

# POWER PAGES

A MAGAZINE FOR  
YOUTH IN & FROM CARE  
AND THEIR ALLIES



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS



PROFILES:  
AYLA, HARI, IVAN,  
JAYE & NOKOMAS

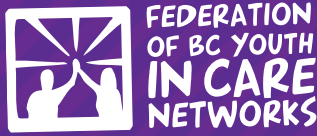
Photo by Katherine Ho

WE'RE A CHARITY!  
2016 YOUTHSPEAK REPORT!  
BC CHILD & YOUTH IN CARE WEEK 2016!  
BUDGET, STRATEGIC PLANNING & TECH  
UPGRADES GALORE!  
MEET YOUR NEW BOARD!



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

IT'S  
FREE  
SO TAKE  
ONE!  
SUMMER 2016 • #47



FBCYICN is a youth-driven, provincial, non-profit with charity status 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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## 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.



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

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[youtube.com/agedoutcomBC](https://youtube.com/agedoutcomBC)



**ON THE COVER:**  
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- 2016 Achievement Awards!!!
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- Art by Jenn, Rose, Kami, Rose & Star
- Word Search
- Skillz4Life: PoweRecipe  
Photos by Melinda & Valeen
- Announcement Board

## POWER PAGES

EDITION #47: SUMMER 2016  
 BROUGHT TO YOU BY:

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VIEW OR DOWNLOAD PAST  
 AND CURRENT EDITIONS AT  
[fbcyicn.ca](http://fbcyicn.ca)

## THE FED IS NOW A CHARITY!!!

Back in March, we received a letter confirming that all our hard work to get informed on the pros and cons of becoming a charity, hold consultations with members to discuss the issue, and prepare the application package has resulted in the Canadian Revenue Agency authorizing the Fed to move forward as an official charity! Thank you to everyone who participated in these discussions and helped us to make the best decision for the future of the Fed.

Now that we can legally move forward as a charity, our attention turns to trying to figure out how to spend our time and effort when it comes to fundraising. Do we focus on: getting individuals to make donations; going after grants; trying to find corporate sponsors for our work; or maybe working with foundations who are looking to provide money to organizations who address youth in care issues? We have to start somewhere as a first step and we will be exploring our options and trying to create a plan to help bring some more money to the Fed to help us improve the lives of youth in and from care. Stay tuned...

## STRATEGIC PLANNING & BUDGET

We have signed our 2016–2017 contract with the Ministry and it includes a commitment to do a bunch of great things including holding at least two SCMs, looking for ways to expand the reach of *Power Pages* and delivering the same great services to youth in and from care. In addition, now that we have our Charitable Tax Status designation (hurray!), we will look for additional funding so we can do even more great work.

Many of you participated in our strategic planning and based on the input of young people and others, we are continuing to adjust our strategic plan to make sure it includes the Ministry priorities, which have increased for this year, as well as what we heard from all the young people who helped create it. As always, budgeting is a balancing act where we try to do as much as we can with the money we have, and sometimes that means making tough decisions about what's in and what's out. The strategic plan is an important document

because it's the roadmap for how we will pull it all together. The plan should be ready to share by September 2016 so stay tuned...

## TECH UPGRADES GALORE!

Here at the Fed, we too have to keep up with the times, including technology! It's that time again for us to update our website and database. Our website is one of the first ways young people, community partners and potential funders will get to know our organization and of course, especially now that we're a charity, we want to put our best foot forward! The database is probably more important though as the information it tracks allows us to tell a story to the ministry and the public in a language they can understand — numbers!!! A good database system tracks the statistics organizations need to share with funders to confirm they've spent the money you received in a good way. It can also help organizations track trends around which programs are being used and by who. An new database will help us answer the question "which programs are most useful to youth in and from care and why?" Also, now that we're a charity, we need to track information about donors to issue tax receipts for their contributions. With many requirements about what information we need to share to confirm we are spending our money effectively and creating an impact for youth in and from care changing, the time was right to move forward this year and to do the necessary upgrades. It is our hope that these upgrades will help reduce the amount of time that staff have to spend doing administrative tasks (like signing people up for an SCM, or volunteer opportunities, creating statistical reports, etc.) and free them up to spend more time delivering service to you and evaluating their work.

We will be seeing if there are some young people and alumni out there who may want to help us shape this work and help us spread the word about our new shiny toys when they're all complete and ready to go!

## LOCAL DEVELOPMENT

Over the past couple of months we've been working with communities to develop more locals and we had an event happen in April to kick off a Vancouver local! That has been a big request from our members for a long time and we are so excited to see it happening thanks to host agency the

Broadway Youth Resource Centre. OPTIONS Community Services in Surrey is also busy working on getting a local up and running in Surrey and there is more talk about something happening in New West and Port Hardy. Stay tuned in the upcoming months to find out more about what is happening or get in touch with Dawn to find out about how you can get involved contact: [dawn.johnson@fbcyicn.ca](mailto:dawn.johnson@fbcyicn.ca)

We'd also like to extend a BIGGGGG warm Fed welcome to the team in Kamloops as they're now an official local! We're now at a total of four official locals around the province! For a complete update on Local Development and to see what all of the communities are up to, see page 9.

## 2016 YOUTHSPEAK REPORT & ADVOCACY!

We are excited to update ya'll on the YouthSpeak project! A team of young people we called the Youth Research Team were trained and they created a survey for youth in and from care gathering their insights on the top issues they face launched province-wide. The top issues were determined from the focus groups we facilitated across BC with over 250 young people! 142 young people between the ages of 14 and 24 who were in or from government care from across BC completed the survey and we surpassed our goal of getting 100 responses! With the results of the survey, we have created a report which you can download from our website at [www.fbcyicn.ca](http://www.fbcyicn.ca). By the time you read this, we will have already completed the next phase of this project. The Youth Research Team helped plan the YouthSpeak SCM on June 4–6, 2016 where young people, decision makers and youth serving organizations came together to discuss the top five issues and work together to come up with tangible solutions to address these issues and improve the lives of young people in and from care in BC.

## 2016 BC CHILD AND YOUTH IN CARE WEEK (BCCYICW)

As you read this, BCCYICW celebrations will have just started! This year, BCCYICW was proclaimed to be June 6–12, but we extended the celebrations to start June 4th! The committee decided to extend the week because we wanted all young people across the province to have more opportunities to attend a celebration happening close to them. With

## MESSAGE FROM YOUR



the support of youth advisors Rachel L, Shaelyn B, Kami S, Angel R, Luke N, Ashley M and a team of professional partners, we're hoping to make this the best BCCYICW to date! We hope that you are able to attend an event near you, host an event, or support some young people in your community to join in the festivities! You can view the youth-made promo-kit and find out tons of great information on the website: [bcchildandouthincareweek.com](http://bcchildandouthincareweek.com) if you're looking for ways to celebrate our amazing young people in and from care! We would love to hear about all the ways in which you celebrated, so send us your photography and write ups to [powerpages@fbcyicn.ca](mailto:powerpages@fbcyicn.ca) and we'll share it in the next edition of *Power Pages*.

### OUTREACH GROUP

This spring, we delivered a presentation to a fourth year "Working with Families" Child and Youth Care class at Douglas College and had some really wonderful discussions around rights and the importance of transition supports as youth age out. We really enjoyed connecting with like-minded folks from other community organizations that are doing equally invaluable work to support youth in and from care.

We also attended the Federation of Aboriginal Foster Parents Wellness Conference and shared information about our programs, services and our beloved "Move your Butt" ice-breaker, which they all loved! Not to mention, we had lots of fun learning some new First Nations get-to-know you activities too!

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

### WE ♥ OUR VOLUNTEERS!

Seven members from our leadership teams took part in the Vancouver Foundation's Fostering Change road trip for Youth Advocacy Day in Olympia, Washington on Jan 28–29. Learning alongside BC partner agencies Aunt Leah's, Lu'Ma Native Housing Society, McCreary, PHS Community Services Society (PHS), Society for Children and Youth of BC (SCY), Vancouver Aboriginal Child and Family Services Society (VACFSS), and YYPER—we were SOOO very inspired by all the INCREDIBLY AH-MAAZZZING work

*Dear Fed Members,  
My board term ended on Valentine's Day, but my advocacy continues! I'm completely overwhelmed and overjoyed by the recognition shared for my work with the Fed over the years. As I say goodbye, I want to talk about who I believe the real heroes are — those who inspire me to try to do my best, to walk alongside, to support, to give everything I can to this work. It's you! The Fed's young people are phenomenal, strong, caring, resilient, passionate. At the same time, and rightfully so, you are challenging and demanding, and*

*seek accountability from the adults in your lives. I appreciate the gifts you've shared with me and the honour you've bestowed upon me to be involved and included in this work. I hope to continue to do ever so much more on behalf of you and all other young people who have experienced government care in BC. #youthincareareawesome #morethanahashtag*

*Bye for now.  
Respectfully,  
Lynell*

*Dear Fed Members,  
I am so excited and honoured to take on the role of Board Chair! Lynell has done an amazing job leading the Board for all these years and has helped us become a strong and united Board that is thrilled to be working for you. We now have a full leadership team in place and are ready to take on the opportunities created by our new Charitable Tax Status, this year's YouthSpeak research report and the YouthSpeak event in June.*

*Please join me in congratulating the following Board members in leadership roles:*

- ★ Gary Tennant as Interim Vice-Chair, Treasurer and Chair of the Finance Committee
- ★ Chelsea Turpin as Secretary
- ★ Raven Wright as Chair of the Mission/Vision/Values Committee
- ★ Katelyn Crabtree as Chair of the Governance & HR Committee.

*It has been a great joy getting to know you over the past two years and I look forward to connecting to many more of you in the future. For those who don't know me, I run a communications and engagement company that is focused on bringing positive change to people and communities, and I always try to bring that perspective to the Fed.*

*My hope for this year is that BC's youth in care continue to grow stronger and that your voices are celebrated across the province and the country.*

*This is a new role for me and I hope to learn from you, as you share what works and what needs to be changed. Please feel free to contact me at anytime. I'd love to hear from you.*

*Cheers,  
Debbie*

of The Mockingbird Society, Treehouse, and the YMCA in influencing significant legislative policies to improve foster care and end homelessness in Washington.

