

THE INSIDE SCOOP

WINTER, 2018

Produced by the participants of the John Howard Society of Manitoba's Literacy Program:
The best of prison literacy and art. Created by inmates for inmates.

Incarcerated Voice II

Words are loud, as wisdom reigns,
Onto the road of an opposite lane,
I ask myself, when will I find my way,
Out of this cave that's darkened with pain.
Why won't life ever treat us well?
Like a book without chapters and stories to tell,
When you read the scriptures of heaven and hell,
Make sure you find a way to stay out of this cell.
This is why I forgive and forget,
It's much easier than dealing with stress,
Or having your mind placed in this mess,
Build a future by putting the past to rest.
Each day is a walking step,
But first, learn to forgive and forget.

By: Austin Fourre



2016 POETRY CONTEST WINNER

Nothing is Strong

In this world, I have nothing
In this world, I am nothing
In this world, there is nothing

In your world, I have nothing
In your world, I am nothing
In your world, there is nothing

In my world, I have nothing
In my world, I am nothing
In my world, there is nothing

For me to give, for you to take.
Nothing is strong, because there's nothing to break

By: Byron W. Harper

**Second & Third Place winners and
Meet Our Judges are found on Page 4**



THE JOHN HOWARD SOCIETY
OF MANITOBA, INC.

From The Editor

Greetings Faithful Readers,

Alas — The “Scoop” is back. Due to various reasons, there has been a publishing delay since the last edition. Thanks for your patience and hopefully we’ll be able to stay on track for future publications.

CONGRATULATIONS to our 8th Annual Poetry Contest winners, as you will note on pages 1 and 4. Thanks to the 20 individuals who submitted a poem and to the 3 judges. The selection was no easy task. The other entries will be published in the Spring edition.

Needless to say, it has been an extremely busy past eighteen months. We’ve experienced very positive enrollments in the Peer Tutor Program taught at Headingley and Milner Ridge Correctional Centres as well as the One To One Tutoring at the Winnipeg Remand Centre. “Get The Story Out” remains a popular program for fathers to read to their children. We have supervised six university students, completing their practicum field experience study with our department, in addition, two research studies have been conducted on our programs by University of Manitoba Sociology/Criminology students. By the way, big shout-out to my current student, Reid Kotschorek for putting this edition together.

The John Howard Society of Manitoba (JHSM) Literacy Department has partnered with the National Peter Gzowski Foundation for the purpose of promoting literacy awareness. Peter Gzowski was an award winning journalist, author and CBC Radio commentator, known for his daily show “Morningside”. Upon his passing in 2002, a Foundation was established in Mr. Gzowski’s honour to continue his legacy and passion for literacy. There is only one partner selected to represent each province and territory. The JHSM Literacy Department is honoured to have been chosen to be the only Manitoba representative. Our mandate then, in cooperation with the Foundation, is to stage an annual fundraising event to promote literacy awareness. The Literacy Department retains 100% of the profit from the event to be used for literacy programming with our clients and the community.

We are excited to announce our 2nd Annual “*Dining With The POPS For Literacy*” to be held at the Canad Inns Club Regent Casino Hotel on Thursday, June 7, 2018. The evening will feature retired CBC Television News Anchor, Peter Mansbridge as the guest speaker and the Winnipeg Pops Orchestra providing the entertainment for hopefully around 250 guests.

Until next edition — take care. Always enjoy reading your poems and viewing your artwork.

Dave Schmidt, Literacy Coordinator

Things To Remember:

- Do not forget to **complete a waiver form** with the work you send in! See the back page for the form.
- The 9th Annual Poetry Contest will be announced in the Spring Edition, so start putting your creative phrases together.

POETRY & ART

Looking to the East

Looking to the east, sunrise warms my face
The calm water is how I feel
Being out here in wilderness, brings the heal
Walleye with some moose meat is my meal
Trading all this, I won't take a deal

Watching the loons dance in the evening sun
Hanging out with the animals, watch them run
Campfire burns, while the stars come out
Holding on to my kids, we are camping out
The Churchill river has one route going to Hudson Bay

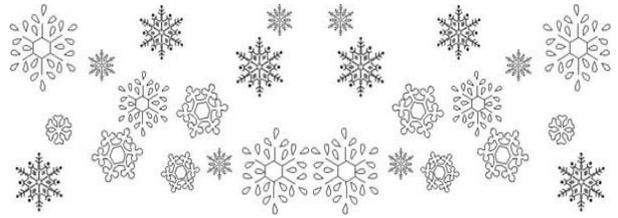
This is my home, this is where I am going to stay
Watching the answer of my prayer standing in the bay
Tobacco for the grandfathers, it's me saying thanks
Another day in paradise, watching the eagles fly
Lifting my burning incense to the sky

Watching the sun go down to the west
Every day out here is our test
Silence with the darkness falls
The night creatures talking to each other
Northern lights dance like the pow-wows, in the sky

It's another day, I love this life
Closing my eyes, dreaming about the good old days
Looking to the east, saying a prayer to the ones
watching

Over me. Keeping me, my family safe
Looking to the east, the one we lost
Someday we will meet again in paradise land.

