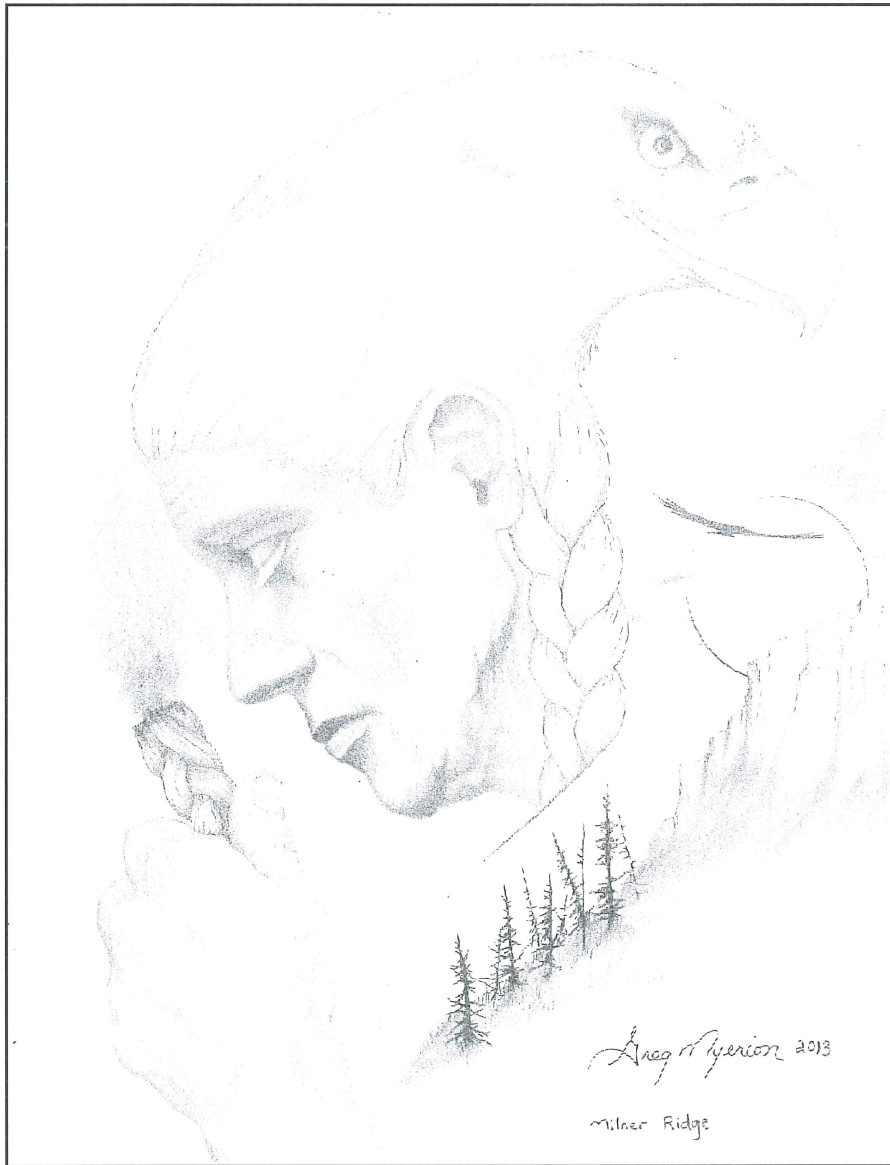


# THE INSIDE SCOOP

Produced by the participants of the John Howard Society literacy program:  
The best of prison literacy and art, created by inmates for inmates

Spring 2013



## NO LOVE, NO PAIN

To have no love in this world  
full of stones' and bricks' is to  
feel no pain. How can we  
understand the shame of playen  
these gamez' if all but pain is to  
gain. Time runz' slow up these  
riverz' we row, but if we lose  
our paddle flowing up shytt  
creek then where else can we  
go? Raised in darkness without  
a steady light. Well what do you  
know. Sitting and waiting for  
that day to come. Will you be  
there with open arms to take me  
in? Or will abandonment be the  
love and the sight of you  
leaving be the pain.

*Devon "lilman isstill blazzen"*  
Moore

## IN THIS ISSUE:

We've got poetry, an editorial  
section, and the winners of our  
second art contest.

Congratulations to Greg  
Myerion, our art contest  
winner, whose amazing work is  
featured here on the cover!



THE JOHN HOWARD SOCIETY  
OF MANITOBA, INC.

# FROM THE EDITOR

Greetings, loyal readers! Welcome to the spring issue of the *Inside Scoop*. The volunteer board of inmates that plans, designs, and edits the *Scoop* has dubbed our March issue the official Idle No More edition of the newsletter. The grass-roots movement for Aboriginal rights has been going strong since before Christmas, and many folks in WRC and other jails and prisons are understandably excited about it.

Our Have Your Say editorial section features notes from our class discussions about the movement. The Have Your Say section was introduced last year as a way to invite readers to share their thoughts on the issues they care about most. Please don't hesitate to write in to the *Scoop* with your own thoughts, whether they are about Idle No More, or some other hot topic. We'll do our best to get them in print in the next issue.

