

# 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

Winter 2012



## PEACE OF MIND

Soul screaming  
Eagle screeching  
Heavy breathing  
I am reaching  
Further  
Further  
Find me Father  
Great Spirit feel my pain  
Let it fall from my heart  
Like the rain  
Wash me clean  
Catch my dream  
Life in here  
Is obscene  
Hope deferred  
Makes the heart sick  
As I reach out to you  
I have but one wish  
To reach inside  
To seek and find  
A heart of gold  
And peace of mind.

Ron Paypompee

IN THIS ISSUE: Results of the *Inside Scoop* fundraiser, a new editorial section to share your opinions, and, as always, tons of great poetry!



THE JOHN HOWARD SOCIETY  
OF MANITOBA, INC.



# FROM THE EDITOR

Greetings, readers! Welcome to the last edition of the *Inside Scoop* for 2012! We know that nothing's worse than being locked up during the holidays, but hopefully this issue will at least help those of you who are to pass the time.

The *Inside Scoop* is published by a group of students in the John Howard Society's literacy program at the Winnipeg Remand Centre. This editorial board makes decisions about what goes into the newsletter, and does some of the writing themselves. The rest comes from submissions from incarcerated and formerly incarcerated writers and artists all over the province. Be sure to check out the editorial board's latest project, the *Have Your Say* editorials on page 8. They would like to welcome you to submit your writing on topics that are important to you as well.

The board is also running a cover art contest for the next issue, so see the sidebar for details. And check out the next page for the results of the group's first-ever fundraising campaign.

I'll also take this opportunity to talk a little bit about John Howard Society's Bail Assessment, Support, and Supervision Program, since I've been getting a lot of questions about that lately.

The John Howard Society offers this bail program to provide men with an opportunity to remain in or return to the community while awaiting trial. This allows them to receive the support and programming offered in the community, and gives them the chance to address issues that put them at risk of re-offending during the pre-

trial period. It also provides tools for men to break the cycle of arrest/incarceration and make positive life changes in future.

We work with up to 75 men who pose a medium risk to re-offend and/or fail to comply with bail conditions. Our residential component can accommodate up to 20. It is located on the second floor of our office at 583 Ellice Avenue. All referrals to our program must be initiated by your lawyer and we can be reached at (204) 775-6991.

Finally, just a bit of information about the John Howard Society literacy program. Right now, because of space restrictions and separation and security issues, our literacy program works only with people from the 4th floor at Remand Centre. We offer group classes and one-to-one tutoring on Monday and Friday nights for people who want to improve their reading and writing skills. We can't give out credits because we are only a basic literacy program, not a school, but we can help students get ready to go back to school, study for the GED, or learn to read if they are having difficulty. We also train inmates to work with one another — a process called peer tutoring.

If this interests you and you're on 400 at the WRC, give us a call. If you're not on 400, remember that you can still contribute to this newsletter, and participate in our children's story book recording program if you're in WRC. See page 6 for details!

Jacquie Nicholson  
Coordinator, JHS Literacy

Want to see  
your artwork  
on the front  
page of the  
*Scoop*?  
Enter our  
cover art  
contest!



Anyone who is incarcerated in Manitoba is eligible! Send us your best drawing and the *Inside Scoop* Editorial Board will choose their favourite for the next issue.

The prize is \$25 toward art supplies! Get your entries in before February 1st. You can mail in your drawing, or you can contact Jacquie at 204-775-1514 if you're in WRC.

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.



## WRC Inmates Raise \$1,795 for Local Community Centre

Some of you may remember that this past summer, the *Inside Scoop* editorial board started a fundraising campaign to collect money for a local rec centre called Norquay Community Centre. Norquay is located in the Point Douglas neighbourhood and runs recreational and educational programming for children and youth. They also offer healthy snacks and organize field trips and other outings for kids.

The editorial board collected donations for the summer issue of the *Scoop*, both in Winnipeg Remand Centre and in the community. A huge thanks to those of you who donated, especially those who donated in Remand Centre. We all know most people in WRC aren't exactly rolling in the dough, so we really appreciate that you contributed to this project.

