

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

Summer 2013



IN THIS SCOOP: Poetry, stories, art, puzzles, info on Prisoners' Justice Day events, and a section on fitness and nutrition (complete with a recipe!). This special edition of the *Scoop* is four pages longer than usual for your reading enjoyment!

FUNDRAISING ISSUE!

See page 6 for how you can help us raise money for a cause that is important to us

STREAMLESS NATIONS

Rain dropz the cold streamless sea of people.
A fightless battle rages on among the nations
of this fine country.
Drums ring out that the nations have had
enough of the shyt that helps feel the very
cause in which keeps the footsteps of poverty
from losing ground.
I sit loaded with the thought of a greater cause
than that of myself,
Left to wonder what will become of past notes
of a more suitable sound
in which my life has become.
And to that of others who would, if given the
time, to step up as one to the opposing nations.
So that in right of that in which was once ours
can be once again attained
by the people of the nations
and the nations as one

Devon Moore

"lilman istill blazzen"



THE JOHN HOWARD SOCIETY
OF MANITOBA, INC.

FROM THE EDITOR

Greetings, loyal readers! Welcome to the summer 2013 issue of the *Inside Scoop*. You'll probably notice that this newsletter is longer than most; that's because it's our second annual special fundraising edition.

The *Inside Scoop* is published by a group of inmate volunteers who are students in the John Howard Society literacy program. They do all of the planning, designing and editing for the *Scoop*, including things like contests and special features. For the second year now they are using their summer issue to fundraise for a cause that's important to them: youth programming in the inner-city. Anyone who wants to help out can choose to "pay" for their summer copy of the *Scoop* by making a donation to the campaign. See page 6 for details on where the money is going and how you can participate.

Also in this *Scoop* you'll find information on some exciting changes to the John Howard Society literacy program. We are beginning a new project where we train inmates in the Remand Centre to become literacy tutors and work with their peers on reading, writing, math, and other subjects. It's a great way to gain new skills that could help you at work, school, or parenting down the road, and earn a letter of completion and a certificate that looks good on a resume. See page 14 for more information!

You'll also note that we've got a feature section on health and "nutrition" this issue,

beginning on page 10. One thing we often hear from our clients is how difficult it is to get a good workout in the Remand Centre when gym times are so short and the machines are shared between dozens of people. Two of the students in our literacy program have some tips that will help you to make the most of your workout time. Staying fit in jail is tough, but it's not impossible!

Don't forget that our poetry contest deadline is coming up at the end of August. Prizes are gift certificates from a local bookstore, which incarcerated winners can either save for when they get out, or leave it with us along with a book shopping list for special delivery. The entry form is on page 15!

I hope you enjoy this issue of the *Scoop*, and that it inspires you to submit your writing for the next one, coming out in fall 2013! Take care.

Jacquie Nicholson
Literacy Coordinator, JHS



A student in our literacy class found this poem in a Free Press ad for the Vancouver Film School and asked to share it in the Inside Scoop, saying "I wish I'd written this myself!"

It's a truly lovely piece of writing and I thought you'd all enjoy it:

This is my year.
It's my blood, sweat and tears.
Today I am a conqueror.
My tools are not
computers or cameras.
They are my eyes, ears,
heart and brain.
I'll be serious...
but not too serious.
I'll make great friends.
My vision thrives with smart
people by my side.
I am 3 parts artist
and one part caffeine.
I am chairs pushed together at
midnight to make a bed.
My life is measured
in feet per second.
I am more than a student...
I take risks, not tests.
I am about results done right
and process meets purpose.
Every failure gets me closer.
I choose to live my art
and dominate my craft.
I choose to create opportunity.
So to all the long days, late
nights, aches, pains, heartache
and bruises
I say,
"Bring it."

This is my year.

The Ultimate Number Search

You've done word searches; why not try your hand at a number search? You'll be surprised at how much more difficult it is! This number search was designed by Max Richard.

0	3	5	5	9	9	9	1	3	2	5	6	6	9	2	2	3	1	0	9	2	2	0
2	3	6	8	7	4	8	0	1	3	8	3	6	2	0	4	5	4	5	8	5	4	6
1	1	1	0	4	0	5	2	1	2	9	7	5	5	8	7	9	0	1	2	5	2	7
5	4	7	4	0	3	1	2	7	0	9	7	5	5	6	9	1	3	3	3	1	9	9
4	8	8	6	9	1	1	6	4	2	3	6	1	0	7	6	9	2	8	1	5	8	4
7	5	3	2	6	2	2	7	5	7	6	6	4	2	7	9	9	1	9	0	5	3	0
1	2	8	9	9	4	5	6	0	7	5	5	4	9	8	0	5	9	0	1	3	1	2
6	2	9	8	8	1	9	6	2	1	1	0	4	1	2	0	9	2	4	2	1	2	5
6	3	7	4	4	7	8	9	2	0	7	6	5	7	0	6	6	3	3	2	1	5	5
0	0	4	2	5	0	6	7	0	7	5	7	0	4	4	3	7	5	1	0	0	2	5
8	3	2	0	2	4	0	7	9	5	0	0	1	1	1	4	7	0	6	1	5	8	5
3	1	5	2	0	1	2	6	9	8	9	1	0	1	1	3	5	6	4	0	6	3	7
6	5	4	1	4	4	9	8	3	5	1	2	9	7	2	6	7	2	2	0	3	4	8
5	8	8	7	3	4	7	3	1	5	8	9	8	6	4	3	1	9	7	5	2	3	4
2	3	9	4	3	6	6	4	2	0	7	9	3	6	4	5	4	0	0	2	7	7	9