The *Inside Scoop* editorial board

also announced a cover art contest in our last newsletter. The winner, a beautiful piece by Greg Myerion, is on the front page of this issue. You can see second place, by Stephanie Shorting, on page 9. Greg and Stephanie will receive \$25 and \$15 canteen credits — hopefully to be used toward art supplies so they can keep sending in their incredible work! Thanks to everyone who entered. Many runners-up are included in this issue and we'll publish any that we couldn't fit here in the next issue of the *Scoop*.

The *Inside Scoop* is published by the John Howard Society of Manitoba, a non-profit agency that works with men in jail and men returning to the community from jail. We run an adult literacy program open to people on 400 and 600B in the Remand Centre who want to improve their reading, writing and math skills. Get in touch with us at

205-775-1514 or fill out a green request form to sign up!

One of JHS's most exciting new projects has been designing a manual for inmates who are interested in learning how to become peer tutors and help others on their floor with literacy skills. If you're a strong reader and writer and are interested in helping other people who want to improve, please get in touch. It doesn't matter where you live in WRC; our literacy classes are only open to 400 and 6B, but we want to train peer tutors from many different floors. This way, even people who cannot access our classes can still get help.

If you have questions about the literacy program, peer tutoring, or the *Inside Scoop*, please contact Jacquie Nicholson, the literacy coordinator at JHS.

We hope you enjoy our spring issue! Thanks, as always, for reading!

## Want to read to your kids from jail?

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

These programs are free and open to anyone in WRC, as long as you don't have a no-contact order from your child or your child's caregiver.

Guys, give Jacquie at JHS a call at 204-775-1514 ext. 303. Ladies, contact Mandi at Elizabeth Fry at 204-589-7335 ext. 224.



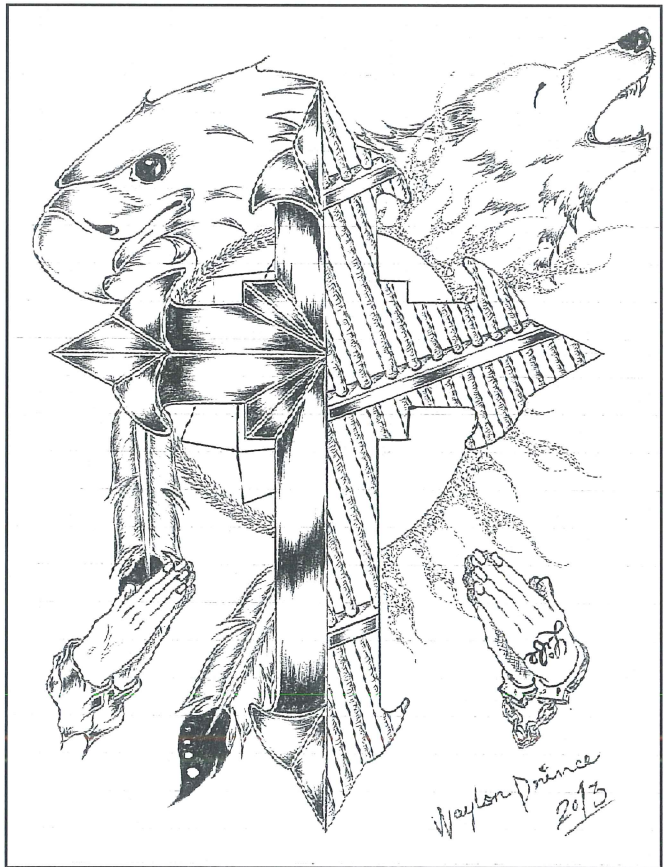
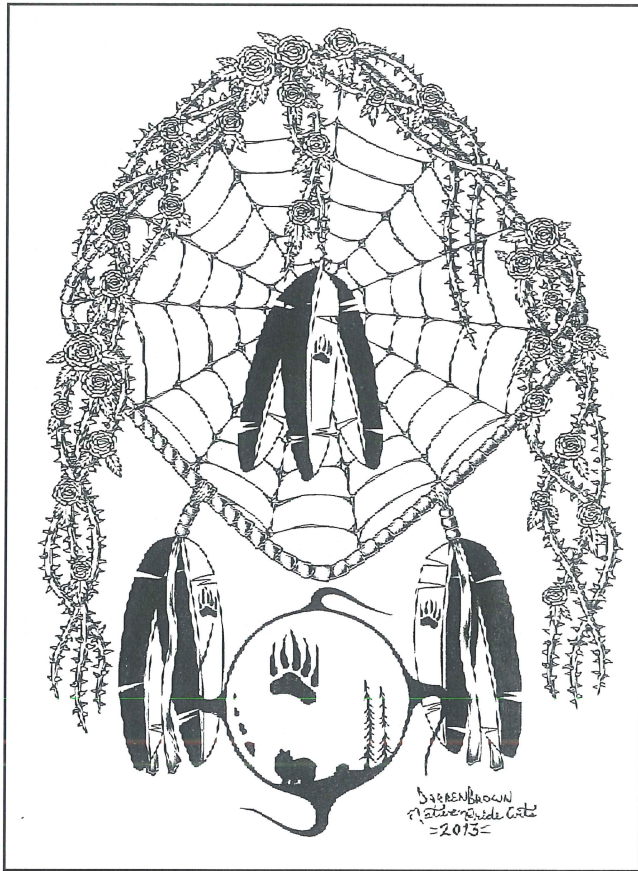
## Writers and artists, the *Scoop* wants to hear from you!