Our leadership teams— BCCYICW Youth Advisors, Board Committees, Local Development Team, OGs, SCM Extreme Team and Youth Research Team continue to plow through significant work supporting us in our programming, governance and outreach responsibilities; see other sections for more details!

Thanks to our Fed Film Committee of youth, alumni, staff, and board members for nailing the vision of our campaign video through brilliant brainstorming and engaging ideas, concepts and questions. Not only is our membership super proud of the video but on opening day,

the public loved it as well, awarding our video with "Viewer's Choice"! Check out our YouTube and Facebook page to watch it!

At our February 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 some amazingly inspiring young people with bursaries (\$) to help with their personal and educational goals. Lots of interesting and meaningful opportunities coming up; stay updated via Facebook and our website!

Love and Hugs,  
The Fed Staff

**SCM #70  
SHENANIGANS!**



**CHECK OUT OUR WEBSITE ALREADY!**

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



**FBCYICN.CA**

★ ★ AND FOLLOW US ★ ★

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 YouTube THEFBCYICN FBCYICN

#YOUTHINCAREAREAWESOME  
 #STANDWITHYOUTHINCARE  
 #JOINTHEVILLAGE

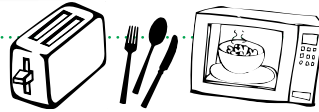
## UPCOMING SCMS

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

**SCM #72  
SEPT 23-25  
EASTER SEALS CAMP  
WINFIELD, BC  
(NEAR KELOWNA)**

To apply or attend or if you have any questions or concerns about upcoming SCMs, please contact Chris Buchner at [chris.buchner@fbcycn.ca](mailto:chris.buchner@fbcycn.ca) or 1.800.565.8055

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



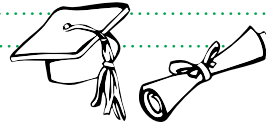
## TRANSITION KITS!!!

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

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

This province-wide program provides youth in or from care with a \$150 transition kit—items that will support young people who are transitioning or have transitioned to living independently. FBCYICN’s “in care” definition includes: foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, and 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 Brittaney at the FBCYICN (604) 527-7762 Ext 115 or at [brittaney.andreychuk@fbcyicn.ca](mailto:brittaney.andreychuk@fbcyicn.ca)



## DREAM FUND BURSARY!!! WHAT’S THE DREAM FUND?

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

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

### REACH FOR SUCCESS:

Samsen B — \$500 towards driving lessons  
Anonymous youth — \$500 towards driving lessons  
Anonymous youth — \$500 towards driving lessons

### EDUCATION ACHIEVEMENT:

Angela W — \$1,250 towards Langara College  
Jazminne H — \$1,250 towards Camosun College  
Warren I — \$1,250 towards University of Fraser Valley  
Alexis V — \$1,250 towards Vancouver Island University

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

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

**OUR NEXT DEADLINE IS JULY 8, 2016 AT 4:30PM.  
DON'T FORGET TO GET YOUR APPLICATIONS IN!!!**

## THANK YOU BEATRICE!

Back in February, the Fed received an extremely generous donation in the amount of \$5,000 to the Dream Fund’s Education Achievement Bursary from a woman named Beatrice L. We wanted to give Beatrice an opportunity to speak to why she made this donation. Check out her message below!

*“I remember fondly the excitement I felt when I was graduating high school. I was very much looking forward to continuing my education and all that laid ahead. Therefore, it was very heart breaking to hear from news stories and other sources that for young people aging out of government care, that time may instead feel very hopeless. The financial support I got from my parents enabled me to reach my educational goals. My hope is that my small contribution to the Dream Fund Bursary can help young people in different circumstances than mine and also have hope for what their future holds. Whether that be through formal education or vocational training.”*

— Beatrice L.



## WELCOME NEW BOARD MEMBER VIOLET-ROSE!

I am incredibly grateful for the opportunity to serve on the FBCYICN’s board and work alongside the amazing youth and adult allies whose passion and dedication are creating a lasting positive impact. Having personally spent 15 years in the foster care system, I am passionate about supporting youth in and from care and recognize the importance of their voices being heard.

Currently, I am enrolled at Capilano University in the Community Leadership and Social Change diploma. My employment experience has included working in the non-profit sector and arts based advocacy. I am the founder of The Garbage Bag Challenge where I have made a personal commitment to carrying a garbage bag for 365 days to raise awareness and support the provision of luggage for children and youth in care.

Outside of school and advocacy work, I can usually be found curled up with a good book. I am an avid reader, usually reading two to three books at a time as there are just so many good books to choose from!

Sincerely,  
Violet-Rose Pharoah

# VOLUNTEERING AT FBCYICN! GIVING BACK & GETTING BACK!

“Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more”— Tony Robbins, American writer (June 2016).

At 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 2016 (last edition of *Power Pages*) for their time, energy, and acts of kindness—THANK YOU for being so generous and for sharing your ideas and passions.



- |               |             |           |            |
|---------------|-------------|-----------|------------|
| Alice S.      | Cazlynn D   | Kami S    | Rodney C   |
| Andy A        | Eddy B      | Kevin C   | Sandy K    |
| Angel R       | Hari S      | Luke N    | Shaelyn B  |
| Ashley J      | Jaz W       | Marcey A  | Star M     |
| Ashley M      | Jared E     | Matthew S | Tre R      |
| Bliss G       | Jesse J     | Natasha S | Tre T      |
| Braydon-Lee S | Jocelyn A-L | Nate L    | Valeen J   |
| Cammy L       | Joshua W    | Rachel L  | Wheeshay M |
|               | Jaye S      | Rachel M  |            |

## ALUMNI MEMBER VOLUNTEERS (25+)

- |               |                |               |
|---------------|----------------|---------------|
| Aaron Chew    | KT Matheson    | Raven Wright  |
| James Copping | Kyla La Pointe | Sarah Dawkins |

## ADULT ALLY VOLUNTEERS (19+)

- |                 |                  |                     |
|-----------------|------------------|---------------------|
| AJ MacLeod      | Debbie Cox       | Lindsay Arner       |
| Alex West       | Gary Tennant     | Lynell Anderson     |
| Austyn Brackett | Jeff Schiffer    | Renata Saat         |
| Britta Peterson | Kaitlin Crabtree | Roland Gurney       |
| Chelsea Turpin  | Kari Beppe       | Ryan Wong           |
| Dan Malone      | Kate Ritchie     | Sheila Rennie       |
| Danielle Venne  | Kim Lee          | Violet-Rose Pharoah |

## INTERESTED? QUESTIONS?

Contact: [Colleen Danes](#), Project Coordinator

Email: [info@fbcyicn.ca](mailto:info@fbcyicn.ca)

Phone: 604-527-7762 Ext 101 | Toll Free: 1-800-565-8055 | Cell: 604-353-3508

Facebook: [Colleen Danes at Fbcyicn](#)

# INTERESTED IN GET BY GIVING BACK, YOU

YOU CAN DISCOVER NEW INTER  
FRIENDS AND GUIDE THE FED AS WE

As part of our youth-driven approach, young people in and from care help lead many aspects of our work, including through volunteer roles! 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 training and a \$100 honorarium for every 20 hours of volunteer time. 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!

## HOW 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.



# BECOME A MEMBER!

## ARE YOU GETTING INVOLVED? ARE YOU GETTING BACK!

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

### PHOTOGRAPHERS

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

### PROGRAM & EVENT ASSISTANTS

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

### SELECTION COMMITTEE MEMBERS

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

### YOUTH FACILITATORS

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

### YOUTH MCS

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

### YOUTH TEAMS

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

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

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

## TOP 5 REASONS TO BECOME A MEMBER:

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

Join the FBCYICN family today by filling out a membership form found on our website:

[fbcyicn.ca/programs/membership/](http://fbcyicn.ca/programs/membership/)

**THE INDIGENOUS KIDS RIGHTS PATH**  
JESSICA LEMKE, BSW PLACEMENT STUDENT  
FIRST NATIONS CHILD & FAMILY CARING SOCIETY  
[FNCARINGSOCIETY.COM](http://FNCARINGSOCIETY.COM)

The Indigenous Kids Rights Path is a website with resources that was created by the First Nations Child and Family Caring Society in partnership with the Law Foundation of Ontario. The website launched on November 20th and contains many websites and documents for children and youth. The resources on the website are for Indigenous children and youth living anywhere in Canada. Specifically, the resources deal with human rights and what to do if your rights are not being respected. This includes providing resources that outline what the rights of Indigenous children and youth are. For example, there is information about the UN Convention on the Rights of the Child. The website also includes resources that identify different legal steps that can be taken in the case of discrimination; an example is the contact information for the Canadian Human Rights Commission and information on how to file a human rights complaint. The website also includes an urgent help section where resources are available for situations that require more immediate assistance. This section includes contact information for the Provincial Advocates for Children and Youth, an organization that helps kids in child welfare, and other useful contact numbers. The website can be found at [indigenoukidsrightspath.ca](http://indigenoukidsrightspath.ca)





# 2016 ACHIEVEMENT AWARDS!!!

At our last SCM back in February, we honoured a group of amazing young people and adults for their incredible contributions and achievements. The Fed's Achievement Awards are our way of celebrating our diverse and incredible young people, alumni and adult allies. This year we gave out the following awards:

The **Personal Achievement Award** is for young people who have overcome significant obstacles in their lives and demonstrated commitment to self-improvement. This year there were too many amazing young people nominated that we couldn't pick just one, so we honoured Jordan P and Kayla L.

The **Community Contribution Award** is given to a young person who has contributed to their community and are dedicated to improving the lives of youth in and from government care. This year's recipient was Briann G. Briann volunteers two to four hours per week as a Big Sister where she is a mentor to a young person with government care experience. She also

volunteers her time mentoring grade 10 students who are interested in the Human Services Fields and she is a member of VYPER, which is a group that advocates for community organizations to include youth voices in decisions about them. Briann is also currently completing her Bachelor's Degree in Social Work at the University of Fraser Valley.