By: Jeremey Bighetty



Stuck in a Circle

I'm stuck in a circle,
Surrounded by corners.
With bars on the windows,
Of three inch glass.
Just sitting down doing time,
I'm hoping it will pass.
The footprints in our shadows
Show us when we've tripped.
So whenever we have fallen
We always do get up.
Day by day we're stronger,
By all the hills we climb.
So looking back upon this path,
We've learned to watch our step.
Even though we're in a deep, black
hole,
And all we feel is pain,
What we all must learn to know
Is that this all will end.
Only then can we truly say,
That now we've finally won.

By: Ben Lachance

Regret

The weak are weakened and blinded by lust.
It's the age old tale, who can I trust?
I know who to trust, my heart will tell me that.
Yours should too, its cause and effect.
Listen wisely or listen with neglect,
Whatever you choose stop living with regret.

By: Mikey aka Mad Max

SECOND PLACE

So Long Bro

Kinda messy the way life turned out,
On this gravel road the way plans fade out.
Take a moment to find your star in the sky,
Asking the good lord why he give you wings to fly.
Couldn't believe it, when I made that call,
How quickly my heart fell to the floor.
When I got the news that you were
Reaching for heavens doors.

Never got a chance to say goodbye
Before you flew into the sky.
So long my bro till we meet at the show
Made my choice the other day,
About how we're all living the same old way.
Something bout the little bro sparked my mind,
The way he used to make his stand.
Now, I'm left in this world not far behind,
Never got a chance to say goodbye,
Before you flew into the sky.
So long little bro, till we meet at the show.

Had a talk with mom the other day,
Reminiscing about the way we used to play.
Trying so hard to understand, why you couldn't stay.
So with that gonna say,
Go on little bro, reach for heavens doors.
Watch over us through heavens floors.
Never got a chance to say goodbye,
Before you flew into the sky.
So long little bro, till next time.
Your memory, I always hold in my mind.
So long little bro, till we meet at the main show.

By: Phillip Munroe

THIRD PLACE

Coping with Hope

Well lately I've been hoping,
The world would stop and wait.

If not merely for a second,
Perhaps an hour or even a day.

But just like the four seasons,
Astonishing how people change.

Well lately I've been coping
With hope that you'll stay the same.

By: Shamus Jackson AKA S.K.



By: Terry Herman

MEET THE JUDGES:

John Rives

Born in Sault Ste. Marie, John was incarcerated for second-degree murder at the age of 24. Behind steel bars, surrounded by adversity, a poet emerged. John was released after 10 years on parole in 1992. Today he has three published poetry books and works as a prison Inreach Worker and activist.

Reid Kotschorek

Reid is graduating this spring from the University of Winnipeg's Human Rights and International Development programs. He is a co-producer of the Inside Scoop and a dedicated community activist, blogger and member of Winnipeg's hip-hop community.

Joy Winter

Joy has been involved in Theatre Arts for 33 years as a writer, producer, director and actress. She has written a four sequel children's musical, entitled "Spikey's Points" about a porcupine that speaks in rhyme. Joy was the Poet Laureate at the 2017 Peter Gzowski National Foundation Gala Dinner.

What's There to Believe

I spend most of my days looking out
Of my cell window to the sky thinking,
What's there to believe in this world?
God or the Devil,
I wonder who's really
Gonna be there at the end of time.

By: Jay Forbister



By: Raini Henderson
AKA Raini Dayz

I Escape

For a time, I held my breath because it was hard to look forward in the past.
Now I'm walking towards a life that has nothing to do with looking back,

So certain that my mistakes will soon be my last,
Every day I live to find hope,
I still see nothing and believe that I won't.

Winnipeg is a city. Winnipeg is a cage.
The hood is filled with drugs, but mostly the hood is filled with hate.
This is a city so small and so hard to escape.