Send your poems, stories,  
letters, jokes and artwork to:

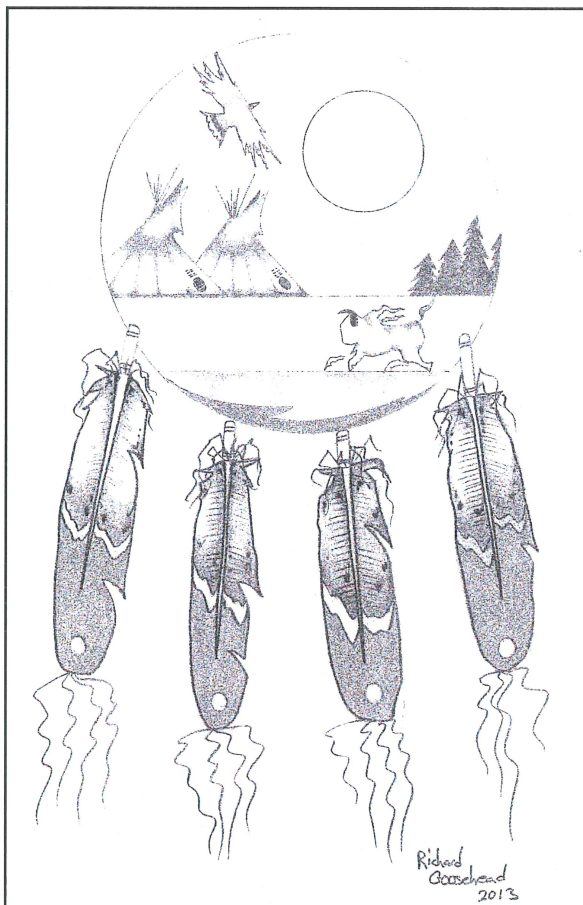
The Inside Scoop  
583 Ellice Avenue  
Winnipeg, MB  
R3B 1Z7

We try to print everything we get. However, we sometimes need to edit submissions for length, and we won't print anything that is racist, sexist, homophobic, or that glorifies violence or gang involvement.





Here's the work of some of our excellent art contest runners-up: Darren Brown, Waylon Prince, Richard Goosehead and Donald Sinclair. You'll see several others throughout the issue. If you don't see yours, don't worry! We didn't have room to include them all, but we'll be featuring the rest in the next edition of the *Scoop*, due out this summer.





# POETRY

## LIFETIME SATISFACTION

You're a marvel a supreme  
You're the purest form of a dream  
You have me captured  
You have me hoping  
on a happily ever after  
I feel secure as your love  
I'm so sincere to your love  
I wake up smiling you're the cause  
Go to bed smirking  
you're in my thoughts

You're a beauty a delight  
A shining star in my life  
You're everything  
I never knew I needed  
These words are yours baby believe it  
Your love has deepened my soul  
Your love has crept into my soul  
Our daily chitchats  
are an honest blessing  
The creator sculpted you  
to pure perfection

You're a wonder a surprise  
You're the reason I feel alive  
You have me astonished  
You have me never wanting  
to break a promise  
I love sharing our every moment  
I love to cherish our every moment  
You're a once in a lifetime satisfaction  
I prayed for a dream and you are what  
happened

You're a marvel a supreme  
You're the purest form of a dream...

Montonio



## A PRAYER FOR THE STREETS

Dear Jesus my lord and saviour  
Please forgive my enemies and all my haters  
I'm sorry lord that I left my two kids  
To go sell dope and run around in the skids  
I thank you lord for staying by my side  
On those nights I was stabbed and almost died  
I've been through gang fights and murder beefs  
And I've lost my family to life on the streets  
Now I sit here in prison as I pray  
And I'm asking you god to take it all away  
I take this time to pray for the hungry and sick  
For the prostitute, the murderer and the drug addict  
And for those children going hungry on the street  
I'm asking you god to provide them with something to eat  
I pray for the single mother that's stressed and hooked on dope  
I ask that you comfort her and remind her that there is always hope  
I pray for the working girl who works in the streets at night  
Either to feed her kids or put another hit in her pipe  
I'm asking you god to please forgive  
Because I'm truly sorry for the crazy life that I live  
All the alcoholism and drug abuse  
All the violence and the pimping prostitutes  
I beg for your mercy lord Jesus Christ  
For you're the only one that can truly save my life

Amen

*For those with a  
life like mine  
keep your head  
up because one  
day things will  
get better if you  
work for a better  
life. Perseverance  
only comes  
through you.*

Born Hood

Artwork by  
Nicholas Richard





## LIGHT

Walking with the light  
It's hard to get lost  
But when the light turns off  
It's hard to see the cross  
I turn to the left  
I turn to the right  
I look up no light in sight  
I pray to the lord  
I pray to the sky  
I'm feeling weak  
It's hard to get by  
As I shed a tear of sorrow  
God will I make it to  
tomorrow  
It's a fight against life  
With a world filled with horror  
So he sent me an angel  
Now my spirit feels alive  
She swept me off my feet  
Not I'm ready to live life.

