice into a specific time, place and culture with many obstacles. We all share this in common. When we take a step back and imagine the billions of other people who are slaves on this planet for no other reason than being born into poverty, we are reminded that life is tough for everyone (this is intended for perspective not comparison). It may strike you as odd but even the rich kids and adults suffer immensely too. The rich may be able to buy more than they can eat, drive, play with, live in and travel with but if they lack the necessary knowledge of self then perhaps the subtle despair that creeps up and keeps them in pleasurable distractions will lead them on a life path of inner dissatisfaction where one only knows how to find fleeting satisfaction in things outside oneself. This despair I speak of is part of the gift of life we are given. So we are given two gifts: life itself with its natural built-in despair and the upbringing we had no choice in. I write this piece to everyone within this youth community to remind us all that we have the power within ourselves to make our individual lives better regardless of circumstances. So how do we do this?

**Firstly**, we will recognize that we have the freedom to make our lives better given what circumstances have made of us. We can't change the past but we can change our blaming of the past and realize that the past only exists in the mind and the habits of thoughts we use to feed it. Even if we believe society to be a prison, the real prison is our mind.

**Secondly**, whatever happens to us, it is up to us to decide its meaning. Everything we say about ourselves is a story. It's impossible to transmit our entire life experiences to others without words. Words are limited and selective from memory.

This being said, language and words are powerful. It is up to you to use them constructively and not destructively for the good of you and your humanity.

**Thirdly**, we can reinvent our existing identity. The moment we are born we are told who we are. When we grow up, we are told who we are and aren't. Do these people even know themselves? How are they supposed to know you when they won't let you be you? Since people label themselves and others, they limit their own possibilities of being. Own yourself and be free from inner and outer judgment or else someone will own you. Conformity exists in "non-conformists," "alternative" or "underground" cultures too. It takes courage to be you!

Remember to always develop your subjectivity (mind) by studying the deep truths of living and to remain conscious of the values and goals we choose for our self and only our self. Choose and commit to meaningful projects that resonate with you. Act with decisiveness. Whatever happens on the path of existing, remember to take responsibility for it. Authentic individuals take responsibility for how their lives turn out.

"...I WRITE THIS PIECE TO EVERYONE WITHIN THIS YOUTH COMMUNITY TO REMIND US ALL THAT WE HAVE THE POWER WITHIN OURSELVES TO MAKE OUR INDIVIDUAL LIVES BETTER REGARDLESS OF CIRCUMSTANCES."



ART BY LIANA K



PHOTOS BY DANIELLE G



PHOTOS BY MELINDA H





## **FORGIVE ME** BY FRENCH VANILLA

I am lost and blind  
From your heart that I can't find  
I heard silence through his lips  
Acting like you didn't exist  
Couldn't feel your pain  
So I made a bloody stain  
Leaving you in deep wonder  
I didn't know any better  
Feeling your heart beating faster  
As I took another  
Going from drinks to drugs  
Erasing the thought of never  
feeling your hugs  
Selfish and naïve  
Taking a man's love over a child  
Made many mistakes  
But this is harder to face  
Day by day faking no regret  
Truth is, I'll never forget  
The tears soaking my t-shirt  
Hurt  
Left home alone with no one for  
comfort  
The days and minutes drowning  
in hate  
Did what your daddy wanted  
Pretend to agree  
To earn his love for eternity  
Stupid  
Fully committed  
I am lost and blind  
From your heart that I've left  
behind  
Decision of my own mind  
Forced to see evidence  
Red and more red  
Murder  
Of a child caused by its own  
mother  
Committing the worst crime  
Ending your time  
Like it was only worth a dime  
Twenty days  
Heart beating  
Nails growing  
On a baby, peacefully growing  
Soul slowly fading  
A human being  
I am lost and blind  
Mommy killed her sunshine

## **WOLF TREE** BY ANONYMOUS

I went to the Museum of Anthropology on May 28, 2015 with the thought of finding a piece in the collection of totems that I could feel most connected to on a personal level. I started at the hall of the tall totems, then made my way through a European section. I came across a totem pole with wolves on it and thought, "this is a piece I can connect to." My connection to the totem pole

made by Alfred Wesley was the wolves, which happens to be my families' spiritual animal. My great grandmother was a wolf house member from the Kwakwaka'wakw Nation north of Vancouver Island and my parents are also wolves. My grandmother and grandfather gave me my middle name "Wolfet" to identify my spirit. As you can see in the photo, the totem pole has an adult wolf head base, a baby wolf in the middle and another adult wolf on the top. It also has two humans facing each other. The meaning I saw in the carving was a family tree of wolf spirits. The head on the bottom looks like a child and the pup's head looks like a young spirit. I imagine the bigger wolf looking over the young human. To me, the animal spirit is the mother and the two humans facing each other look like the mother and father of the child. I imagine the last wolf as the spirit of all wolves, which represent the world of nature that looks over all of them. I believe this is a positive message, that we are all here to take care of each other in some way. The survival of the wolf pack depends on each wolf caring for the next. This is the way it should be for humans too.