Here's what you're looking for. See how many of these numbers you can find in the puzzle before your head explodes!

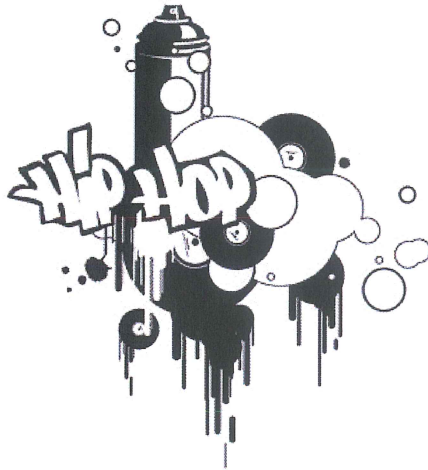
0012	1473	2102	3314	4719	5501	6110
0147	1553	2201	3557	4920	5670	6211
0229	1297	2446	3766	4031	5999	6634
0348	1140	2799	3990	4140	5550	6779
0556	1022	2092	3110	4452	5001	6699
0670	1889	2334	3202	4667	5766	6975
0661	1905	2566	3331	4375	5898	6541
0793	1005	2779	3344	4585	5585	6009

POETRY

UNTITLED

My tongue lashez with sincerity the emotion serenity
Words is my company yo my words is my security
I speak loud rambles don't care who has an ear to me
My heart thumps wondrously if only you could hear the beat
the pain the joy and that forbidden fear I feel
I talk wisely and grow big for every person that's dear to me
I aim for triumph with my words my wordz will cure defeat
I'm that walk on the pavement man you gotta hear the streets
I view things poetically I speak within rhyme
Have no choice to melt ya'll hearts cuz the heat is in mine
the love war boundaries man I go and reach between lines
Just to release peace I aim to have peace in my mind
thoughts travel like thunder my words is my lightening bolt
Call me Zeus with the way I spit my wordplay will frighten
folks
Seriously the sincerity
I have for hip hop has
emotional severity
B-cuz words is my
company yo my words is
my security....

*Monty
AKA Bad Conscience*



NO ONEZ TO JUDGE

Until they kill me, never will I quit.
Until I'm gone never will I stop.
I am determined to continue
this life I behold.
The strength I have within,
creates a new person inside me.
Even tho I am weak minded,
my heart overpowers my thoughts.
The destination I reach
is no longer my problem,
The struggle I go through
is no longer my trouble.
The pain has healed,
the scars are covered.
I am only one to say, that I moved on.
I am only one person but strong.
I've gotten through the hardest of moments,
without a tear, without the fear.
I struggled down the same path as you,
so to say I'm a whole different person as you.
Never to judge but only relate,
I am me & you are you,
We all make mistakes...

Byron. W. Harper, AKA Born Hood "13"

Attention Artists!

The John Howard society is looking for volunteers to help illustrate its literacy workbooks. Get in touch with us if you're good with a pen, especially if you can draw realistic-looking people or great cartoons. You can contact Jacquie at 204-775-1514. If you've never submitted to the *Inside Scoop*, we'd like to see a sample of your work.

This is a volunteer position, but if we "hire" you, you'll get a letter of reference and a gift of \$20 and a book of your choice for your efforts. Only a couple of positions are available, so contact us now!



Artwork by SKETCH

A REASON TO PRAY

Why do I see things that no one else can see?
Am I going crazy? Or is there spirits watching me?
There was a man sitting on the foot of my bed
But was he really there? Or was it all in my head?
If you don't believe me you should sit in my cell
Because I don't just hear voices, I see shadows from hell.
I read my Bible but the comfort don't stay too long
Still trying to seek help because something is wrong.
Always hiding the fact that I'm starting to go insane
For now I'll keep laughing to mask all the pain.
No more tears I will cry because I'm dried up today
Forever alone but that gives me reason to pray.
Even if people hate me for my past
I will love them just the same
Never will I have hate in my heart
because it's filled with shame...

Robin Bousquet



TO JUDGE

To judge a person
from their outward appearance
because they might have tattoos.
I don't judge,
for everyone is my sister or brother.
So if you were able to see my heart
it would be hard to judge the two
together, then apart.