The **Outstanding Alumni Award** goes to an alumni who gives back to the organization. This year Aaron Chew was the recipient for all of his hard work as an Adult Support and Hospitality staff at the Fed's SCMs and for all of his contributions towards supporting the Victoria Youth in Care Local.

The **Above and Beyond Award** goes to an adult ally who has made a significant impact on the lives of youth in and from government care. This year's recipient is Ryan Wong. Ryan has volunteered as an adult support with our organization for over 10 years and is a beloved mentor and role model to our members. For the

past six years, Ryan has also volunteered his time as a Big Brother and mentoring young women who are interested in the technology field.

Finally, our **Honorary Life Member Award** goes to someone who has contributed greatly to the Fed. This award recognizes their commitment to the organization and acknowledges that no matter where their lives take them, that they will always be a loved and cherished member. This award has only been given out a few times and we were honored to have awarded Lynell Anderson. Lynell has supported the Fed for over 13 years as an adult support, board member and recently, Board Chair.

What all these candidates have in common is that they inspire us. They inspire us to be better caregivers, they inspire us to give back to our community, they inspire us to grow as individuals and they inspire us to be better people. On behalf of the entire membership, staff and board, we congratulate all the 2016 FBCYICN Achievement Award Winners!



## FBCYICN LOCAL YOUTH IN CARE NETWORKS UPDATE!

### SIGN THE FOSTERINGCHANGE.CA PETITION & HELP MAKE A DIFFERENCE

Have you heard about the Fostering Change youth advocacy campaign? It's happening right now!!

Our friends at Fostering Change are a group of people with a personal connection to youth leaving foster care. As young people, we advise them on ways to make sure we all have better opportunities and support to go on and do amazing things in life.

Together we are campaigning for young people leaving care to get the same kind of supports and opportunities that most kids around the province get from family and friends. We want to raise public awareness of the issues young people leaving care face, and celebrate your talents and achievements in a way that inspires people to take action.

Sign the petition, and tell everyone you know!!!

At the heart of the campaign is a petition that asks for three things:

- ★ Financial support for living costs until age 25
- ★ Long-term relationships with dependable adults for advice, references, and connection
- ★ Opportunities for young people get more involved in their communities

It's really important to get as many signatures as possible, to show everyone how many people care about this issue. Share it on your social media, like our Facebook page, get tweeting, and whatever else you like to do when you want to be heard!

**SIGN THE PETITION NOW AT:**  
[fosteringchange.ca](http://fosteringchange.ca)



### HELP MAKE AN EVEN BIGGER DIFFERENCE

You can join the Fostering Change campaign by taking the petition out to events on the streets, in parks and community centres.

### GET IN TOUCH TODAY

Call or text Kris Archie at Fostering Change on **604-218-6159** with your name, number and email address.

Thanks for getting involved in Fostering Change. It's another great way to #standwithouthincare.

Sincerely,  
 Rachel and Meredith, Fostering Change Youth Advisors  
 Mark, Kris, Trilby, and Nat, Fostering Change

### VICTORIA

The Victoria Youth in Care Network (VYICN) has been busy doing annual planning to see what their priorities are for the next year. We also had two new adult supports join us! We would like to extend a huge welcome to Kate and Austyn! We are really excited to get into planning for the next year and seeing how we can make the VYICN even bigger and stronger! We also had the opportunity to attend the Gathering our Voices (GOV) Aboriginal youth conference with the support of a grant from the Lex Reynolds Foundation. You can check out some of our photos and personal experiences in the GOV feature of *Power Pages*!

### PRINCE GEORGE

Members of the Prince George FUBU local have also welcomed new facilitator! Alex joined the group just before Christmas. They had been busy working with the other programs out of the Prince George Native Friendship Centre to fundraise to attend the Gathering our Voices (GOV) Aboriginal youth conference. Through their fundraising efforts and support of the Friendship centre, they were able to take a total of 28 youth to GOV in Victoria, 24 of whom are in and from care!

### KELOWNA

Kelowna has been busy with weekly programming for their members. In January and February, members had the opportunity to participate in a five week art course capturing winter scenes in watercolour. Later in February, they tested their culinary skills in an Iron Youth Food Challenge! March brought on some great fun and games indoors and out, including tubing, campfire roasts, laser tag and board games. Finally, in April they will be golfing, go-karting, having a pizza party and playing paintball!

### KAMLOOPS

Kamloops was officially approved as a Fed local in March 2016!!! Kamloops spent the beginning of 2016 working hard to complete their Local application and budget. They welcomed a new adult support, Renata and said goodbye to Lindsay who played a huge part in getting the group started! They've got some great events planned for the coming months in hopes of spreading the word about their newly formed group and recruiting more members.

For more information about any of these locals, or to find out how you can start one in your community, please contact Dawn Johnson at [dawn.johnson@fbcyicn.ca](mailto:dawn.johnson@fbcyicn.ca)

**Current Locals:** Victoria, Kelowna, Prince George & Kamloops  
**Communities Who Have Applied:** Port Alberni  
**Communities Who've Started the Process:** Nanaimo, Surrey, Vancouver & Port Hardy



# UPDATE FROM THE REP!

BC'S REPRESENTATIVE FOR CHILDREN & YOUTH

Hey everyone,

Quick quiz:

- ★ Do you know what we do at the Office of the Representative for Children and Youth?
- ★ Do you know how we can help you or someone you know?
- ★ Do you know what your rights are?

If you answered no to one of more of the above questions, don't worry — you're not alone. But I am hoping to change that.

One of the main functions of my Office is to help children, youth, young adults and their families who are trying to deal with government. We help kids in government care, kids not in care, kids dealing with the justice system, kids and young adults with disabilities, family members, and more. We have advocates in Victoria, Vancouver, and Prince George who can help you navigate the system if you have to deal with government.

That's one reason we've been focusing on social media recently. Last time I wrote, I told you about our six Social Media Youth Team members who are looking at ways we can use social media to spread the word about (a) RCY advocates and (b) your rights. Well, since then, we've launched an RCYBC Youth Facebook page ([www.facebook.com/RCYBCyouth/](http://www.facebook.com/RCYBCyouth/)) where we're posting info you can use, inspiration, and a little bit of entertainment too.

Be sure to "like" us and spread the word. Our Youth Team members are working on new stuff as we speak, including video and new images that explain youth rights, and we'll be updating regularly.

We also have an Instagram account ([RCYBCyouth](https://www.instagram.com/RCYBCyouth/)), a Youth Twitter page ([@RCYBCyouth](https://twitter.com/RCYBCyouth)) and a YouTube channel ([www.youtube.com/rep4youth](http://www.youtube.com/rep4youth)).

We're always here for you. RCY advocates are available at **1-800-476-3933**. And don't forget, if you are receiving or eligible to receive CLBC services, we can advocate for you until your 24th birthday. Don't hesitate to call!

Sincerely,

Mary Ellen Turpel-Lafond  
Representative for Children and Youth



## FOSTERING CHANGE OLYMPIA ROAD TRIP 2016

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." — Margaret Mead*

Back in January, a group of young people and adult allies from the Fed joined the Vancouver Foundation's Fostering Change road trip 2016. The BC delegation included over 30 youth and adult allies from the Fed, Vancouver Aboriginal Child and Family Services Society (VACFSS), VYPER, Aunt Leah's, Lu'Ma Native Housing, PHS Community Services Society (PHS), Society for Children and Youth of BC, and McCreary Centre Society.

We hopped on a bus and drove down to Olympia, the capital city of Washington State. Along the way we dropped in for some tasty BBQ, a tour of local services, and a night at a (haunted?) hotel. But what we really wanted to see was how young people across the state are working together with policy makers to make big changes that will improve their foster care system and end youth homelessness.

We witnessed the work of the Mockingbird Society, dedicated to ensuring all young people in Washington State reach adulthood healthy, supported and with full opportunity to thrive in life. We

joined their annual Youth Advocacy Day which is part of their three phase policy change where young people gather from across the state — first to brainstorm ideas, second to pick priorities and third to present them to legislators (government officials) in private meetings. They are supported by policy analysts who help them understand budgets, research the facts, know the key players and develop realistic proposals. Over 15 years they have made major progress, including extending the age of foster care and increasing the number of youth shelters.

The biggest takeaway was that young people in BC can find new ways to develop a collective voice, to build our capacity to understand the law and develop new priorities, and to take a long term approach to making systemic change. It is in the interest of every politician to ensure the wellbeing of children, youth and young adults in and from care is protected in law; and it is within the power of young people to propose creative solutions that can make a big difference for generations to come.

**SO. YOU WANT TO CHANGE THE WORLD? LET'S GET STARTED!**

Rachel M

# MESSAGE FROM THE PGT!

The Public Guardian and Trustee (PGT) protects the legal interests of children and youth under the authority of a range of provincial laws. The PGT Child and Youth Services division (CYS) works on behalf of and directly with children and youth, as well as their parents or guardians. The PGT is coguardian with the Ministry of Children and Family Development and Delegated Aboriginal Child and Family Service Agencies for children and youth who are in the continuing care of the province. The PGT's role is to act as property guardian, which means that the PGT is responsible for protecting your legal and financial interests. As property guardian, the PGT investigates potential legal claims and pursues financial benefits to which you may be entitled, such as Canada Pension Plan Children's Benefits and Registered Disability Savings Plans. The PGT also conducts various financial literacy workshops to help prepare youth for the transition to adulthood.

## HOW THE PGT'S GUARDIANSHIP AND TRUST OFFICERS CAN HELP YOU!

The PGT's Guardianship and Trust Officers (GTOs) are responsible for advancing the legal and financial interests of children and youth in permanent care in BC and managing trust funds for minors in BC and around the world.