For every smile, there is a tear...
We do our best to hide both anyway.
There's more to just that in Winnipeg, and trust me we see it everyday.
The pain, the needles, that come with every junkie's fix.
The homeless wondering how life could ever come to this.

A city beautiful in its very own way,
Can get ugly with murder, tears, drugs and cops in less than a day.
Sometimes just leaving Winnipeg means you cannot escape,
Thoughts of coming back overcrowd the thought of struggle in another city,
A city like Winnipeg is more than hard to escape.

I cannot speak for everyone because I do not know what this city has taken away,
Freedom and family, friends and money,
Or did it just bring out the pain with cups of beer, drugs and tears.

Winnipeg is home, Winnipeg is a cage.
I love it, I hate it,
But it's the only place I try to escape.

By: Byron W. Harper

Another Day

Another day gone to waste,
Wanting freedom but won't get a taste.
Another day in these green and greys,
They're like me; starting to fade.

Another cheap pay,
Not even enough for a tube of toothpaste.
Another wish for an early release date.

Another day to count bricks in my home space.
Another day alone so I pray,
That my so called babe picks up the phone.
Another day in jail,
Another day to tell the brothers what's real – no
tales.

So before you commit,
Just stop and think:
Is it worth another day away from your kids,
To trade for a ball and chain?

By: Daniel Henderson aka Danielson

Love is a Strong Word

Love is a strong word,
Almost too strong to use,
But I know what it feels like,
Ever since I met you.

Your hugs are so gentle,
Your kisses are so sweet,
Your body's so fine from
Your head to your feet.

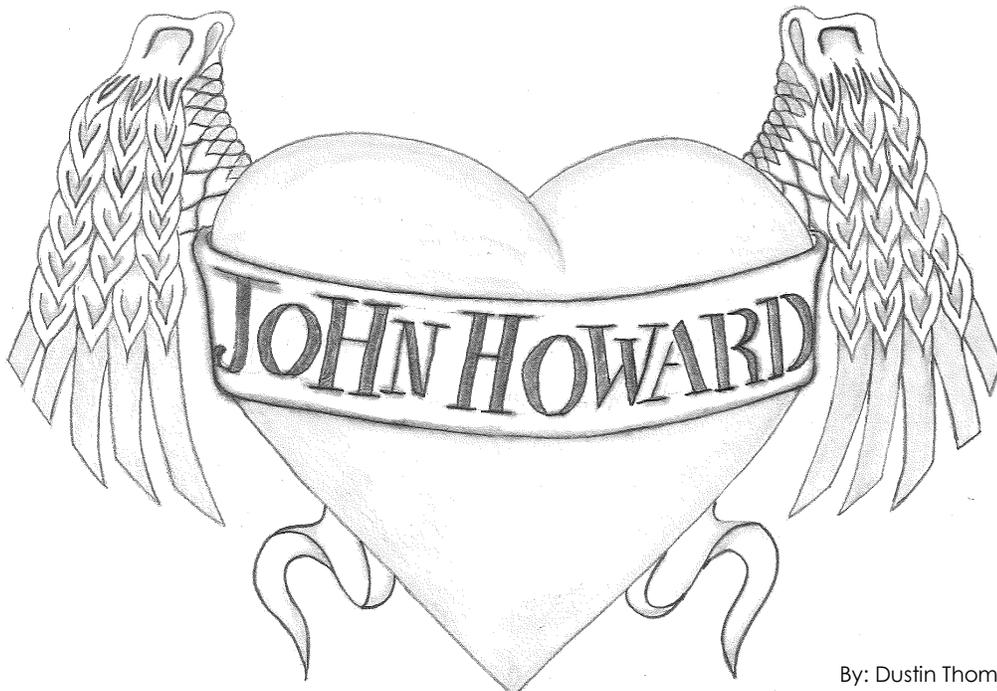
I wanted to make you mine,
For the longest time.
No other girl will take me away,
You'll be mine for a lifetime.

I promise not to break your heart,
If you promise not to crush mine.

I don't even know if this rhymes.

It doesn't feel like I'm on your mind,
Hopefully I am because you're on mine.
It doesn't feel like you love me either,
But whatever I'll love you forever.

By: Morgan Leclerc



By: Dustin Thomas



By: Mike Schwartz

Mike Schwartz
2016

Fork and Knife



By: Unknown

Hell

I am sitting in a jail cell
A man would kill for a piece of mail,
A picture or letter to show and tell.
Wishing I can get sentenced,
So I can set sail.