James 2:3-5, 8-10

Matthew Emmerling

SCREW MY LYFE

If there iz even a spec of a holy father
Of God in this era – I ask...
Bless my lyfe, bless my soul
Look through the glassy windowz
of my eyes
And maybe you'll see my spirit TRAPT
Screamin for Lucifer...
Screw my lyfe...
Bless my heart to thy heart
Bless my mother's heart 2 thyme
God bless my heart full of grace & love
Hail – the Mother Mary of God
Blessed be thy name

Let the kingdom of God once again be in
the gloriousness of the fathers name.
Amen.

...//////////... "Let it be so."

In the highest power in and over, under,
on top, through all, through in, through out
n through n through

Let the trumpets of heaven thunder down
through the rain and destroy any evil in
existence

On and around this place of dynasty...

Destroy the evol in my lyfe.

2-KEY

Inside Scoop Annual Fundraiser

Even if you're locked up, you can still help your community!

Last summer, the group of inmate volunteers who publish this newsletter had an idea: what if once per year, instead of giving the *Inside Scoop* away for free, we asked for donations? We could raise money for important causes, such as the dozens of under-funded organizations in Winnipeg who work with inner-city youth. Last year we gave almost \$1,800 to the Norquay Community Centre. This year, we hope to use the funds we raise to purchase sports equipment for two excellent community organizations. Read on to learn about the places we chose and how you can contribute to our campaign.

Turtle Island Neighbourhood Centre offers a brighter future for youth in the North End

By David Grandy

One of the places we have chosen to raise money for is the Turtle Island Neighbourhood Centre, located at 510 King Street. They have over 100 kids coming through their doors every day, and are always in need of donations to help keep their programs running.

We chose Turtle Island Neighbourhood Centre because of the way they give back to the community. They offer a program called P.A.C.E., which stands for Positive Athletic Cultural Experiences. They also offer literacy, home ec, spiritual and cultural programming. There are a lot of positive programs there that will help kids stay out of gangs and away from harmful situations and peers.

We've heard that the centre is in need of hockey nets for their P.A.C.E. program, and we want to help out with that. We of the literacy program would like to thank you all in advance for supporting our youth in a brighter tomorrow. All your donations are appreciated. God bless.



Free Press photo of youth playing hockey in the P.A.C.E. program

Ndinawe is a safe space that helps at-risk young people to turn their lives around

By Riel Dubois

We decided to support Ndinawemaaganag Endaawaad (Ndinawe) because they are a good place for youth.

They have a youth centre, second stage housing, and a resource centre for youth ages 12-24. They are a safe environment for youth who won't otherwise have a place to stay. They have a ton of programs, free food, outreach, resume building, free laundry, as well as sports and recreation. They help youth, especially those involved in gangs, to turn their lives around.

From my experiences as a youth there, I know that Ndinawe is in need of basketballs, footballs, and hockey sticks for their recreation programs. This would really help the youth who want to play sports because then we wouldn't have to use warped basketballs or broken hockey sticks.

Your donations are much appreciated and will not go to waste.

Thank you very much!



How to Donate

If you're in Winnipeg Remand Centre you can sign out money to the John Howard Society, who have a special bank account set up for our fundraiser. There will be a special day to sign out money on **Wednesday, July 17th**. We know that people don't usually have much money while in jail, so we're suggesting a donation of \$1.00. If you want to give more, great! If you want to give less, that's cool too. If you can't afford a donation, don't sweat it. You can help us out just by spreading the word about the *Inside Scoop* and the fundraising we're doing. Pass your copy on to a friend when you're done with it!

If you're in another institution, it will probably be easiest to get a family member or friend to make a donation for you. People in the community can donate by mailing a cheque to John Howard Society at 583 Ellice Avenue, R3B 1Z7. You can also come by the JHS office to drop off a donation, but please call first (204-775-1514) to make sure someone is there to help you.

There will also be a donation box and copies of the *Inside Scoop* at three different sites in the community. One of these is Mondragon Café and Bookstore at 91 Albert St. in the Exchange District. Give them a call at 204-946-5241 for the hours they are open. You can also go to Organic Planet grocery store and deli (204-772-8771) at 877 Westminister Ave. T-Mac car garage at 337 Ferry Rd will also have newsletters and a donation box. Call Ron or Dave at 204-889-8622 for details.

Thanks to these three great local businesses for allowing us to set up donation boxes in their shops:



And to Assiniboine Credit Union, who have agreed to match the first \$500 we make. So for every dollar you donate, ACU donates a dollar too!



Our first-ever crack at fundraising last summer raised \$1,795 for the Norquay Community Centre, located in the Point Douglas Neighbourhood. Their plan was to spend the money on recreational equipment and on fun day trips to places like the zoo, Fort White, or the waterslides. It's a great opportunity for the kids who go to Norquay, because some of the entry fees to these sorts of events can be too expensive for their parents to afford without help.

The picture to the left shows our literacy coordinator, Jacquie Nicholson, presenting a big cheque to the Norquay staff. We hope we'll have as much success fundraising again this year!