Please feel free to contact a GTO if you have questions about any of the following:

- ★ Registered Disability Savings Plans
- ★ Financial benefits
- ★ Transition planning to adulthood
- ★ Learning about money management and goal setting
- ★ Setting up support networks
- ★ Representation Agreements
- ★ Possible inheritances or other estate issues
- ★ Setting up financial literacy workshops; these sessions are a powerful tool in reaching youth and their supporters, giving youth an essential life skill — the "ABCs of money."



To speak with a GTO, please phone **604.775.3480** or email us at [cys@trustee.bc.ca](mailto:cys@trustee.bc.ca). For more information about our services, please check out our website at [www.trustee.bc.ca](http://www.trustee.bc.ca).



## UPDATE FROM THE PROVINCIAL DIRECTOR OF CHILD WELFARE'S YOUTH ADVISORY COUNCIL (YAC)

Since September 2015, the council has informed, discussed and provided recommendations to the Provincial Director of Child Welfare and other relevant Ministry Branches, divisions and working groups regarding services and policies impacting children, youth and families. The 15 Youth advisors are responsible for promoting youth perspectives through participation in teleconferences, face-to-face meetings and working groups. To date YAC has:

- ★ Met with the Deputy Minister and the Assistant Deputy Ministers
  - ★ Provided input to Grand Chief Ed John as the Special Advisor to the Minister about Aboriginal children/youth in care and permanency
  - ★ Assisted with the planning of BC Child and Youth in Care Week
  - ★ Assisted with the planning of the 2016 Permanency Forum
  - ★ Provided feedback to various resources and materials
  - ★ Provided feedback to the centralized screening process
  - ★ Shared stories and experiences with various movers and shakers within the Ministry
  - ★ Provided input on effective messaging to young people to raise awareness of overdoses
  - ★ Consulted on new transitions initiatives
- In addition to working with Ministry staff the youth advisors have the opportunity to work on projects that they feel passionate about. There are four working groups working on developing workshops, videos and resources to:
- ★ Ensure that there is a good connection between social workers and kids/youth
  - ★ Ensure that youth are given a chance to have their needs met (life skills, etc.,) to build confidence and believe in one's full potential
  - ★ Enhance supports after age 19
  - ★ Promote Awareness

Stay tuned to hear more about the amazing work from the Provincial Director of Child Welfare's Youth Advisory Council.

## FAREWELL FROM BOARD MEMBER KIM

To My Fed Family,

I can't believe it's been three years since I jumped headfirst into this amazing organization we call the 'Fed.' When I decided to try to become a board member that February so many months ago I was welcomed with open arms and given an amazing opportunity to help volunteer with and advocate for youth in and from care. Never in my life did I think I could have a role somewhere that would feel so 'right' or be blessed to be a part of something where I never once felt like I had to explain my past as a former youth in care. It felt more like coming home. Even during my time as a social worker I didn't feel like I made as much of an impact as I did while sitting on the board of directors at FBCYICN. I made a lot of friends and learned a LOT from the youth, the alumni and the staff. I am proud to be a part of such an amazing youth movement! However, as we all know, life can change for us all and sometimes our roles have to end. In the past three years I changed careers, moved to three different cities and got married! But the most exciting change came on March 20, 2016 when I gave birth to a baby girl named Margaret Lynn Lee! It's strange how life works out. This new addition to our family just so happened to coincide with the end of my three year term on the board. After much reflection I realized that I still REALLY wanted to be involved with the Fed, but as a new mom I wouldn't have the same amount of time to devote to my duties as a board member. I've seen and experienced all the hard work and growth the board has gone through and felt it would be unfair to try to spread myself so thin and possibly not be available as often as required. This is why I decided to step down for a while as a member of the board and remain a volunteer and alumni. I know that this is not really a 'goodbye' and more of a 'thank you' to all the members and alumni who supported me and trusted me in such an important role in our awesome organization. You can keep in touch with me on Facebook and I also hope to come to an SCM or Fed event here and there when I can! Thank you all again for making me a part of the Fed Family and we will meet again soon.

Much Love!  
Kim Lee



## WELCOME NEW BOARD MEMBER SHAELYN!

Thank you everyone for supporting my dream to sit on the board. It means so much to have your encouragement through every step of my journey. After being a part of the organization for the past couple of years, I have taken on many roles such as, being on the SCM Extreme Team, Dream Fund Selection Committee, BCCYICW Committee, helped create numerous promotional videos, helped facilitate the YouthSpeak, I was a speaker for an AGM and an SGM, spoke on the panel for the 2015 Guardianship Forum, was a Youth SCM Coordinator, and finally, an adult support at the February SCM!

After my youth staff role ended last year, I found permanent employment at Aunt Leah's Place, where I was in care. I decided I still wanted to be in a role that would allow me to help the direction of the Federation.

I definitely want to use this opportunity to keep the youth voice and opinions within all decision making. I will try my best to ensure that information is shared with the members, when possible, so that you know what is going on and feel included.

My current role at Aunt Leah's Place is as a Housing First Peer Specialist. I work one on one with many different youth and ensure the focus remains on getting them housed before

we focus on the other goals they would like to reach around education, health, job searching, etc. I am beginning a new program where I will be teaching young people who are interested different skills such as, how to cook in-home with their own equipment, shop in their community and budget.

To get a bit more personal, I was born in New Westminster and I have moved 12 times, lived in seven different cities and gone to five different schools. I have been in care and faced homelessness. I made a lot of poor choices as a teenager and if I didn't have my oldest son, I don't know if I would still be here. I am a young mother of two and it has saved my life and I am a huge believer in taking opportunities as they come. I am an artist, a mother, a book worm, a nerd, a community worker and now a very proud board member.

With the work I have done within the Federation and my lived experience, I hope to do the best job possible for the organization that I hold dearest to me and for the members who are so close to my heart. Thank you.

Sincerely,  
Shaelyn Bayduza

## YOUTH PROFILE



WISE & GOOD-NATURED  
**HARI!**

In the short year we've known Hari, he's blown us away with his talents, intellect, knowledge and wisdom. He's been a huge asset to the Fed by volunteering on the Local Development

Team and on the Youth Research Team where he helped to develop the YouthSpeak Survey and analyzed responses. He's also rocked as an Emcee at our last SCM back in February. While he remains humble and always has a gentle demeanor, Hari is a force to be reckoned with! Read on, we're so excited to share his profile with all of you!

### Tell us about yourself!

My name is Hari Sun and I am 24 years young. So far, I've had the Fed in my life for four seasons.

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

After shutting down an Adoption Council's youth workshop for unethical conduct, I became informed of the myriad of non-profits that organize youth ages 13 to 24. One of these was the Fed. I had to investigate.

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

The passion comes from the apathy of the system. There's a certain hidden knowledge within oneself while experiencing the bureaucracies of the government that says "life doesn't have to be this way." I wasn't aware that there was a youth movement until I was getting closer to the cut off age to participate as a youth within it. This realization and the sudden emotional release of having the epiphany that foster care and the residential school system shared parallels, if not a continuation, was what brought a clear cut determination to educate myself to challenge power structures and ultimately colonization.

### What are some of your proudest accomplishments?

It's too early to reminisce about past accomplishments. They tend to get in the way of focusing on the task at hand since they are but a fiction now. That being said, what aids me in the process of accomplishing are the lessons learned from my past and our collective historical past.

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

The reason why I can overcome and accomplish so much so young is because I don't hang out with loafers anymore and I have learned the most important word in the English language: No. We have to remember that we are both good and evil to someone outside of our personal bubble and the choice to act ethically (which is a topic that needs immense exploration) will

**"SHARPEN YOUR MIND AND USE YOUR MIND TO CUT OUT RELATIONSHIPS AND ACTIVITIES THAT DON'T SERVE YOU."**

undoubtedly be made into problems by other people. Lastly, consider this situation: Is being friendly to everyone actually a sign of true friendship? No, so as a jerk, I love you.

### What inspires you most?

Music and words are inspirational at its best and they are soul crushing at its worst. What really gets me going is how mediocre most people are. I struggle with wanting to serve humanity while asking the main question: Is it really worth helping these awful people? After a few moments or weeks of reconsideration, something out of the blue enters into my life like a phone call or crossing paths with a friend that reminds me how social connections really brighten my life. It's unfortunate that many of the mainstream avenues and venues to socialize usually revolve around destructive rituals. That's why I'm critical of this culture in which I want to influence.

### 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 out on their own?

Sharpen your mind and use your mind to cut out relationships and activities that don't serve you. This takes strength and a conviction that you are more important

than anyone else in your life. My favorite hip-hop MC Guru from the influential group Gangstarr tells it like it is: "Read, study lessons and build your inner power...The next level, doesn't tolerate cowards."

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

The short-term goal is to find sanctuary at the corporate institution of university to develop my knowledge, discernment and research for decolonization in both theory and practice. Knowledge is for leaders and universities are for professionalizing workers into the very systems they know are socially, economically and ecologically destroying our chances for survival on this planet. The revolution will not be a job you apply for that pays a salary. The main goal is to create a new ethical and rational society in a globalized world that address all our social ills of stolen indigenous lands worldwide, slavery, domination of humans and nature, violence towards women, racism, capitalism and all the issues that stop us from having an equality of political status. This is a lofty and contestable subject but this aspiration is nonetheless worthy of contemplation and serious inquiry.

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

The main issue for youth and children in care around the world is that they are of a lesser political status than the adults who have control over their lives. Historically, children have been subjugated to culturally acceptable injustices, humiliations and exploitation. Sadly, this remains true overall globally. This is the reason why I believe that the tradition of human rights from the Enlightenment period is the only framework we can use to counter these forces. The only issue is how to enforce these inkings of rights.

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

I am a fashion model. That makes one believe that wearing the clothing I have on will make them appear as I do. This is a delusion that most people buy into...

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

I would sing the theme song from Princess Mononoke. Check it out—you will definitely cry. Unfortunately, there are no lyrics in the theme song.

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

The end is nigh.