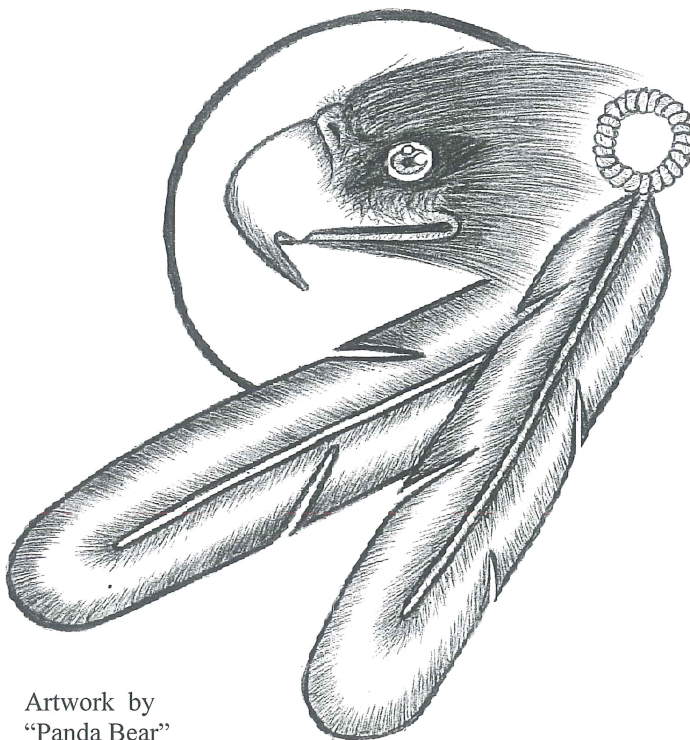
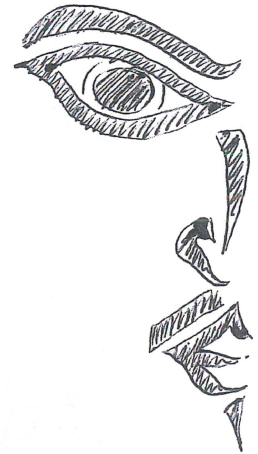
*Peter Kennedy*

## I WISH I WAS IN LOVE

An emptiness in my heart                      I cannot fill  
Deeply longing & wistful moments  
A pain too poignant to bear has me feeling that I do not belong  
Detached from my essence                      lost & afraid in the maze  
What went wrong?  
That I wish I was in love  
Its been so long                      years have passed  
Its all that I can think of

My heart is empty without you  
Everyday you would fill my heart with your love  
And now that your gone    I'm hardly whole  
An emptiness in my heart that no one can fill  
I feel like I lost my soul  
When I think of you and  
the love that we once shared  
For months on end you're all I can think of  
No one has ever compared  
I will never forget you  
Here alone in my solitude  
Wishing I was in love.

*UGLY*



Artwork by  
"Panda Bear"

Panda Bear March, 1  
2013

## Inmates need support. So do the people they love.

JHS shares space in its building with a new group called the J.J.L. Society. They are a support group for people with loved ones in jail. Members of J.J.L. aim to support one another, share stories, and give each other advice and information based on their own experiences.

J.J.L. meet at the JHS building (583 Ellice) in the last week of each month, usually Wednesday or Thursday night. If you have a friend or family member who you think would be interested, you can tell them to get in touch at 204-334-0731.

All are welcome! Childcare and snacks are provided at meetings.



## THANKS TO YOU

Once was lost,  
but now am found  
Had no love,  
was down and out.

Until the day,  
you came and went  
I had a chance,  
to love again

My heart goes out,  
to you and yours  
You helped my feet,  
get through that door.

You lift me up,  
with a gorgeous smile  
You give me energy,  
to march for miles.

New horizons,  
are in my sights  
I'm glad that you,  
walked in my life

A brighter future,  
is in my grasp  
Thanks to you,  
I forgive my past.

*Damian AKA Dee/3DV*

## FEEL LIKE DYING

Sometimes I wanna just disappear  
From all this hurt and pain,  
I know theres people that would care  
But I feel like Im going insane.  
I have a beautiful little girl  
Who I dont even get to see,  
Because of her inconsiderate dad  
Took her away from me  
Words cannot describe  
What I feel like deep inside  
I try to hide my feelings  
And all the tears I've cried  
I dont wanna be this person  
That I have become  
I wanna be who I suppose to be  
And that's Deanna's mom  
But for now Im just a drop-out  
In and out of jails  
Reminiscing on the good ol' days  
And snorting gangsta rails  
If I can go back in time to when  
everything was perfect  
I wouldn't do the bad I've done,  
it'd be totally worth it.  
I'd still have my house, my daughter,  
And everything would be fine  
But until then nothing is,  
So I just feel like dying.

*Lesley-Dawn McKay*

## MOURNIN' TIL DA MORNIN'

Sitting in the corner of my cell,  
Thinkin', I'm bound for hell,  
Can't stop cryin',  
Want to give up tryin', oh, oh.