Totem by  
Alfred Wesley

## **DECOLONIAL LOVE** BY VALEEN J

I know that many Indigenous communities and families are much too familiar with the intergenerational struggles that result from colonialism, so I wrote a poem about one in my own experience. It is my hope that we can rise out of our struggles and live in decolonial love.

It's hard to love you  
when you're intoxicated.  
It's hard to love you  
when you poison yourself.  
It's hard to love you  
when your beer breath  
melts into slow death.  
It's hard to love you  
when you believe this numbness  
will suffice.  
My dear one,  
you make it hard to love you  
much too often.  
I want to call you selfish  
for attempting to leave this world  
that we share.  
I want to yell at all  
that has caused you to turn  
to this lifestyle of the lost.  
I want to tell you how I feel  
when you make it hard  
for me to love you.  
I see the sadness in your eyes  
and the pain in your veins.  
I understand that hopelessness  
invites you over for a drink.  
I feel our history creeping up  
when you declare your anger.  
I hear your heart beating,  
desperate for meaningful change.  
My dear one, there are times  
when you make it hard to love you.  
So I will love you with more sincerity  
and with every chamber in my heart.  
I will love you so loud  
that you will consider loving yourself.  
I will always love you,  
even when I feel that you make it  
difficult.

"IN YOUR PRESENCE I CAN SMELL THE WARRIOR IN YOUR DNA."

ART BY BAYLEIGH P



"I TRUST IN MY FAITH AND ITS AWAKENING BRILLIANCE."



ART BY MATTHEW K

ART BY SHAELYN B



## MIND OF AN OGICHIDAA KWE BY VALEEN J

Take a minute to relate to me as I open the door for you into my mind.

I have a desire to inspire but what does that require from a young Indigenous lady such as myself?

A former foster child who blossomed as a wallflower in grade school.

In the colonial system I am the minority of minorities.

In the colonial system I live the intergenerational struggles forced upon us as original peoples.

In the colonial system I carry a burden of scars, sorrows, insecurities!

STOP. Breathe. In your presence I can smell the warrior in your DNA.

Pause. Still breathing. Remembering my dream of inspiring many beings in many ways.

As the thought of those with high expectations of me and those with no expectations of me tumbleweeds across my brain.

But when I ignore everyone's expectations of me and focus only on mine I become sick to my stomach.

I spend long nights trying to convince myself that my birth was enough to spark hope for the future.

I want to see the Indigenous baby with a decolonized tiichma reflect back from my mother's eyes.

I yearn for the moment that I finally recognize myself because in that moment the thundering movement will RAWR a warrior's cry and you all will realize that you can do it too.

So do not worry about the day that I sacrifice my body to Mother Earth but instead be assured by these words: I will return... and I will be millions.

## CRACKED MASK BY EDDY B

Suit up every day and they still take me as a joke,

Stop for a second and think, before you take a minute to poke...

Fun at the "kid" who was a man before he was even a teen

If you really know me, then you'll know what I mean

Try being a dad at twelve, before you give your judgmental leers

Why is it I grow so quickly, and always been ahead of my years?

It's not my fault my interior state of mind is superior to these inferior immature "peers"

But I've been pushing my own limits since a child and never needed anyone to interfere

So when I sit here lost, alone, and looking for a way out

The last thing I need is someone twice my age, no better off than I am, trying to tell me what life's all about.

If we were playing chess, I'd be 5 moves ahead—checkmate.

You don't you know all the places I've been, you wot mate?

Puff out your chest to someone else, I'm not one to peacock.

Just leave my name out your mouth, or I'll dry it out with chalk

SO you can choke on the dry bitter taste that I do every day

How's it feel to know your mouth is full but you can't swallow anyway?

## FAITH BY NATASHA S

I made it this far with still a long way to go.

Life has always been hard and only god truly knows my struggle, my pain and my resilience.