POETRY

DADDY'S WORDS

To see her smile, to hear her laugh
My lil baby girl, Daddy's right here
Trying to make the right path

I made some rights
and I made some wrongs
Daddy loves you so much
That's why I made this song

It's all about you my lil boss queen
Daddy worked so hard now it's time
To take it to the big screen

I have tears in my eyes
because you're all alone
Be happy, my lil girl
Daddy will be home

My love is real
and Daddy will always care
Never mind about your mom
She was never even there

So it's time to move on
And make a new start
I got to do this now
For my little baby girl
Talía Aleah Lee Hart

C.J. Everett aka C.Fella



TO YOU

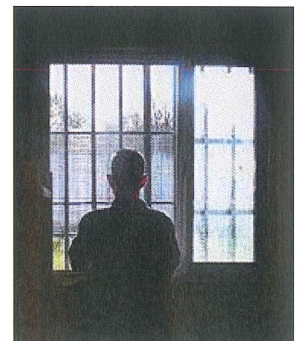
My eternal angel
White, pure, tender, gentle and perfect for me
My soul has been cleansed by the mere touch of
your hand,
My heart is no longer mine, how could it be?
I finally give all I am to you my one true love
Through the days and long lonely nights, my
heart and mind share one vision
You – my love, my angel
Because you are the best and “not like the rest”
Whenever I close my eyes, I am flooded with
blinding beauty,
I see your perfect form before me
White and sparkling your eyes, twinkling with
peace and love
Your beautiful smile and your perfect face –
help me survive this horrible place
There is one thing which my soul cries out for
you to know
While I am away, I have grown older, wiser,
and closer,
Closer to God, and closer to you
My fountain of peace in this place soon I will
have my dream come true
To be able to reach out and hold you,
To feel my arms wrap around your perfect form
To be safe in the shelter of your wings
To be washed clean by the power of pure love
by you
My eternal angel

RP

THE WINDOW

As I sit behind these prison walls, I gaze out the window and into my heart. I see visions of my wife, children and family. So much pain and tears have been shed by this life that I've led. My decisions have made me lose the most precious things a man could choose. I continue to think, seeing flashes of the past go by with every blink. As the tears well in my heart, my soul yearns for a fresh start. Could this be the end of the pain in my heart? Who knows, but it's a great place to start.

Michael Bousquet



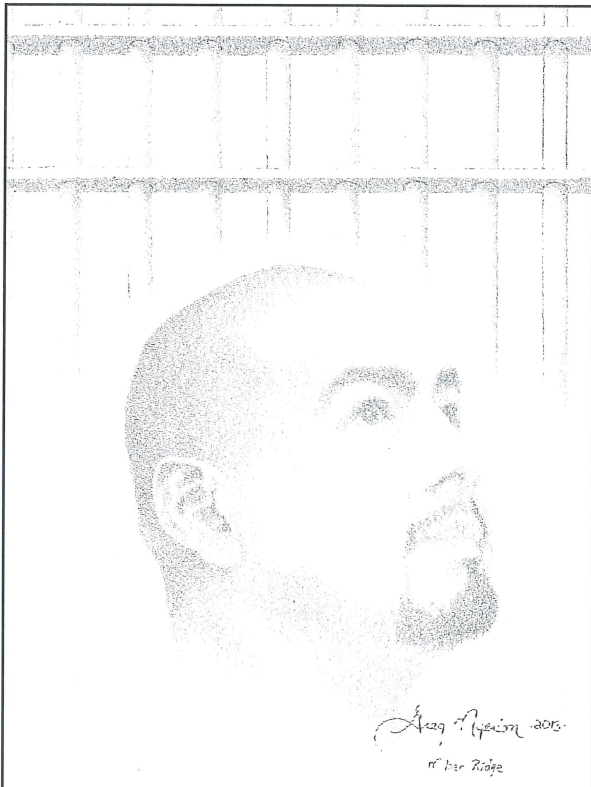
(FORGIVE ME) ONCE AGAIN

even the lover makes some mistakes
sometimes
like any other fall down and his mind
and I'm sorry for the things I did
for your tear drops
and for the words I've said
can you forgive me
and open your heart once again

whatever happened I know that I was wrong
can you believe me
or maybe your faith is gone
but I love you and I always will
so I wonder if you want me still
can you forgive me
and open your heart once again

I'd do anything to make it up to you
so please understand
and open your heart once again

Dustin Meekis



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

We accept submissions of poetry, stories,
artwork, jokes, letters, editorials - basically
whatever you can dream up. We are open to all
kinds of submissions, but please no racism,
sexism or homophobia, or anything promoting
violence or gang activity. Send your stuff to:

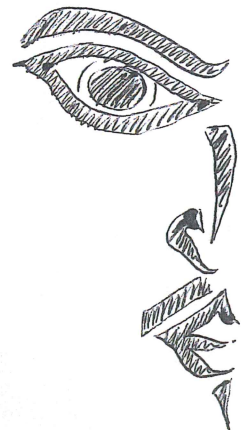
The Inside Scoop
583 Ellice Avenue
Winnipeg, MB R3B 1Z7