You've seen me mournin',  
All night, till da' mornin'  
Then, I prayed to you  
And you came to me too

I strive to run the race  
All with your embrace  
I will kneel before the throne  
Wanting to go home (heaven)

You've seen me mournin',  
All night, till da' mornin'  
Then, I prayed to you  
And you came to me too

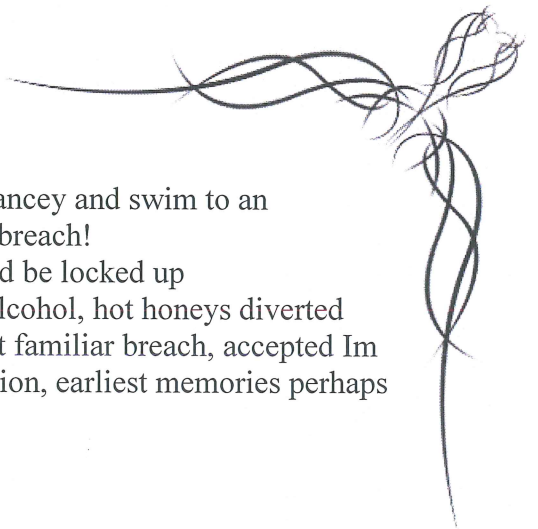
I shall endure  
Till you make me pure  
Wanting to forget the past  
How long? Will I last  
How long? Will I last, oh, oh, oh.

*Alfred Theodore Goosehead  
AKA Alfie  
HCC-2012*

## EMPHASIS ON FUNCTION

Constricted spaces, of locked up once again!  
The idea of cope, was acceptance and hope!  
A "W.R.C" inmate will stay afloat amongst fish and sharks, no boyancey and swim to an  
"E.R.D," then parachute to probation upon release, all because of a breach!  
750ml Appletons I reached, photo I'D & money, didnt know I would be locked up  
for loving the party! Magistrate indicated no drinking, but money, alcohol, hot honeys diverted  
my thinking, so I ask myself will I ever quit drinking, and avoid that familiar breach, accepted Im  
held in custody, and hope for treatment, violence, alcohol consumption, earliest memories perhaps  
thats why I cant function  
Perhaps....

*W.W. Fortchurchill, MB  
Dené*





# Word Search: Idle No More

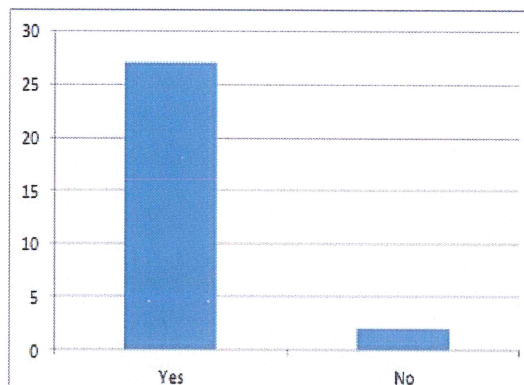
Designed by Max Richard

R C L L I H T N E M A I L R A P  
A T B C H I E F S P R O T E B T  
Y H D E S C H I E E S T H L O R  
M O R S F T N E M N E V O G R A  
O E V C E R E M O N Y C L R I Y  
N C M M I B D A E E K R M B G M  
D N N O H L Y R I A A O R E I S  
R E E R C O N H D P N O K B N I  
O P C E L C C E T E P I G O A D  
B S N I A K S T L L R S O D L L  
I A E N N A K D M T T Y V G L E  
N S P D O D I L S Y A I E N E N  
S E S I I E I R T N S G R I A O  
O R A A T S E A T S I M N T D M  
N E E N A G E S N R E I M S R O  
F H R S N H R R O A R T E A R R  
A T E U N I A B U T C A N F S E  
S C H I F E A H S N O T T R O T  
I S T O A F N N A T I O N A P L  
G N O N F I R S T N A T I O N S

Aboriginal leaders  
AFN national chiefs  
blockades  
ceremony  
chiefs  
fasting  
government  
hunger strike  
Idle No More  
Indian Act  
non First Nations  
Parliament Hill  
Raymond Robinson  
Theresa Spence

## Poll: Do You Support the Idle No More Movement?

We polled students and tutors in the John Howard Society literacy program, as well as people up on the 6th floor of Remand Centre, about whether they agreed with the aims of Idle No More. Of the 29 people polled, 93% voted Yes, and 7% voted No.



Next issue's poll:

The leader of the Manitoba PC Party recently said that the EIA housing allowance for a single person should be raised from \$285 to about \$385. What do you think?

It should be kept at \$285 \_\_\_\_\_

It should be raised to \$385 \_\_\_\_\_

It should be raised higher than \$385 \_\_\_\_\_

If you want to vote, simply check one option, tear out this square and send it to the Inside Scoop at 583 Ellice Avenue, Winnipeg, MB R3B 1Z7.



# Have Your Say: Idle No More

*On Friday, March 15, our literacy class broke into discussion groups to tackle some questions about Idle No More, the Aboriginal rights movement that is sweeping the country. Here is some of what we came up with:*

**Idle No More is about many, many different issues. Which issues are the most important to you?**

"I'm concerned about how Aboriginal people are always leading in all of the most negative social categories: poverty, incarceration, suicide, unemployment, poor health. We have been affected by racist laws and assimilation policies for hundreds of years and we are only now starting to bounce back from that. We need to fight for governments to recognize the harm that has been done to Aboriginal peoples in Canada."