I trust in my faith and its awakening brilliance.

Longing for a day where I don't feel so lost, wishing for a way to not up the cost. Ignoring this ache of lingering loneliness, I'm trying to climb out to be on again. I look in the mirror and what do I see? I have days where I feel that it's okay to be me. But on those times where I feel that I don't live up I still strive to be brave and keep my head up. I see a future, that in my past I never imagined and I had to let go of all that has happened for a life that hasn't always been great, at least I can forever count on my faith. ❤️

## ONE WAY U-TURN BY EDDY B

Whether a backtrack, or one step ahead  
Feels like we're goin' in circles, from our birth 'til we're dead

My feet hurt, and blisterin', just take a minute to listen, Mister. And,  
Don't you walk past with your nose in the air

When every day I relive my past and pretend I don't care  
I'm not gonna tell you "you don't know my story" because I don't know yours

But it's sad neither of us care, we're all better doors,

Than windows, but who knows, maybe when the wind blows

We'll set sail, we can de-rail, maybe even break free

But believe me, then you won't see, what it's like to be me.

## JENN'S STORY BY JENN C

Once upon a time there was this princess who lived in a castle with the queen and king of a small town called Williams Town. The princess' name was Emily Elizabeth Merrie Neave, but she goes by Emily.

Emily was having a wonderful day when the time came that there was an emergency and her parents had to go on a ship and they vanished into thin air. Then Emily had the castle all to herself. She thought to herself "it's kinda scary but awesome in here by myself."

Then one day another queen arrived to take care of the kingdom. But Emily found out the new queen was not nice. The queen started to make the princess clean and do everything for her.

Then she found out the queen was evil and tried to tell the town, but the queen wouldn't let her and locked her up in the dungeon.

She got so bored and tired of being in the dungeon she started to try to escape but the queen kept catching her and locking her up again and again 'til she decided to build a tall tower and lock Emily up in it forever. Thanks for reading.



# STRATEGIC PLANNING SESSION



# GUARDIANSHIP FORUM





# DIY BODY SCRUB!

Scrub-a-dub-dub! Here's an easy-to-make body scrub with ingredients found in your kitchen cupboard! An inexpensive way to pamper yourself while getting rid of dry, rough skin that not only helps to give you soft, smooth skin, but also improves blood circulation and other skin concerns.

## WHAT YOU NEED

- ¼ cup coconut oil
- ¼ cup olive oil
- ¾ cup of sugar
- ¼ cup salt
- Your favourite essential oils like lavender, citrus or peppermint (optional)

## WHAT TO DO

1. Melt coconut oil for 20-30 seconds in the microwave (carefully!)
2. While the oil is still warm, mix in the olive oil, and let it sit until room temperature
3. Stir in the sugar and salt
4. Add in 4-6 drops of your favorite essential oil. Not only do some of them smell great but many of them have great healing properties (e.g. citrus is very uplifting, and lavender is very calming and awesome for relieving stress!)
5. Put in an empty jar or container and enjoy! Great for gifting too!

Adapted recipe from LEAF (Living Eating and Fashion) [youtube.com/watch?v=I8erilLV4oU](https://youtube.com/watch?v=I8erilLV4oU)



YOUTH IN CARE ARE AWESOME! JUST SAYING...

## WORD SCRAMBLE!

Unscramble each of the clue words.

Take the letters that appear in  boxes and unscramble them for the final message.

SEE THE ANSWERS ON THE BACK INSIDE COVER!!!

MIMTYOCNU

CISVEO

TNWEOKR

NEDCUATOI

INEESICREL

HISTGR

TAISMG

TEONIC

PENRYMCEAN

SETILN

OTCAAVED

CEPSRET

REWMOPE

SEAREILHPD

TECCNNO

LOCLSA

BIUSEASRR

SOATNNIISTR

JUNROEY





FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS



# ANNOUNCEMENT BOARD



Congratulations to FBCYICN Alumni & Board member Raven Wright on completing her Child and Youth Care Degree!

Congratulations to Brittney M on the birth of her adorable new baby Liam!

Congratulations to Melannie M-W on the birth of her adorable new baby Stkeya?!

Congratulations to Alumni Sade Scott on the birth of her adorable new baby Shanyia-Rose!

Congratulations to Ayla T on the birth of her adorable new baby Declan!

Congratulations to Alumni Sarah Dawkins on the birth of her adorable new baby Jah'kari!