BENEATH MY ROUGH EXTERIOR

Beneath my rough exterior
Exists a heart of gold
Tho' I masquerade as a thug
I am a lonely man rebellious
Lost in the cold without a plan
Beneath my rough exterior
Exists a rage the world is a rough place
Where one is easily forsaken love is a disguise
That can assume any face
Love so profound I cannot fathom
Elusive Like a phantom
Beneath my rough exterior
Is a boy that has been left in the cold
He is seeking warmth I have a heart of gold
Begging to be let in He will trade himself
for your love
Answer him
For beneath his rough exterior
Is a misunderstood individual
Lost treasure
Like a genie
he will grant you a wish

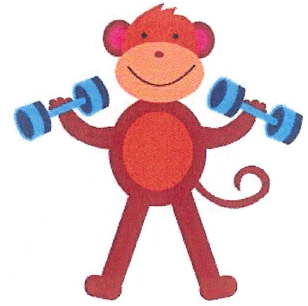
What's your pleasure?

YLGU



Health and Fitness in WRC

Sheldon and Kevin on How to Make the Most of Your Workout

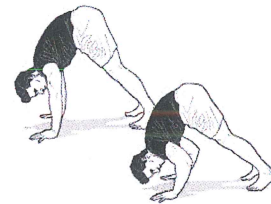


Working out is important to keep fit and stay healthy and it makes you feel better about yourself. Below is an example of a workout you can do. You can always change it to something that works for you to feel comfortable.

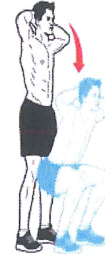
It's important to drink lots of water and incorporate protein powder if you can. Don't forget to feed the machine! Remember to rest for at least 30 seconds in between reps. Don't give up, you'll see results! But go at your own pace so you don't injure yourself. Make sure you stretch and keep your head up!

Cell Workout

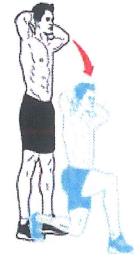
Monday	Handstand shoulder presses- 4 sets of 4
Tuesday	Squats - 4 sets of 10, Lunges - 4 sets of 10
Wednesday	Warm up with jumping jax, shadow box for 30 minutes
Thursday	Push ups: regular- 4 sets of 10, incline- 4 sets of 10
Friday	Abdominal crunches- 4 sets of 20
Saturday	Burpees (also called squat thrust)- 4 sets of 4
Sunday	Walk or run up and down the stairs for 15 minutes



Handstand
Shoulder
press



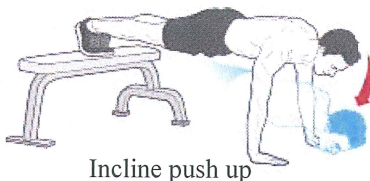
Squat



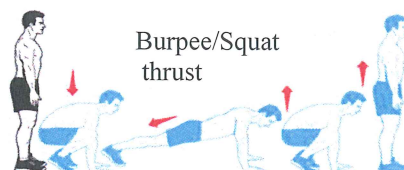
Lunge

Gym Workout

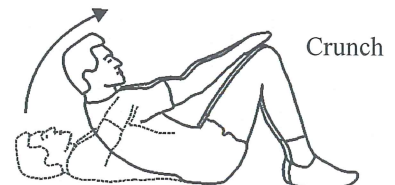
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Up	Stretch- 10 min, Jumping jax	Stretch- 10 min, Shadow box	Stretch- 10 min, Jumping jax	Stretch- 10 min, Shadow box	Stretch- 10 min, Jumping jax	Stretch- 10 min, Shadow box	Stretch- 10 min, Jumping jax
Strength Training machines	Squats, leg presses	Back muscles	Arms	Shoulders	Arms	Chest	Your Choice
Cardio	Shadow box	Up and down stairs - 15 min	Shadow box	Up and down stairs - 15 min	Shadow box	Up and down stairs - 15 min	Shadow box
Cool Down/ Stretching	Walking, Stretch, drink water	Walking, Stretch, drink water	Walking, Stretch, drink water	Walking, Stretch, drink water	Walking, Stretch, drink water	Walking, Stretch, drink water	Walking, Stretch, drink water



Incline push up



Burpee/Squat
thrust



Crunch

Jailhouse Burrito: Not Just for Jailhouses Anymore

When one of the students in our literacy program shared the recipe for “the burrito” with us, the JHS literacy program decided to make and serve it at our volunteer training as a show of solidarity for our clients in the Remand Centre. It actually turned out to be tastier than we thought!



Gathering the ingredients for the burrito recipe.