**MORE  
SCM #70 HIJINKS**







## ALUMNI PROFILE

### STRONG & DEDICATED AYLA!



Ayla has been involved with the Fed for approximately 15 years and was a very active youth member. She's been an active leader in her community and has taken on multiple leadership opportunities in and outside of the Fed. She represented the Fed at IFCO in Ireland in 2009 and was on the planning committee for IFCO conference in Victoria in 2011. Ayla was one of the first ever Emcees and as an alumni, has made beautiful celebration and honouring videos for our community, and she has been an adult support on multiple occasions. Ayla is a go-getter! She takes initiative, she's tech-savvy, assertive and not afraid to speak her mind. She has a great sense of humour and she is a very dedicated and loving mother. Read on to find out more about this incredible super-woman!

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

*I was 14 years old when my social worker had told me about this cool weekend fun [SCM] thing and she knew I would be interested so I figured it was worth a shot. Hey, what 14 year old wouldn't want a free trip, right? So I took it and ended up meeting many youth who soon became life-long friends, brothers and sisters who I still care for very much to this day.*

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

*To me, being a great alumni member means spreading the knowledge that I've learned over the years through workshops and personal experience, and spreading that knowledge to the younger generation. It's important to empower today's youth and spread the things that we've learned so that the youth of today and future generations know their rights, and can hopefully have a better experience in foster care.*

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

*As a young child I experienced a rough life like many of my brothers and sisters from care. The network really believed in me growing up and it really planted a seed in me. The*

*network also sparked a flame in me that only wants to share my experiences that I had with the network to today's youth. All it takes is one or two people to truly believe in someone and make a difference and that's what the Network did for me. I believe that a young person's voice can resonate further than anyone really knows and there's something supremely powerful and beautiful when a young person becomes passionate about making a difference and I've seen it time and time again. It's all thanks to the beautiful people that I've had the privilege of meeting because if the Youth in Care Network.*

**"ALL IT TAKES IS ONE OR TWO PEOPLE TO TRULY BELIEVE IN SOMEONE AND MAKE A DIFFERENCE AND THAT'S WHAT THE NETWORK DID FOR ME."**

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

*My proudest accomplishments are my four beautiful children. I am proud to say that even though I spent 17 years in the system, my children will never know the system and will never know what it is like to be a foster child. My other accomplishments come from the help of the network. Because of the network, I have had the opportunity to be a Canadian delegate with Lacy and speak in Ireland at the IFCO conference in 2009. I have also been involved in the Youth Speak Out in 2008 as well so many other wonderful opportunities that have been afforded to me through the network. Some of my other accomplishments include becoming a Nursing Care Aide in 2009 and then a Construction Safety Officer just last year. It's always been important to me that I pushed myself so that I give my children the life that I never had. My children will never know the child welfare system and I have always worked hard to provide for them and give them everything they have ever needed or wanted.*

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

*I have been able to overcome and accomplish so much because of my determination to not let my past depict my future. I came from a very abusive home and I saw and had gone through a lot as a child so I think that the desire to break the cycle is what has fueled the drive to not repeat the cycle of what so many of youth in care go through today. Especially when I became a mother, that drive became stronger because I knew that there was no way in hell that my children were going to go through what I went through as a child.*

#### What inspires you most?

*I get inspired when I see, meet or hear of anyone who has a passion and drive to help others. The Federation of BC Youth in Care Networks has been a HUUUGEEE inspiration to me. There are so many friends that have become family that have inspired me to become a better person and mother. I couldn't and wouldn't have become the woman I am today without the amazing and wonderful people that I have had the blessing of crossing paths with along this journey. There's been so many ups and downs and lessons learned, but it's helped me grow into who I am today. I am forever indebted to my Fed family*

#### 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 out on their own?

*Some of the biggest life lessons that I have learned is that life will always throw you curve balls, but it's those curves that shape you. So take them as they come and just know that every experience is there to shape and form you. I've also realized that you can learn a lot simply by listening to your gut and never forget to pay your rent on time! Also, never shop when you're hungry, always set your alarm 15 minutes earlier and never borrow money from friends!*

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

*Some of my immediate goals are to go back to work with Ledcor Construction here in Kitimat working on the Shell LNG project. Another goal is to finally leave the small town of Kitimat and move to the city*

whether it be in Prince George, the Lower Mainland or even Alberta—who knows!

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

*I would love to see more programs for families who work towards building healthy relationships and work towards breaking the cycle of foster care. I'd love to see a proper and effective process for youth to age out of care with the proper education and resources that aren't stopped once you*

**"SOME OF THE BIGGEST LIFE LESSONS THAT I HAVE LEARNED IS THAT LIFE WILL ALWAYS THROUGH YOU CURVE BALLS. BUT IT'S THOSE CURVES THAT SHAPE YOU."**

*turn 19. This is a vital need for BC's youth and for youth around the world so that young lives like Carley Fraser (rest in peace, angel) aren't lost because of the lack of support. I'd also love to see more support for those who suffer from mental illness and addiction while in care. We all know that being a foster kid is hard enough, having to deal with either on top of it all is brutal and nobody should have*

*to go through that alone. Once a change is made, then we can send our youth into the world with hopefully more stable heads on their shoulders, ready to take on the world.*

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

*I will cry at the drop of a hat if a video or movie is at all sappy or emotional, haha! For example, I was watching a cartoon with my daughter and this puppy started crying over something and I cried with the cartoon puppy on TV. I'm pretty sure my kid thought I was pretty weird, haha!*

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

*I absolutely LOVE karaoke and my song that I always sing (and kill it by the way! Haha!) is "Proud Mary" by Ike & Tina Turner!*

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

*The FBCYICN has truly helped shape me into who I am today. This network has taught me so many invaluable lessons that I will always have. I have had so many wonderful memories with friends that became my brothers and sisters. Being a foster kid is hard in itself, but our slogan is so, so, so true. By coming together, we are not alone! Love you all!!!*



## WELCOME NEW BOARD MEMBER KATE RITCHIE!

I am very honoured to sit on the FBCYICN Board of Directors. Thank you to all the youth members who met me and voted me in at the February, 2016 SCM. As a former youth in care, I understand some of the barriers that exist for youth in care and I am absolutely dedicated to you!

I was born in Ontario and raised on the beautiful Coast Salish territory of Vancouver and Vancouver Island. I hold a Bachelor's Degree in Social Work and a Master of Arts Degree in Education from the University of Victoria. In academia, I specialized in program development and youth mentorship frameworks, which lead to my first book publication, *Fostering Fire: Cultural Mentorship for Aboriginal Youth in Care*.

Currently, I work as a Youth and Family

Counsellor supporting youth with addiction barriers transition into independent living or family reunification. Previously, I worked in mental health for years and taught social work at a college on Vancouver Island. I am also the Coordinator of my volunteer initiative, *Fostering Education for Youth in Care* and *Former Youth in Care*, which provides online post-secondary funding information for BC youth and former youth in care. In my spare time, I enjoy hanging out with my family, scuba diving and gardening around our new home in Shawnigan Lake.

Thank you again to all the youth who voted me onto the BOD! To all the aspiring youth in care, go for it — you have it in you!

Kate Ritchie



## LOCAL LEADER PROFILE

### HILARIOUS & LOVING JAYE!

Jaye is one of those 'feel-good' individuals that puts a smile on your face by only being in your presence. They are a champion for youth rights, equality and fairness. Jaye is not afraid to stand up for what they believe is right and will defend anyone they believe is being silenced. In the short time we've known Jaye, we've laughed until our stomachs hurt around campfires at SCMs, we've witness their strength, resilience and fearlessness as they advocated for young people publicly, and we've learned from them. Jaye was one of the driving forces behind starting up the Local Youth in Care Network in Kamloops by planning and attending all meetings and assisting with the application package. It's been wonderful getting to know Jaye and we (Fed staff) and the youth in care community are so lucky to have them in our lives! Continue reading to find out more about this fabulous person!

#### Tell us about yourself!

*I go by Julian or Jaye and I'm 21 years old! I've been a member of the Fed for a little while now, officially for two or three years, but I only just got involved last year.*

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

*I got involved last September when Dawn from the Fed came up to Kamloops and we began to work on starting a Kamloops Local! Soon after I attended my first SCM!*

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

*After 16 years in foster care, I could either run from or hide the fact that I was in care and try to move on or put it behind me, or I could come to terms with it and begin to cope with my lived experiences. I soon found out that there were so many others in care and that we all needed a voice. Some of us had developed a voice, but I wanted to help empower other youth to speak up and to make their voices heard. After so many years of feeling silenced, I'm determined to try to make sure that other youth in care never feel the way I felt.*

**"FOR THOSE IN CARE: BE GENTLE TO YOURSELF AND BE KIND TO YOURSELF. REMEMBER THAT YOU ARE SO SO SO IMPORTANT. VALID AND CAPABLE OF GREATNESS!"**

Photo by Katherine Ho

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

*I could say graduating high school or getting into university, but I'm not. Those weren't really accomplishments to me, they were cards I was dealt and privileges I had. I'm proud of who I've become. I've grown up and become a healthier person than I was before so I'm proud of that. I'm proud to be here today in all honesty.*

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

*I didn't do it alone. Many times I was alone, and for a long time, but there's always been so many lovely and inspiring folks who helped me up and told me to get up off the floor. There was never really an option to not. I didn't have the luxury as many of my other peers in my community, but I wasn't going to make excuses for myself. I decided I was going conquer my trials because I am stronger than my trials.*

#### What inspires you most?

*It's hard to decide what inspires me most, but I'd say those younger than myself do. I'm watching the younger generation find their voice at a young age. While they're discovering problems earlier, they're also creating solutions. I'm in awe of those around me and proud of those who decide to do something about things that affect them. I just want to help them by being a megaphone so to speak. I want to be the adult I wish I had in my life growing up—I want to be that for them.*

#### 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 out on their own?

*Big life lessons? Oh dear! The learning never stops. It truly never does. For those in care: be gentle to yourself and be kind to yourself. Remember that you are so, so, so important, valid and capable of greatness! Don't believe in self-doubt or let anybody try and take your voice. For those transitioning out of care: don't be scared to ask for help! Don't be scared to connect with community mentors, access services or speak out. Don't be scared to go to the food bank, ask for support or apply for grants or funding. You're not alone! Don't be embarrassed and remember that you're doing what it takes and that's so amazing. To all youth: "you are enough, you are so enough, it's unbelievable how enough you are" — Sierra Boggess quote, check her out!*

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

*Some of my goals are to get my masters in social work and a doctorate in gender studies. I want to help create some serious change in the foster care system and help deconstruct systems of oppression within the care system. I also want to explore my art some more by getting deeper into it and expressing myself some more. It's been a while and it's something I hold dear to my heart and it's time to start sharing.*

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

*This one is hard because I'd love to see so many things. I'd love to see The Truth and Reconciliation report be adopted and taken in account. I'd love to see the age of aging out pushed back because 19 is too young and there's not enough support from agencies to help with that transition. I'd also love to see some continuity in children and youth in care because there's next to no continuity. How*

## COMMUNITY MEMBER PROFILE

can a developing person grow with no deeper connections? It's just not healthy and I feel like these agencies need to make an effort in that. I'd also love to see the system acknowledge mental health as a huge factor in the overall health of children and youth in care. I could go on forever about this and in fact, all my research essays this year have been about this very question really, but I'm sure you don't want over 10,000 words about that!