"For me, the most important issue is our treaty rights: education and a brighter future for our youth, stopping building projects on sacred ground, access to proper health care on First Nations communities. EIA is also important to a lot of Aboriginal families, and right now housing is a big factor. The rent allowance is so low at only \$285 for a single person. It's hard to find proper and safe housing at such a low price."

"The environment is an important issue for me. Since this land was colonized the main priority has been stripping it of its resources and in order to try to make as much money as possible, with no thought of what that does to the earth, the air, and the waterways. Idle No More is what this planet needs right now because we are going downhill fast."

**Does Idle No More give you hope for the future of Indigenous communities, and Canada in general? Why or why not?**

"Yes! We have hope that the movement will succeed!"

"Yes, because at least those of us in jail have people to speak out for the people who cannot participate."

**Some polls in the popular media have shown that many, if not the majority of Canadians do not support the Idle No More movement. Why do you think that is? Who do you think those people are?**

"I think some people don't support Idle No More because they are ignorant and don't see any benefit to them, so they don't put effort into educating themselves on the movement. They may also be racist. These people can include the average Joe, and the uneducated."

"It's important to ask what kind of information is getting out there about Idle No More in the media. If people are getting only negative information, that's all they will know, some people might not even know what the movement is about. Some people are just racist, or threatened by the idea of a group gaining rights or government money being spent."

"Some people don't like us fighting for our rights because of racism and it causes businesses to lose money. This is also why they hate government funded projects and Idle No More blockades."

**Discussions about Idle No More in the media and in the general public have brought up many racist myths about Aboriginal peoples. What do you think about these?**

"Stereotyping is a big issue, 'Judging a book by its cover.' Don't be so judgemental against others; they could be the nicest person you've ever met. Don't be scared to talk to people and ask questions to gain a better understanding."

"A myth that I'm hearing a lot is the one about tax exemptions for Aboriginal peoples. Truth is, it's only useful on reserves. I have never been able to get tax exemptions off of a reserve and it's a lengthy process to claim them, which is a put-off. More education is needed to inform people against these myths and stereotypes."





**Idle No More has used many different tactics to bring information about the movement to the public. These include round dances in public places, rallies and marches, teach-ins, presentations, art and music, and blockades of highways or railways. What do you think about these tactics? Which do you think are most effective and why? Are there any you disagree with?**

“People don’t want to support Idle No More because of the threat it poses to corporations and governments. Blockades are causing companies to lose money and they don’t like that. People might also not support the blockades because they feel like they are inconvenienced, late for work or stuck in traffic. But we think the blockades are good because they show that our people are serious about taking back what’s ours.”

“I like the symbolism of the blockades, the way they say ‘Hey, you’ve been profiting from the use of our land, and we’re putting a stop to it,’ even if only for a short time. That is a very powerful thing.”

**How can people in jail support or participate in the Idle No More movement? Do you have any ideas?**

“People in prisons aren’t given the opportunity to have a voice on the outside. This doesn’t give them the chance to participate and support movements or causes that are important to them. Getting basic information about a movement like Idle No More is tough, especially positive media reports.”

“I think that people in jails can participate by expressing their support through words in letters. They can ask for help publishing by talking to their Elders or by trying to contact outside sources. By phoning or writing to certain people like the media, or chiefs of their nation. Or by writing to the people in the government that are responsible for giving us answers.”

*And remember that you can make your voice heard about Idle No More through the Inside Scoop! The Have Your Say section is a space for incarcerated people to speak up about the social and political issues they care about. See something in the newspaper that really got you thinking, or arguing with your friends? Why not share your views with the Scoop? On the next page, there are two responses to last issue’s Have Your Say topic, CFS and the Phoenix Sinclair Inquiry.*



*Congrats to Stephanie Shorting, the 2nd-place winner in our art contest!*



## HONEST HEARTS

In loving memory of Phinox Sinclair

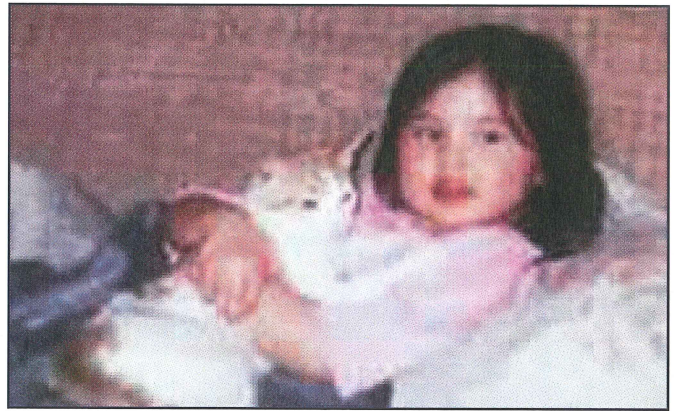
Children are all inasint they don't know whats what, right from wrong honest hearts, it's a shame that now: after her death Winnipegers are try'n to prevent it from occering again.