Jailhouse Burrito Recipe by Max Richard

1 or 2 cup of noodles, crushed
1 bag of BBQ corn chips or any kind of spicy chips, crushed
1 bag of taco chips, crushed
1 or 2 hot rod sticks, cut in small pieces
1 or 2 beef jerky, cut in small pieces
1 to 1.5 tsp of pepper
1 teaspoon of salt

Put all of this in one plastic bag and mix. Once everything is mixed, add:

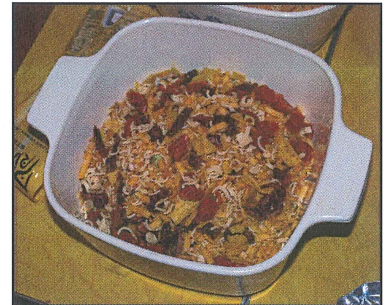
1 or 1.5 tsp of mustard
1 or 1.5 tsp of peanut butter
2 tsp of Cheez Whiz

Make sure you put the mustard, peanut butter, and the Cheez Whiz in a cup and add boiling hot water and mix it all together. Then once it is all stirred up, mix it up in the bag with your other stuff.

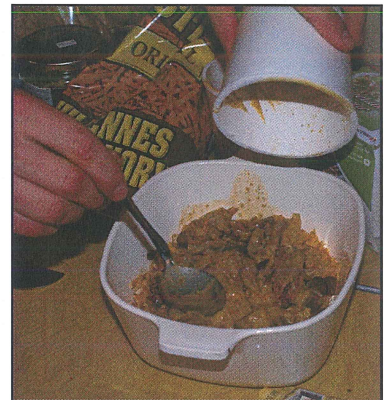
Stir to make sure everything is well mixed together. Then add boiling water all over your burrito and let it sit for 15-30 minutes. And enjoy!



Some of us are vegans or vegetarians, so we also made a meat and dairy-free version of the burrito using soy jerky and faux pepperoni sticks, shown here by our literacy classroom assistant, Katherine.



We used a casserole dish instead of a bag — is that cheating?



Mixing in the sauce....



Literacy program staff and volunteers enjoy the finished product!

GRAMPA'S PIPE

In the before-noon restful quiet
morning when everybody's gone for the
morning

When the window lights are shaded
beautiful, horizon, arisen, sun.

Then the old grampa seeks his
armchair, lights up his pipe relaxing,
sits back, falls asleep dreaming as he
draws it

Till the smoke wreath gathers black.

Teardrops come rolling down his
cheeks, like an eagle cry

Smoke or memories we wonder, but we
never ask why, but respect.

In those moods of silent dreaming when
the old grampa smokes his pipe.

As he sits there dreaming of the love of
other days and how he used to lead his
teaching children.

People, leading through sun dances
grampa lost lots of good people young
one's love, ones pained him a lot why
the memory of it chokes!

These things he's thinking when the
grampa smokes his pipe but some
brighter thoughts possess him for the
tears are dried the while.

And the old grampa worn face is
wrinkled in a reminiscent smile, from
the middle of the forehead to the feebly
trembling lip, at some ancient prank
remembered or some long unheard-of
quip.

Then the lips relax their tension and the
pipe begins to move.

Till the little clouds of ashes, falls
softly smoothly at his side.

And his head bends low and lower till
his chin lies on his chest,
and he sits in peaceful quiet like a little
child at rest.

*Winston Thomas
Thunderbird*

STILL ACTIVE/FAMILY IDLE NO MORE

Forget us not – family first

I'm all about change – still active

Registering our notes – on youtube

Str-8 to Harper – come on Sellinger

Tell them – the land belongs to the people

Native people – we need to know a better life!

Association in Parliament – exactly employment!

Thanks for nothing – we be heaven sent

Indigenous – we are born

On the land – home grown

Not doing anything – we pushing your hand

Pen to paper – like back in 1874

Even Sitting Bull – the last standing chief surrendered his rifle

Opened our eyes – to greed and power struggles

Preventing us the people - from living free in our home land

Land of god – and all his creations

Everybody – be equal

Four directions – four colours

Other than language – all the same

Real friends – honest hearts

Every color of skin – unified together

Victorious we stand – Idle No More

Eternity is ours – the future looks so bright

Ready for change – still active, fuck the conservative government.

Wow seems to be a problem – we moved forward and stopped

Here where I am – we gotten the message to Mayor Sam

Stand up for our people – don't matter skin colour everybody equal

Treaties need home land to grow – no this not a TV talk show

Real problems real people – real issues fake support

New wave still active – for the people

Big D.



Dads, would you like to read to your kids from jail?

The JHS "Get the Story Out" program allows you to record
yourself reading to your child and then have the recording and
book sent to the child as a gift.

The program is open to all men in WRC, as long as your child
or child's caregiver doesn't have a no-contact order on you.

Contact Jacquie at 204-775-1514 or fill out a green request
form if you are interested! Ladies, Elizabeth Fry Society
offers a similar program. Give them a shout at 204-589-7335.