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

This is tricky because I'm an open book, really. More specific questions work best, but something not well known about me is that I love the ocean and any water, really. I love swimming and just being. I love feeling small in that sense. That's nothing special, really. I find it surprising about myself that I wasn't in an art-specific school because I always had my eyes set on Emily Carr. I was in art classes since I was in preschool and I was always supported in my artistic endeavours until high school. I'm just surprised in myself, really. I'm in school to be a social worker now, but five years ago I saw myself going to an artsy school. I'm kind of torn but I'm happy with the path I'm taking. It's really surprising how much can change in life in five years.

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

For karaoke, I feel like well-known songs are always a must. My taste in music is kind of chill and really alternative, but for Karaoke I'd have to say anything Spice Girls. Mostly because I love them and I watched the movie so many times the VHS broke.

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

I'm only discovering that I'm pretty transparent with my lived experiences and how I feel about things. I'll say exactly what's on my mind and I'm not scared to inquire or research. Forever ago, I was taught that was impulsive, rude and over sharing. I bring this up because I want others to know that never ever let someone tell you that your voice isn't valid or that it's impulsive or rude when you're speaking up for yourself. As for myself, I'm excited to finally get involved in the Fed, I'm ready to share my story and to also listen to others. I just want to finish with this: give yourself the time you need, take time, give time. Nothing's going to happen tomorrow unless it's been in the works for a while now. So have patience in yourself, time can do wonders. Oh! And I believe in you.

## COURAGEOUS & AMBITIOUS NOKOMAS!

Nokomas is natural leader. She takes on the world with a positive attitude, a level head and she stands by her values. She's always looking for new ways to get involved in her community and she seeks out new experiences. She enjoys volunteering her time to different things and she is a role model to younger girls. Nokomas is a natural entrepreneur, painting artist and advocate. She thrives on education and was one of two students whom made the honour roll with distinction in her class. Nokomas genuinely cares about her peers, the environment and she isn't afraid to conquer her fears. Read on to find out more about incredible she is!

### Tell us about yourself!

My name is Nokomas and I'm 17 years old. I'm from Lillooet, BC and I've been a Fed member for approximately one year so far.

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

My social worker told me about the Fed and that's how I got involved.

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

What makes me passionate about the youth in care movement is the fact we can all unite as a whole and collaborate to represent all youth in and from care.

### What are some of your proudest accomplishments?

Some of my proudest accomplishments as a youth are first, obtaining a part-time job while in my graduating year and second, pursuing my goals to become a better me and not cancelling my promises to myself.

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

I was separated from my blood parents and had to carry on with a new lifestyle. Getting taken away from my own family and being put into new environment was a big change for me. I felt lost at first, but after a while I got used to adapting to new environments. Why I've been able to overcome so much is



because I was able to adapt easily due to the support and comfort that my new foster parents offered while I was transitioning.

### What inspires you most?

Education inspires me the most.

### 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 out on their own?

Because stress seems to always be there when you have so much going on in your mind—picking up a personal hobby is always good to use as your 'go to.' That way, you can take the time to clear your mind while at the same time improving upon yourself, eventually that quality in whatever hobby it is that you're doing will be significant.

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

My goals for the future are to pursue my education and live independently. I hope to attend post-secondary and maintain a stable job.

### 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 changes happen in the ways the Ministry of Children and Family Development place new children and youth into new homes when they're taken away from their families.

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

I love adventures!

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

"Stitches" by Shawn Mendes

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

I hope you all have a great 2016!

## YOUTH STAFF PROFILE

### BRAVE & DETERMINED IVAN!

The Youth SCM Coordinator position is a one year contract and for this edition of *Power Pages*, we thought it would be a fun idea to profile Ivan on his experience, what he has learned and what advice he has for any young person who wants this role or one like it! Ivan started with the Fed back in July, 2015 and he immediately hit the ground running! Learning the ins and outs of the Fed, the role, the staff team and their work. Ivan's willingness to lend a helping hand, thirst for knowledge and his curiosity about life has enriched our team and the organization! It has been a true pleasure to work alongside him and we've thoroughly enjoyed supporting him throughout his journey as a youth staff.

We hope that by reading Ivan's profile, other young people between the ages of 16 and 24 will be eager and interested to join the team as Ivan's contract comes to an end in July.

#### First, tell us what the Youth SCM Coordinator does!

*As a Youth SCM Coordinator, my main responsibility is to facilitate a team of volunteers (the Extreme Team) to help organize and plan an SCM. Also, there are times when I leave the office to go out to meet with community partners and organizations to participate in collaborative work.*

#### What was most satisfying about your job?

*Having the opportunity to connect with the community and other organizations to view all of the endless possibilities that working together can provide young people in care. It drives me to know that my actions and dialogue may impact the next generation positively.*

#### As a youth member, what did you like most about this organization and now that you've been a staff at the Fed, has that changed or what is different?

*My favorite thing about the Fed is the strong*

*emotional connection I've developed with everyone. Interacting with the staff and other youth gave me a sense of belonging in a comfortable and safe space. Now as a staff member, the emotional connection has only deepened. However, what has definitely changed are the expectations placed on me from the youth. For example, I hear from youth "you're supposed to know because you're Youth Staff!" I have a responsibility to know things and push myself and strive to do a good job. I love it, I really do!*



#### Did this organization help you to fulfill your career goals?

*I would say the Fed has helped me fulfill not only my career goals, but also has also made me realize what my life goals are. Yes, it's nice to learn career specific skill sets like public speaking and facilitating meetings. But the real true blessing was to gain perspectives on what I truly value and what my life goals are, such as my confidence and relationships with others to name a couple.*

#### Do you feel you had the resources and support necessary to accomplish your job?

*Definitely. We are all limited by resources, but I found the support I received from all the Fed staff is immeasurable. Sometimes all it takes is to ask for support!*

#### Did you have clear goals and know what was expected of you in your job?

*I didn't really know much of what was expected of me in my job when I first started. However most things in this position is kinda "learn as you go" type of thing. I believe my goals haven't changed since I first started with volunteering and are probably similar to most of the volunteers and staff. That is to make a meaningful difference to the community and support the work for and with young people in care.*

#### How has working for the Fed impacted your life?

*Where do I start? I would definitely say the relationships and interactions I have with others have impacted my life. Learning about myself too! I learned so much about caring for others and how to maintain a positive attitude. Also, the Fed is really awesome in that the organization strives to help you in your personal and professional development.*

#### What has been the most memorable moment while working at the Fed?

*Oh yes! There was a Halloween party, dance, and costume contest during the first SCM I helped coordinate. All the laughter and joy on everyone's faces. I still remember it like it was yesterday 😊*

#### What skills are most valuable to have in order to succeed in this role?

*Being comfortable with speaking in front of an audience would definitely help. Some computer and facilitation skills would definitely help also. Most important of all, is probably the ability to connect and bond with others. I'm still working on that.*

#### What advice would you give to the next SCM Coordinator?

*Have fun and don't be afraid to make mistakes!*

#### Anything else you would like to tell us about your experience as the SCM Coordinator?

*I've never felt so intimate with the people I work with. The youth are awesome and inspire me every day. It's nice to understand the social implications of things and the SCM Coordinator position really gives you that!*

# A LETTER FROM JESSICA

Dear amazing community of Fed members, allies, and partners,

I have some news to share with you all. The news is exciting in the sense that beginning on April 1st, I will be embarking on a new adventure that takes me overseas, however, it is also very, very difficult news to share because it means I will be leaving my role at the Fed that has been such a huge part of my life for the past seven years.

More about this news: I will be moving to France this April to reunite with my partner. As some of you may know, my partner currently lives in France, and for the past 2.5 years, we've been in a long-distance relationship and making the best of it with lots of WhatsApp texts, Skype dates, and visits every four months. This was always an interim plan until we figured out what our best options were. After lots of exploration, it's become clear that the best option right now is for me to move to France because being both a Canadian and British citizen means it's much less of a hassle and process for me to live in Europe than it is for my partner to move back to BC.

I know change is never easy... but I also know we are an organization that really values creating space for others and believes in building the capacity of our members to become leaders within their community and also at the Fed. I am very committed to ensure the transition is a smooth one and I'm eager to witness the possibilities, growth, and evolution that happens when new energy, ideas, and expertise are brought to the mix.

That being said, it's still very hard, and I am just so very grateful I had the opportunity to walk alongside you all on this incredible journey, and learn what it means to be an ally and champion for youth in and from care. And believe me, I will ALWAYS be a huge advocate

and forever cheerleader with and for you all.

To all of our current and former members, staff, and board: thank you to each and every one of you from the bottom of my heart for all the invaluable learning, laughs, and adventures over the years. You have helped me grow so much, both professionally and personally; I am super INSPIRED by the dedication, resilience, and support you all demonstrate to the Network and each other. Thank you for teaching me the importance and strength in being vulnerable, showing me how to be courageous and assertive, what it means to live authentically, and proving



how powerful it is when voices and communities work together to affect change towards social justice. The Fed has been such an accepting haven for me and has helped shaped the person I am today; I have never felt more comfortable and confident in my own skin so thank you for role-modelling to me what this looks and feels like.