Welcoming new Alumni Shane Delaronde, Stephen Cain, K.T. Matheson and Kyla LaPointe, we know you're going to rock your new role!

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

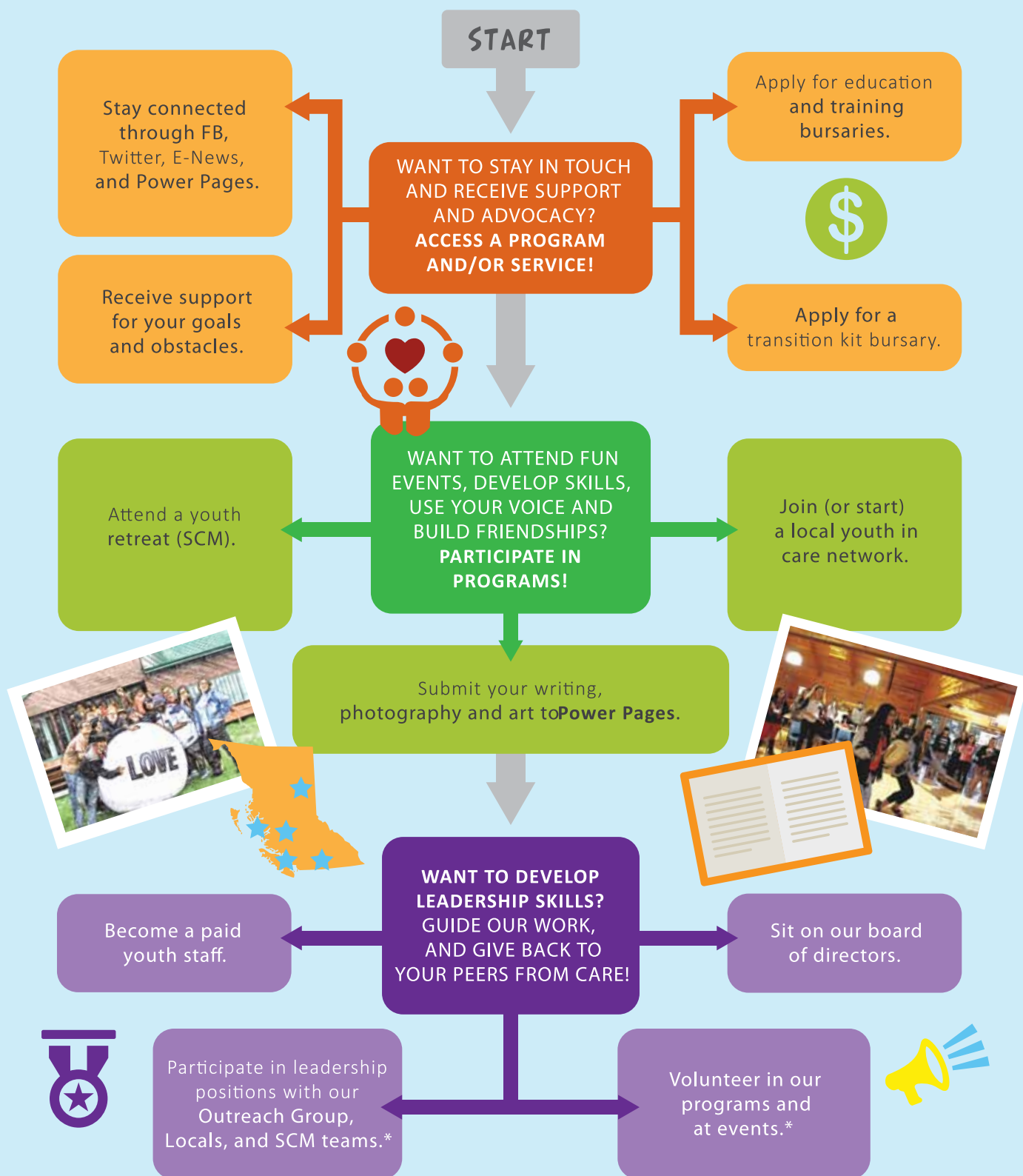
If you or a young person in or from care you know has reached a major milestone, accomplished a goal or has something incredible to celebrate, please contact us!

[powerpages@fbcyicn.ca](mailto:powerpages@fbcyicn.ca)

ANSWERS: \*Community, Listen, Advocate, Respect, Empower, Leadership, Connect, Notice, Permanency, Journey, \* Join the Village  
Locals, Bursaries, Transitions, Journey, \* Join the Village

# 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 (\$)