NOT JUST ME

As if I were stuck inside a crowded room with a broken soul,
In the name of everyone who suffers from pain in all of us,
For anyone who fucks up, seriously in public,
For hate and loss and the messes they leave behind
And every teenager who is caught stealing.

I'm here to announce that the show has officially started.
It's been five years since I actually said a real prayer,
Yeah I made mistakes in life, so has everyone else...
God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can
and the wisdom to know the difference. Amen to you.

12 years ago I had a mama but when she had to go
My life came tumbling down as my dreams from yesterday
Came crushing down in front of these locked doors.
I found my hatred sneaking in behind me,
But your love still got me going.

Mama I don't blame you for leaving me
It ain't your fault for having a broken heart
I'm just your native beauty girl looking for some answers in this cool world.
I realize you already know how it was, how it went,
But I keep thinking that if we just thought it through again,
We would see something new.

Drugs and alcohol got my people face flat on the ground,
My natives look at yourselves, where this got you,
Lost in the middle from the good and bad.
Where do we go from here, we've been on the run,
We could only run for so long, yeah it's time to change a few things.

Down to one, still flying free...
Wiped out almost all of them in a single day.
It's only later when we've gone home
And you've picked up your life and seen it break apart in your hands
That we remember how we return again and again.

I want my love for you to rise up without failure and guilt.
First Nation never breaks down we keep trying,
We don't let these bruises take over our pride, we fight for freedom.
I feel ashamed for not letting you know that I love you all.
Lord, forgive our nation and forgive me as well.
It's time to pick up our feet and walk tall and strong.

Revonne Tyvilla Miles AKA Ray-Ray #15



Become a Peer Tutor

New program from JHS literacy will train inmates to tutor their peers



Are you here in WRC for awhile? Want to pass the time by helping your peers and gaining skills for work, school, or parenting? Are you good at reading, writing, or math?

The John Howard Society literacy program has a new project you might be interested in. We are recruiting and training volunteer inmate tutors to work with other people who are incarcerated.

Starting this summer, we'll be offering peer tutor training courses on Monday and Friday nights in the multi-purpose room at the Remand Centre. There are usually about six classes in total in a peer tutor training course. Courses will be open first to people on 400 and 600B. Then later this fall we hope to do a course for the 5th floor.

Why become a peer tutor?

- As a peer tutor, you'll help someone master important skills that could change their life.
- You can learn a lot from the person you are helping.
- Tutoring kills time in boring situations, like being locked up.
- It looks good on a resume, and you'll get a certificate and letter of reference for finishing the tutor training course.
- As a tutor, you will build teaching and mentoring skills that you can use in the future at work, with your kids, or in other areas of your life.
- You might renew your own love of reading and writing! Sometimes a good way to learn is by teaching someone else.

Who should become a tutor?

- You don't need to have finished school or have any certain level of education to become a tutor, but you should be confident in your skills in reading and writing, or math, or both.
- You don't need to have any past tutoring or teaching experience, but you should be confident in your ability to be patient and kind, and get along well with the people you are tutoring.
- If you have a friend or cellmate who you help with reading or writing or who you'd like to be able to help, you'd be a good candidate to become a peer tutor.

What you'll learn in tutor training

- How to tell what literacy level the person you're working with is at.
- How to help them set goals.
- How to plan for a literacy lesson.
- How to choose materials that will be appropriate for the person you're working with.
- Different activities and techniques for helping someone who is just learning to read and write, or do math.
- Activities for helping people to understand and remember more of what they read.
- How to help someone with writing tasks like letters, resumes, forms, stories and essays.
- Ideas for working with higher-level learners (people who can already read well but who want to pursue further education or get their GED).
- How to tell if the person you are tutoring is making progress.

You can use the skills you learn in training in whatever way you want. You can choose who you tutor and how often you meet. You may choose to work with just one person (such as your cellmate) once or twice a week, or you may decide to help half the people on your unit during your breaks. It's up to you!

All we ask is that you try to stay in touch with the John Howard Society literacy program so we can keep a record of how many people you're working with and offer you advice and support when you need it. We keep a list of people who are interested in literacy tutoring and can refer them to you if you want to use your new tutoring skills but don't have anyone in mind to work with.

If you are on 400 or 6B at WRC and want to become a peer tutor, please send us a request form or give us a call.

If you are on 400 or 6B at WRC would be interested in getting help with reading, writing or math from a peer tutor, please feel free to get in touch as well.

If you aren't on 400 or 6B (or even at WRC at all) but are still interested in peer tutoring, give us a shout. We are still trying to decide where else to offer our tutor course, and if we get a lot of interest from one location, that can help us decide. Also, we may be able to get you a copy of our tutor training manual, even if we aren't offering a course where you are.

Contact Jacquie at 204-775-1514 ext 303 about peer tutoring.



5th Annual "Speaking Out From the Inside" Poetry Contest

Our annual poetry contest 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, literacy coordinator. **The deadline for entries is August 30, 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.

Full Name: _____ Institution: _____

If you aren't in custody right now, when were you last in custody and where?