Lord: I pray that you have little phinox play'n in your garden. Watching over the mornin' family that cares, so many children bullyed by parents to grow up fast, shit my kids can stay young forever and have fun, cause it's too late for little phinox. My girl asks questions?! But I avoid the truth, her parents were pices of phoop! "I tell her" I tell her she's here in spirit play'n and have'n fun in the sun! she has broke free of the abuse, the creator keeps her safe, the aultamit father figure we one day hope to become! Honest hearts are all around, where I am theres not too many, a few good friends, friends that feel for phinox. Conversations we share, deep and touching moved me to wright this song, say'n even though she's moved onto the other side, we keep her with us in our hearts, as honest hearts re-kindel a spark that makes a flame in young phinox sinclairs NAME!

Children are all inasint they don't know whats what, right from wrong honest hearts, it's a shame that now: after her death Winnipegers are try'n to prevent it from occering again.

Honest hearts: children of every culture abused and blamed for whats going on in their parents heads. The courts now try'n to make it right, it's to late for phinox sinclair! Only a few short years ago brian sinclair died in hospital! First it was poor health cre, now poor judgement on behalf of child and family services. The parents karl mckay and Samantha keymatch should never see the light of day; they should be left to rot in there own messes! 25 to life is not enough, a life for a life, the death penalty be the best punishment! Winnipeg, my city, I could start a change all people would follow family first! Followed by walking in the light in the great creators delights, insuren a tragedy like the this does not happen again, Amen!

*David Grandy*



## CHILDREN FAILED, A SYSTEM SCORNE

All the cries, All the screams, the children born into crushed dreams. Some better treated than the family pet; too many young lives stolen, lest we forget.

With C.F.S., as it is, C.an F.amilies S.urvive?

Does it make sense? Sure, Nonsense.

For the families that; they try hard to make headway, seem targeted, having their precious ones taken away, whilst the ones that; they are in dire states are pushed aside until too late.

Social Workers demanding parents to learn the rhymes with the 'right' way.

Who are they to tell you how to raise a child out of a "Rearing for Dummies" handbook?!

With no child(ren) of theirs, fresh out of school, some don't even know how to cook!

Now I guess I cannot place all blame on the system for I guess they try their best (LOL!), there's a terrifying issue separated from the rest.

A problem that's viral; it's circled the globe, abuse that's no jest!

On the news, in papers, no matter the creed or races, innocence stolen, smiles broken, tears streaming down their face(s).

Slaps on the wrist this system gives, and this I'm just not getting. If they'd imagine this their own boys and girls, surely they'd impose a beheading. More terrible predators out there, I'm going to say just one thing; "Fore you decide to victimize and steal a child's dream, for fuck sake's, look 'em in the eyes, don't steal that sparkle, pilfer that trust and innocence. Turn your sorry self around, for shame, hang your head and go back the way you came!"

*Terence M. Desjarlais*





## 5th Annual “Speaking Out From the Inside” Poetry Contest

The John Howard Society’s *Inside Scoop* is holding its 5th annual poetry contest, which is open to anyone who is currently incarcerated or who has been incarcerated in the last year. Participants can submit **one poem only**, one page long or less, for a chance to win a gift certificate to local bookstore McNally Robinson. There is no entry fee! Simply fill out the form below, tear it out of the *Inside Scoop*, and send it, along with your poem, to The John Howard Society, 583 Ellice Avenue, Winnipeg, MB, R3B 1Z7. Or, if you’re in WRC, write “Inside Scoop Poetry contest” on a request form and ask to see Jacquie Nicholson, JHS literacy coordinator. **The deadline for entries is August 2, 2013.**

### Entry Form

Please fill out all sections of the form, or your poem may not be eligible. If you have questions, contact Jacquie at 775-1514 ext. 303.

Full Name: \_\_\_\_\_

Are you currently in custody in a jail or prison? \_\_\_\_\_

If yes, which one? \_\_\_\_\_

If no, when were you last in custody and where? \_\_\_\_\_

If we print your poem in the *Inside Scoop* or some other publication, what name would you like to appear next to your poem? (You can use your full name, first name, a nickname, whatever you want)

\_\_\_\_\_

Provide a phone number we can contact you at if you are no longer in custody when the contest winners have been chosen. This could be your home phone number, a cell phone number, or the phone number of a family or friend who will know how to get a hold of you.

\_\_\_\_\_

Please sign and date below to give us permission to print your poem in the next edition of the *Inside Scoop*, which is distributed in institutions and in the community, and also appears on the JHS website. We will be printing the winning poems, and also as many of the runner-ups as we can fit!