Ain't no way in Hell I'm getting bail,
Sometimes time here moves like a snail,
Sometimes I feel like I am off of the rail,
Am I still sane? It's kinda hard to tell.

What keeps me going is knowing,
Someday I will leave
This hell

By: Jordan Catchway Vermette

I'm Here

There was a time when I ate BBQ steak,
Now I'm living in the system eating portions off a plate.

There was a time I had a beautiful woman to call my own,
Not sure for how long now this will be my home.

Doing time is not so bad,
Once you accept that you have lost
Everything you ever had.

Being alone and moving on,
Gives you strength to find where you belong.
You can play with demons and lose your mind,
Or you can open your eyes and stop being blind.

The woman I love thinks I'm a player,
If only she knew, I drop tears for her in all my prayers.

It took a while to accept that I had to let her go.
I'm still in love with her and want her to know,
We might not love now but we might once we are old,
To the one I love,
I'll be there for you when you need someone to hold.

By: Ashley Gamble aka Stagz

Want to Read to Your Kids from Jail?

Both the John Howard Society of Manitoba and the Elizabeth Fry Society of Manitoba run programs where incarcerated parents can record themselves reading a storybook to their child. The recording is then burnt onto a CD and sent to the child as a gift, along with the storybook.

These programs are *free* and open to anyone in the Winnipeg Remand Centre, Headingley Correctional Centre, Milner Ridge Correctional Centre, Women's Correctional Centre and Stony Mountain Institution. As long as you don't have a no-contact order from your child or your child's caregiver, you are eligible to participate in the program.

SIMPLY, FILL OUT A GREEN REQUEST FORM AND GIVE TO YOUR UNIT MGR.

For more info: Men call JHSM @ 204-775-1514 Women call Elizabeth Fry @ 204-589-7335

JHSM Bail Program

The John Howard Society of Manitoba offers a Bail Assessment, Support & Supervision Program for men on bail, who are able to live in the community and who have a community address where they can reside. Each client helps develop their own case plan for bail upon release, if granted, and the case plan is developed based on their needs. Each client is supported by a case-worker who assists with referrals and ensures the case plan and conditions are followed.

All referrals to our program must be initiated by your lawyer FIRST.
Green Request Forms Are Not

Accepted!

JHSM's Reintegration Department

The John Howard Society of Manitoba offers programs and services to all clients who are preparing for their release and are seeking community resources.

Reintegration services are available to you while you are incarcerated. Community courses, such as "End To Aggression", "Introduction To Healthy Relationships", "Coming To Terms" and "Positive Parenting Program" are available after you have been released.

Staff and volunteers offer support and guidance, often referring clients to community programs and specific assistance provided by the Society.

Contact Reintegration at 204-775-1514

ANNOUNCING 3 NEW PROGRAMS

Project Manitouwabi: Housing Program

- A housing program for sentenced individuals being released from custody
- Support Workers helps develop a case plan around housing, income assistance, employment, addictions treatment, programming and access to cultural activities
- Referrals and self referrals accepted
- **Priority will be given to those who identify as Indigenous**

Canine Healing Services

- Selected volunteers assist Meghan Search and Rescue in training service dogs
- Some participants will have further opportunity to become certified dog trainers (Up to 2 year commitment)
- Participants are supported through their involvement by a Project Coordinator
- Client must be referred
- **Priority will be given to those who identify as Indigenous**

Healing Program for Indigenous Men

- Closed group program for Indigenous men who have experienced sexual trauma
- Elder services and cultural activities offered throughout
- Participants develop individualized case plans with a caseworker to help identify triggers, strategies and new ways to cope; Follow-up support given
- **Referrals preferred & self referrals accepted**