What name do you want printed next to your poem (ie. a nickname)? _____

Provide a phone number we can contact you at if you are no longer in custody when the contest winners have been chosen. You can use a friend or family member's phone number if you're not sure where you'll be.

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 print all poems that are entered!

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.

FOOD FOR THOUGHT

Picture your life as being like an egg. So you're walking and you drop your egg on the sidewalk, what do you do?

(I said, "Pick it up" LOL. Duh!)

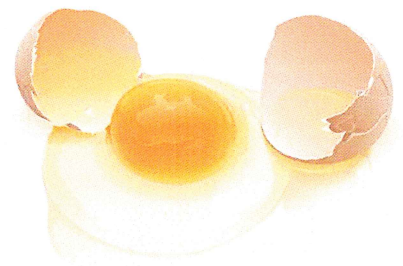
The response I got was... "It will take you forever to pick it off the ground. Even if you pick up most of it, you can't save it all."

So I said, fuck it, guess I ruined my life, SOL for me. The next response I got was, "Why are you so quick to give up on your life?"

Next thing I know I'm arguing about dropping my egg and not being able to do anything about it.

"Shut up! You talk for nothing. (LOL). You'll waste all your time trying to pick up that egg. Pick yourself up, go to the store, get a new egg, and this time don't drop it." Of course me, I popped off, "What if I don't have money to buy another egg?" I got a look of disbelief and another response: "Now it is you who is making it complicated."

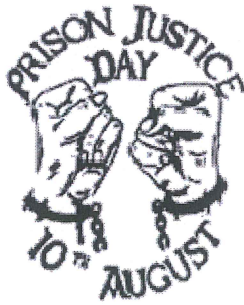
This conversation didn't last long, but I have thought about it ever since.



Louise J. Severeight

Prisoners' Justice Day: August 10th

Text adapted from an article published on the Canadian AIDS Society Website



Prisoners' Justice Day is a day of mourning, remembrance, and protest. It is a day when prisoners have the opportunity to mourn the death of those who lost their lives while serving their sentences. It is a day when prisoners and prisoner advocates can give a voice to some of the stories of injustice and human rights abuses that occur within the prison system.

What started as a one-time event behind the walls of Millhaven Prison in the seventies has become an international day of solidarity. On this day, August 10th, prisoners around the world fast, refuse to work, and remain in their cells while those on the outside organize to show that those behind bars are not forgotten, and to draw attention to the conditions inside prisons.

The History of Prisoners' Justice Day

Many stories of courage and determination have difficult and even tragic circumstances as a starting point. Prisoners' Justice Day is no exception. The day of protest and mourning began as a reaction to the death of Edward Nalon on August 10th 1974 and the death of Robert Landers in May of 1976. Both occurred in the segregation unit of Millhaven Prison. Many prisoners felt their deaths were due to apathy, indifference, negligence, and inhumanity on the part of the prison system.

Prisoners in Millhaven institution marked the first anniversary of Edward Nolan's death on August 10th, 1975 by going on a hunger strike and a day of mourning. Prisoners' Justice Day was officially recognized as a memorial on August 10th, 1976 the following year.

The initiation and promotion of Prisoner's Justice Day is often credited to the Odyssey Group formed at Millhaven Prison in 1976 and led by Howie Brown. Odyssey was revolutionary in advocating on behalf of prisoners in the areas of prison reform and public education.

The Importance of Prisoners' Justice Day

The importance of Prisoner's Justice Day cannot be fully appreciated without understanding that the basic human

rights that most people take for granted are an uphill battle for prisoners. Fundamental rights such as "the right to useful education and training," "the right to proper medical attention" and "the right to due process in judicial procedures" are a few examples of the issues prisoners and their supporters have been working on in the many years since the first Prisoners' Justice Day.

What Can We Learn From Prisoner's Justice Day?

To do nothing in response to personal or social problems is probably the greatest sin we commit against others and ourselves. We also need to remember that every life has value. Injustices done, no matter where, or to whom, deserve a compassionate response. Compassion also involves grief, which is within everyone's right to express.

The efforts of the Odyssey Group and other prisoners also teach us that no matter how hopeless our situation is, as long as there is a glimmer of hope there is opportunity for a positive strong response. These efforts can convert tragedy into opportunity and lasting effective change.

Prisoners' Justice Day 2013

The PJD "Outsiders" committee is a group of prisoners' friends and families and people who work with prisoners. We are planning a gathering and memorial on the steps of the Law Archives Building on Prisoners' Justice Day

August 10th, 1:00 pm

Just outside WRC: Watch for us, and tell your family and friends about it if you like!

We are also creating a pamphlet to educate the public about what incarceration is really like. Feel free to mail your personal stories to John Howard Society so that we can include them. If you need ideas, you can write a response to this ignorant statement we so often hear: *"Prison doesn't sound so bad: it's three square meals, free rent, and cable TV — what's the problem?"*



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