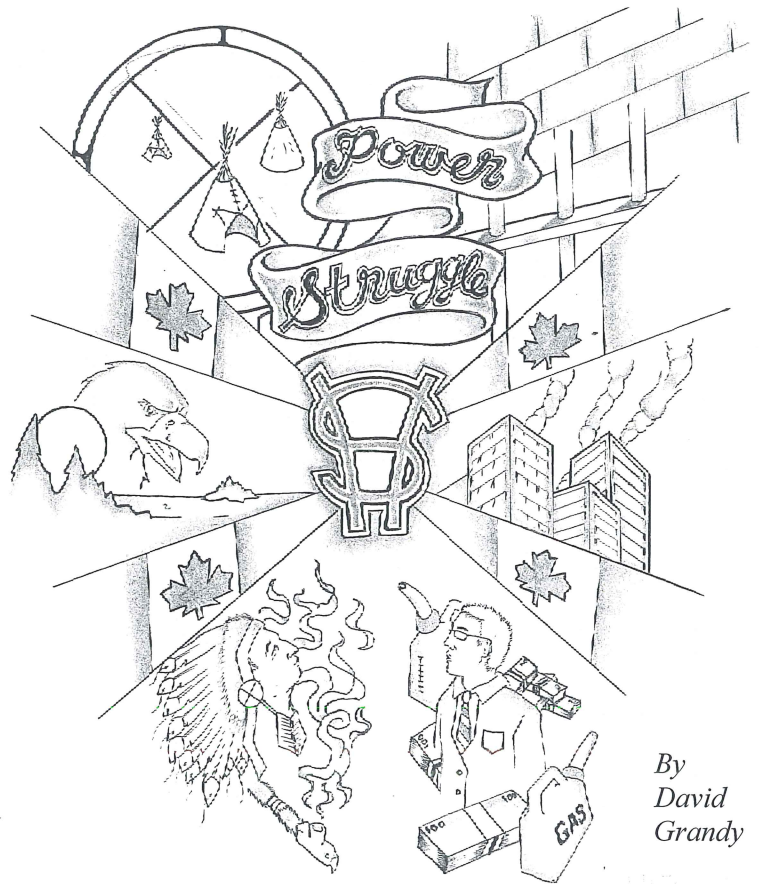
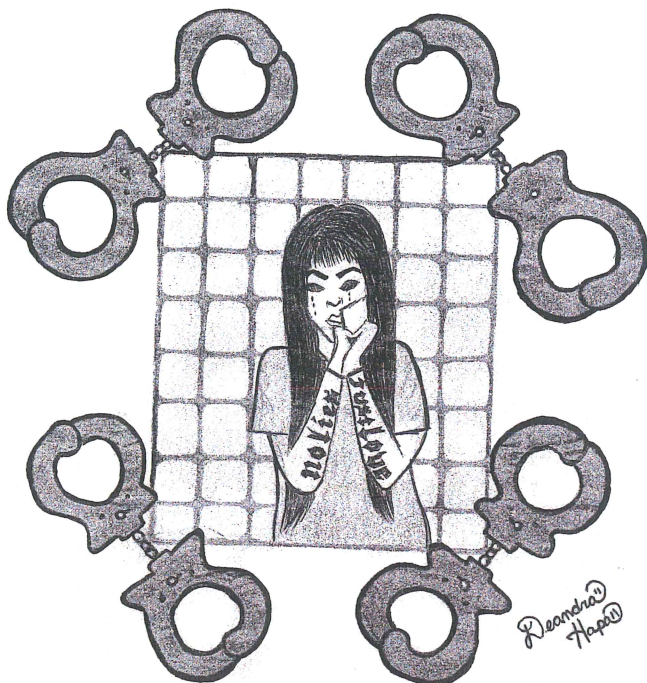
\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

☐ Check this box if you would like to have your poem used in other JHS publications, such as workbooks and facilitation manuals, handouts in groups, or for future fundraising projects.

So much drama for this babymamma  
 Doin time as I wait to be convicted of more crimes  
 Seems like people have pocketful of dimes  
 Litterally waiten to drop em  
 When a real chick drops past  
 Being free did not last  
 Got hauled away in cuffs  
 That's why I show no love  
 And guys be snitchen on women now days  
 I still got 2 more trials on the way  
 Dem dudes a disgrace to the criminal race  
 Now im writing rhymes on my bunk  
 Thinkin that guys a fucken punk  
 Not just him but dem basic bitches too  
 The ones that got the cops on speed dial number 2  
 I woulda listened to sum game if I only known  
 Now I got my homie playing it over for me on the phone  
 Got me more haters than the devil himself  
 Or like a 4 year old girl has barbies on the shelf  
 But they cease to exist like yesterdays piss  
 Sumbody betta tell my mamma im crazy  
 I aint been thinkin shit through I'm lazy  
 Ive been send here for punishment  
 And the free poin and pass judgment  
 Lifes hard I gotta admit  
 Fucked up and did some crazy shit  
 From rebellion to redemption  
 To forgive is my only option  
 So here I am rockin my provincial greys  
 Writing letters and counting days!

*Deandra Hapa AKA Mallory Knox*



*By  
 David  
 Grandy*

### **TILL PLAY TIME**

Yo, please believe, to some your life ain't shit,  
 Bound up, locked in, treated like a bitch.  
 Stay up, be true, keep ya mind right,  
 Do ya time solid, quit stayin' up all night.

Don't think too much, it leads to depression,  
 Cops always lookin to hook one on gang suppression.  
 Think about the words, they tryna get at you,  
 Some take the sayings and turn them into a tattoo.

Some back your plays, forget the crooked cops,  
 They straight hater, they don't care when their gat pops.  
 They think it's stupid, makin' sure we survive,  
 Life ain't a game, livin in hell, at least we're alive.

Down for our lives, ridin' till lifespan's spent,  
 Sending our message, until we're heaven sent.  
 Sent from the world, also our peeps,  
 Dead but not gone, and still our family weeps.

Everyone's got a family, someone that loves you,  
 Don't worry about the haters, there's no one above you.  
 Homes do ya bit, write a story even a rhyme,  
 One day you'll be out, and once again it's play time.

*Quentin Young aka Young Cube*