Call 204-775-1514 for more information

My Jets

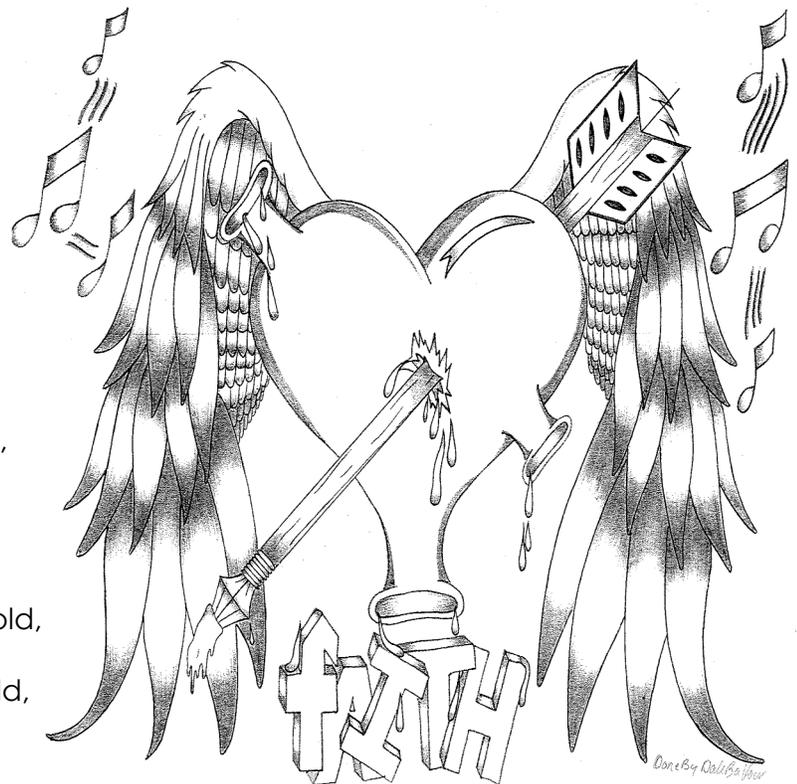
The Jets are my team,
Hockey is the game.
The boys are full of steam,
I hope they win again.

Dustin Byfuglien is the best,
Slamming guys against the boards.
Putting everyone to the test,
Some day the Cup will be their reward.

Laine and Wheeler are leading the league,
With goals and points they are at the top.
They are the fastest, full of speed,
They will always be hard to stop!

In the past, goaltending has been hot and cold,
Now with Hellebuyck, I hope he'll last.
The decisions Coach Maurice makes are bold,
The Jets will soon be unsurpassed.

By: Alphonse Knott



By: Dale Balfour

Eternal Love

I know grief causes pain,
But believe me we will meet again.
I hope my words to you will be enough,
To explain to you the word of love

People die but love is never gone,
Within your heart love still lives on.
That's one thing that you should know,
Love doesn't fade it will always glow.

Though sometimes we make mistakes,
We never mean to causes heartaches.
Though we can't hold one another,
We'll always have each other.

So please wipe those eyes,
Just look up there in the sky.

Love you mom.

By: Dustin Meekis



Mirror, Mirror

My son is the world, the only reason that I'm still alive,
The moon in the dark clouds, the sun in the sky.
Every day I close my eyes, I'm praying for a change,
Lord, will you help me? I'm trynna find a better way.

Every day's a struggle but I'm trying to make it out,
People judge you by the cover but don't know what you're about.
Yeah, I've seen some dark days, I'm trying to make 'em right,
I'm trying to make a difference and live my own life.

My baby momma's trippin' but never will we be the same,
Grown up as a kid I never thought I'd feel this pain.
The feeling of love lookin' in your own eyes,
But I gotta stay strong even though I wanna cry.

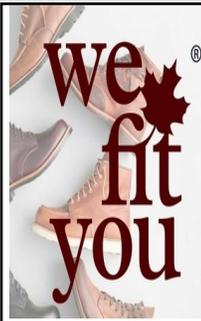
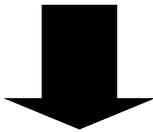
My son is my motivation, he's the reason I'mma try,
We gon' see success, I promise, before I die.
My heart, my pride, I treasure my son's time,
I was sent an angel and he will forever be mine.

By: Cash Krew

**Writers and Artists,
the Scoop Needs
Your Stuff for
Your SPRING Issue!**

Send in your poems, stories, jokes, book reviews, and artwork.

**Don't forget to
attach your
consent form!**



CLOTHING CLOSET

Need Some New Threads?

If you're getting out of jail and need some new-to-used clothes for your release, have your Case Manager email:

twiebe@johnhoward.mb.ca

or

cvielfaure@johnhoward.mb.ca

With requested items and the date of your release.

Inside Scoop Waiver

Please attach this to any artwork or poems you send in

Name (please print): _____

Name of poem/artwork: _____

I, _____, give my permission for the John Howard Society Literacy Program to print my work in the Inside Scoop and confirm that I am submitting **my own** authentic and original work.

I also understand that my work may also be used in other John Howard Society publications, such as workbooks and facilitation manuals, as a handout in group classes, or for future promotional or fundraising projects.

Artists Signature

Date

Institution: _____

****We will not print anything that is racist, sexist, homophobic, has gang symbols, or that glorifies violence, drug use or gang involvement.****