There has been so many milestones and fond memories: six very proud Volunteer Appreciations, seven wild Halloween dance parties, and 22 heart-warming SCMs; numerous rounds of Balderdash and Apples to Apples; joyous birthday celebrations, Holiday Party shenanigans, BCCYICW celebrations and OG presentations; picnics, crafting, and outings at Network's Network meetings, and of course hosting conferences and events galore! Thanks for letting me grow up with y'all; it's been the BEST therapy ever!

There are so many big things for the Fed on the horizon; I can't wait to hear ALL about it and continue to celebrate and cheer on all of your hard work! BC will always be home for me and I plan to visit regularly. Please stay in touch through Facebook or e-mail at: [jesschu86@hotmail.com](mailto:jesschu86@hotmail.com). Would really love to stay connected!

With oodles of warm fuzzies, hugs, and gratitude,  
Jessica ♥



## PowerPlaylist Songs that Matter to Us!

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

### POWERPLAYLIST BY ETHAN A:

*Focus* by Ariana Grande

*Confident* by Demi Lovato

*Sorry* by Justin Bieber

*Same Old Love* by Selena Gomez

*Wildest Dreams* by Taylor Swift

*The Hills* by The Weeknd

*Love Myself* by Hailee Steinfeld

I listen to Ariana Grande's *Focus* because I want everyone to focus on me. I listen to Demi Lovato's song *Confident* because it gives me confidence. I listen to Justin Bieber's song *Sorry* because it helps me calm down a little bit. I hope everyone likes my playlist!

### POWER PLAYLIST BY VERNON J:

I listen to these sad songs because they help me with my sad memories of when I was a kid. It makes you feel like you want to hug everybody who is sad.

*Ten Thousand Reasons* by Red Man

*Born Again* by Newsboys

*Dancing in the Sky* by Dani & Lizzy

*Medicine* by Daughter

*God's not Dead* by Newsboys

*Hello My Name Is* by Matthew West

*I am Free* by Newsboys

*Lead Me to the Cross* by Newsboys

*Picture* by Kid Rock and Sheryl Crow

*Lips of an Angel* by Hinder

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



**BC CHILD AND YOUTH  
IN CARE WEEK  
PROCLAMATION!!!**



**PANIC ATTACK  
BY STAR M**

Ice  
 Creeping up your spine  
 Like frost  
 Slowly crawling  
 Up the bark of a tree  
 It prickles at the base of your skull;  
 Urging the hidden desperation  
 To break through the protective glass  
 And seep out into the open.  
 Sinking in  
 To the depths of your chest  
 It pounds on the door of your soul  
 In an increasingly irregular rhythm.  
 Faster it creeps.  
 Faster it knocks.  
 Faster it takes complete hold of you.  
 Until you have nothing left to grasp on to.  
 Until the protective glass shatters.  
 Until you collapse.  
 In your own personal puddle  
 Of panic.



**SEE YA LATER!**

Dear Beloved Fed Members and Community allies,

I'm writing this message to share some bittersweet news with you. After many conversations, I've made the decision to transition from the organization and explore a new journey in the field of water damage restoration. This decision wasn't made lightly, but I know this is what's best for my family at this time. This organization has been a rock for me these past four years and I will always hold a special place in my heart for the Fed. I've made some amazing connections, had many great laughs, and each one of you have given or shown me something that has made me grow within myself. I will cherish every moment I've spent here as I embark on a new journey. I'm so honoured to have been welcomed into the Fed family and that you let me walk alongside you in your own journey. Each one of you have something really amazing to offer in this world and I encourage you to share your gifts, never give up on your dreams, and to ALWAYS stay strong. Stay awesome!

This isn't a goodbye, but see you later.  
 Steve Smith



# KUMSHEEN

BY VALEEN J

I wrote this poem in inspiration of kumsheen as well as embracing the beauty of decolonial love.

Unravel my DNA and find there the poems of my ancestors. Centuries of love, rage, prayers and resistance alive in the rhythm of my cells.

You will see me,  
Because you are brave enough to look.

## KUMSHEEN

There is an intersection where the Thompson River and Fraser River meet near Lytton, BC.

Kumsheen.

People often mistake it for meaning “where the rivers meet” and fail to realize that it means “the place in your heart where your blood mixes”

The biological term is: aorta

The colonial term is: the-place-where-we-have-control-over-because-mankind-is-the-darling-of-creation.

Kumsheen.

Where the blood flows out of the four chambers of our heart and supplies our body with life.

Yet I feel distant from this beauty as if it's not a part of me every single day of my life.

There is an explosion of gaseous nebulas in space and throughout the Milky Way.

The birth of a star.

People often mistake it as just another collapse, another destruction to add to the universe and fail to see it as the moment a star is born.

The physics term is: star formation.

The colonial term is: that-new-star-we-can-use-for-profits-because-mankind-is-the-darling-of-creation.

The birth of a star.

Where self-gravity is metaphorically self-love and we see that the universe caters to the viciously ambitious.

Yet I feel distant from this beauty as if it's not a part of me every second of my day.

There is a connection between each of us at the core of our souls and the legacy of our ancestors.

The sacred space.

People often mistake it as a space that divides us and fail to recognize it as a

sacred space with a reciprocal relationship of love.

The scientific term is: gravitational pull.

The colonial term is: the-space-where-we-divide-and-conquer-because-mankind-is-the-darling-of-creation.

The sacred space.

Where decolonial love has the potential to become visibly ubiquitous and faraway doesn't seem so far off.

Yet I feel distant from this beauty as if it's not in front of me right now, listening...

There is a certain beauty beyond physical appearance that English cannot describe. Kumsheen.

We must recognize this beauty in order to embrace, portray and live it throughout each moment of our extraordinary lives. Beyond scientific and colonial terms is an understanding that comes from souls that have been broken.

Kumsheen.

Where collapse and connection cry LOVE and we come to acknowledge that at our best, we are love.

Let's stop feeling distant from it because our very existence stems from this beauty.

# INCHING FORWARD

BY VALEEN J

The act of me breaking the gravitational pull  
between colonialism and I  
is only a fraction of the work  
my ancestors did on this beautiful earth.  
The act of me raising awareness on the  
issues  
that are important to us  
is only a baby step  
toward the justice we desire and deserve.  
The act of me setting the goal of survival  
every day of my life  
is too small and sorrowful  
for the needs of my children yet to come.  
The act of me enduring colonial violence  
at every length possible  
cannot supersede the act  
of mastering necessary critical resistance.  
The act of me listening to the wonders of  
nature

every other day  
can only partially strengthen  
my connection to all that I am made of.  
The act of me defying colonialism in the  
colonizers tongue  
is an ugly irony  
that will never live up to:  
tuxwaa?atah tiichma, haa?a  
These actions are small but necessary  
and they make me question:  
What space am I creating for our children?  
Will the Creator be pleased with me?  
Another weekend in Vancouver. Kicking  
off the Talking Stick Festival where I began  
my poetry journey and partaking in the  
Urban Aboriginal Housing the Homeless  
Forum. My TSF2015 poetry debut was  
overwhelmingly emotional but it took me  
on a poetic journey of healing.

One year ago I slept in this exact spot  
beside Douglas College. My body still aches  
from the pain of homelessness. Bouncing  
between poverty and homelessness is a  
cycle I am now trying to help end in our  
communities. My necklace says: “Everyone  
needs a place to call home”

Living in poverty, I often feel that I have to  
choose between shelter or food. So I cry an  
ugly, uncontrollable cry and then I take four  
deep breaths.  
And I return to the lands  
I return to my culture  
I return to my language  
I return to decolonial love  
And I feel nourished  
I feel at home  
Mother, I am home. ♥

PHOTOS BY BAYLEIGH P



**BEING UNDERSTANDING AS  
WELL AS BEING UNDERSTOOD**  
BY VALEEN J

Can you see the pressure of sorrow on my shoulders?  
Perhaps my strut tells the tale of trauma and strength.  
Do my eyes pierce you with a hope history or a painful past?  
Or both.  
Like the inseparable combination of peanut butter and jam between breads.  
Closed. Confined. Constricted.  
Do I blink when I talk about possibility?  
Of you, or me, or us.  
Revolutionary possibility, post-colonial possibility.  
That would be the dream.  
Has the confidence in my smile fooled you as it did the reflection in my mirror?  
Happiness without question.  
They smiled back, you know.  
Do you read between the lines of my voice and find the words "I love you" hidden in my message?  
I can't seem to decipher such love myself.  
Does your heart react to my name or my presence the way mine does to yours?  
Fluttering like a caterpillar finally free.  
Wings outstretched with joy and gratitude.  
You may be able to see me, if you are brave enough to look.  
I'm just finally gaining the courage...

**SET FREE**  
BY ANTHONY L

My soul is screaming to be set free  
The blood drips from the very same blade that cuts deep into me

So let the innocent ones go  
And punish those who conflict the suffering on thee

How come happiness is something I never get to see?  
It seems like gore and misery is presented in front of me

So if you take a step into my shoes  
I guarantee you won't like what you see  
And you'll go as far as you can to get away from me

**UNTITLED**  
BY NATASHA S

There is a strength in me that sometimes I choose not to see  
I know the life that I want and I know who I want to be  
I struggle every day to not let my past overcome me

I live through pain but always keep love in my heart  
Because deep down I recognize the person I am today was there from the start

I just buried her with anger and resentment and the image others had to see  
All of these things put in place to protect me

Now that I've grown and I have both feet firmly on the ground  
I can begin to have the life I have always dreamed of  
One that is peaceful and sound

I can stop being afraid  
I have learnt that first I had to be lost before I could be found

**UNTITLED**  
BY NATASHA S

Everything I touch turns to gold  
This statement is an unlikely truth so I've been told

Always turning this way and that  
Trying to find happiness at its truest form

Protract some light into my broken soul  
Doing things right the very first time is the never ending unfound goal

I'm not too sure how I feel about these easy times and foolish ways  
It's something I will always miss

I am trying to figure out what I want in life  
It's either give up or fight my hardest to win and strive to be the best

They say I can be  
Well that's the thing—I have yet to see

Maybe tomorrow or perhaps today  
I will find the unknown reasons standing in my way

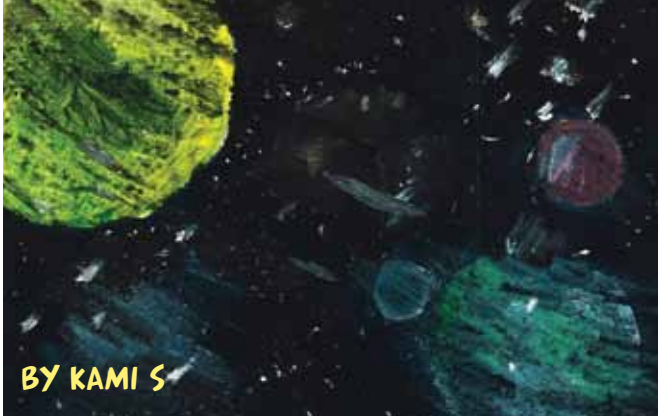
**WHAT DECOLONIAL LOVE  
MEANS TO ME**  
BY VALEEN J

Every morning I wake up, I thank the day, I have some coffee and I pick up decolonization where I left off last night. The other morning I was feeling outraged, so I used this anger constructively and I wrote a letter:

Dear kkanada,  
Are you f\*\*\*ing kidding me?! After over five centuries of ongoing colonialism, we receive one sound bite of acknowledgement: "Welcome! Welcome, welcome! Happy Hunger Games! And may the odds be ever in your favour!"  
This acknowledgement is treated as an apology, but the road to hell is paved with good intentions and I am not impressed with white mediocrity.  
So I dial 1-800-1492: Hello, grandma? It looks like the ship of oppression is coming ashore. I'm gonna need you to sink it.  
We have been starving for meaningful change since birth.  
You feed us food for thought in the colonial institution deemed "higher education"  
Higher than what? Than whom? I'll wait...  
Oppression seems to always be your soup of the day  
And you get angry at me when I decide to fast instead  
Because culture and compassion ain't your daily bread  
Ohh, kkanada our home and native land  
The frontline of resistance is where I stand  
Each day you threaten my very existence  
Each day I respond with a resilience that's persistent  
And I rise above the ashes of my ancestors  
I rise above the legacy of yours  
I rise above the struggles within me  
Until your violence becomes but a speck on the ground  
I rise  
And I love and I rage as I rise  
Like leaving an abusive relationship where victim blaming is alive  
I rise  
With or without your permission  
With or without your recognition  
With or without your respect  
I rise... and I love a sweet decolonial love  
You should try it, oh kkanada  
Decolonial love transforms  
Decolonial love is the highest form of liberation  
Decolonial love across cultures, classes, religions and orientations wins every time  
Because at your best,  
You are love.



BY JENN C



BY KAMI S



BY KAMI S



BY ROSE B



BY ROSE B



BY JENN C



BY STAR M

# BC Child and Youth in Care Week!!!

YFBGIEQHUCERTIFICATEIPDCK  
 BCBTXNCTAUPGQGCJAWARDSIAK  
 BHCAAEARCSIGUWGGNMYQPQRKZ  
 QWOALCCJETHLJIRPBNARQOMEY  
 FUJWNL CJWABTWZDTBHTTFVZQC  
 MDPITZOEMBTWAOKEUHWINNERS  
 LVTDFGMOLBUISGHGLCPRIZESD  
 KMANYXPLNECTVUSNNIPGUXRDR  
 MTLROSLNTSBCTIPRHXNWITOTI  
 PPEEUZIEETGFRYOTPPFPKEOUJVN  
 GANSTPSRQOBRAINYOLPYSJMHK  
 VJTIHEHKLHONPTCSLRZXKMDBS  
 OIXLJGMQGWOTHEWKUTMCGBDF  
 TPVIHLELINOMINATIONSOBIZG  
 WOTEVSNMTJDLJJTJQTJIMWBFW  
 ESCNSZTEJMYSTICKERSEMCJVT  
 WTNCYKSTHMGFJVLOESXRUDSD  
 CELEVBWKKBWRISTBANDSNWZDB  
 BRFXINSPIRINGFBHQVGMILYNB  
 JSOVSTBDPUBHXTQVMKTETQMZT  
 BCOMOVEMENTPMITBETCCYRIRA  
 KODKAHXKBZACLOURINGXCZSL  
 CHAMPIONSPARTNERSHIPRHYNE  
 JZDZOKRQPNFFJOPPORTUNITYN  
 AJLFCCLAWARENESSSWAGYLB YBT

- |                 |             |             |             |
|-----------------|-------------|-------------|-------------|
| Accomplishments | Partnership | Certificate | Nominations |
| Wristbands      | Opportunity | Creativity  | Resilience  |
| Guidelines      | Community   | Inspiring   | Celebrate   |
| Champions       | Awareness   | Colouring   | Stickers    |
| Movement        | Hashtags    | Support     | Buttons     |
| Posters         | BCCYICW     | Winners     | Talent      |
| Balloons        | Growth      | Prizes      | Youth       |
| Gift            | Awards      | Swag        | Food        |
| Cake            | Talent      | Drinks      | BBQ         |

SKILLZ  
4  
LIFE!

# POWERECIPE SUMMER QUINOA SALAD!

BY NICHOLE N



## DRESSING

- 2 tsp of lime
- 2 tbsp of ground cumin
- 2 tsp of tamari
- 1 tbsp of maple syrup
- 2 tbsp of apple cider vinegar

## DIRECTIONS:

In a pan, bring water to a boil and add the washed quinoa. Simmer the quinoa on low for approximately 12 minutes or until the water has evaporated. Set aside when finished to cool.

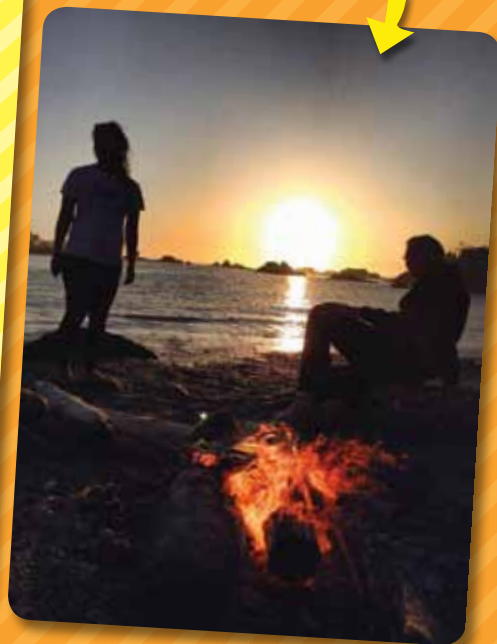
In a separate bowl, combine the peppers, beans, corn, tomatoes and cilantro.

For the dressing, combine all of the ingredients in a small bowl and stir together.

When the quinoa has cooled to room temperature, combine the dressing and the vegetable mixture to the quinoa and mix well together.

Best served cold—enjoy!

PHOTO BY  
RICKI GILLETTE



## INGREDIENTS: SALAD

- 1 ¼ cup quinoa, washed and drained
- 1 can of corn
- 2 cups of water
- 1 ½ cup cooked garbanzo beans
- ¾ cup of yellow peppers
- ½ cup of fresh tomatoes diced
- ½ cup of cilantro leaves
- A pinch of salt

PHOTOS BY MELINDA H



PHOTO BY VALEN J





FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS



## ANNOUNCEMENT BOARD

Melinda H celebrated one year  
sober on March 20, 2016!

Congratulations to MJ Z for  
graduating from Simon Fraser  
University with a Bachelor's  
Degree in Psychology!

Congratulations to alumni Sherrie  
Gladstone for obtaining her Early  
Education Certificate!

Congratulations to Chelsea L for  
graduating from high school; we wish  
her all the best in her social work  
studies in university this fall!

Congratulations to Kami S on her new  
employment at McDonald's Restaurant!

Congratulations to Fed staff Dawn  
Johnson for graduating from the  
Aboriginal Oriented Focused Therapy  
Program at the University of Victoria!

**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)

### Twisted Valentines

50/50 Fundraiser for the  
BC Federation of Youth In Care

8pm, February 06  
Inferurban Art Gallery, 1 East Hastings  
\$15

Dark Punk Meets Classic Opera In  
The Coronation of Poppa

Featuring Dickie Holloway & Spades Symmetry  
Kevin Frankowski, Blues  
Andrew Brown  
Cassia Hal

The Dance Floor Is Always OPEN  
DJ Kaine Delay Keeping us on our feet

Walking Art by Holly, Jessica Campbell, Gerrid Davis

Purchase tickets from: Floral & Berdy Edible Plants and Gifts  
477 east hasting 604-255-7199  
fb: floralandberdyedibleplants twitter: @floral\_berdy

Graphic Design by Darlene Stalwart - Screen Print Made by David's Art & Design Co. (Vancouver) 604-681-0610



Produced by  
Scott Hurr  
& Ruth Meta



Back in February, Ruth Meta and Scott Hurr  
hosted a Twisted Valentine's fundraiser and  
donated their proceeds to the Fed's Reach for  
Success Bursary! On behalf of Fed staff, board and  
the membership, we thank you both for not only  
being champions for youth in and from care, but  
for your generous and thoughtful donations!



PHOTOS BY JAZ W

# CELEBRATE

BC CHILD & YOUTH IN CARE WEEK!

JUNE 4 - 12, 2016

BRITISH COLUMBIA

STAND WITH



CHILDREN & YOUTH  
IN CARE

LEARN MORE:  [Facebook.com/BCCYICW](https://www.facebook.com/BCCYICW)  
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fostering  
CHANGE