Our campaign raised \$1,795 for Norquay! \$800 of this came from inmates in the Remand Centre, \$500 from community donations, and the rest from the Assiniboine Credit Union, who agreed to match the first \$500 we raised.

Literacy program staff went to the Norquay Community Centre to present them with a giant novelty cheque and read a short greeting from the Remand Centre. Both the cheque and the greeting were created by students of the JHS literacy program, and are pictured to the right.

Norquay Community Centre plans to use the \$1,795 to pay for field trips and other outings for the children and youth at their centre. Many kids who visit Norquay come from families who may not be able to afford to take them to the zoo, or mini-golfing, or to Fort Whyte. We are excited to help give these kids opportunities for education and fun.

Congratulations to WRC inmates on a very successful campaign!

## Greetings from Remand Centre:

A message to the children and youth of Norquay Community Centre from the *Inside Scoop* Editorial Board

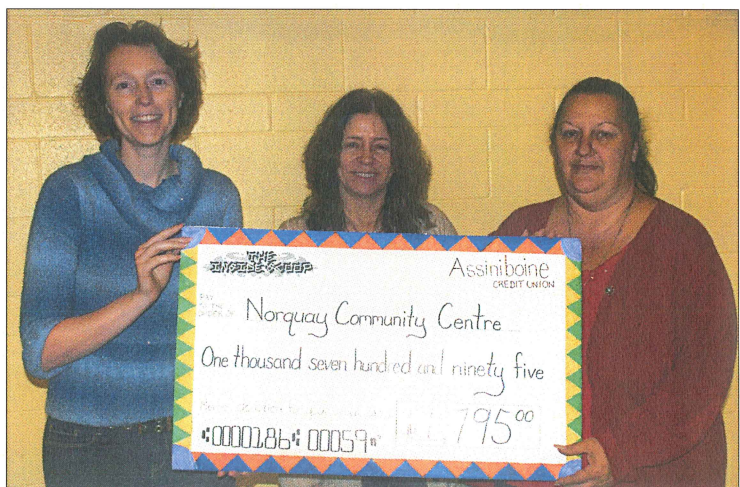
First off, the inmates at the Winnipeg Remand Centre would like to thank NCC for the opportunity to give back to the community. It was a very rewarding experience for everyone here at the Remand Centre who took part.

The majority of inmates here came from less than ideal circumstances and realize the impact that centres like the NCC have on a community. We all hope that the money raised will help NCC keep up the great work that they are doing.

I think I speak for all the inmates here in saying to the youth who are attending NCC to take full advantage of all of the programming offered. Listen to the positive role models you have there and stay away from gangs, drugs, and crime that will land you in a place like this.

Jail isn't fun, you're not missing anything, but you will miss out if you don't make the right choices in life. A lot of things you may see going on seem cool at first and all of us in here have been there and know about the pressures and the temptations that you face, but all of us regret falling into that trap. So take our word for it and stay out of trouble.

Once again, we thank the NCC for the amazing work that they are doing in the Point Douglas community and we wish you all the very best!

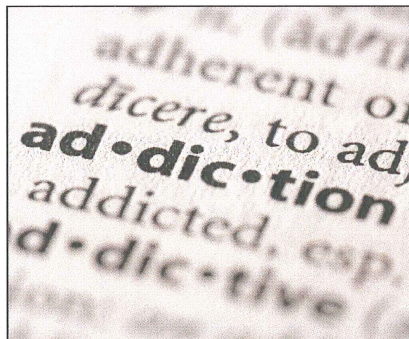


# POETRY

## THE PLUNGE

Injection leaves a taste and a few short  
breaths...  
Impaired to the point of insanity...  
Hearing voices and sirens.  
Thinking everyone is talking about you.  
Answering to no one.  
Hunger untaunting not needed.  
Even though starvation is just around the corner,  
Tomorrow or the day after that...  
Insomnia, fatigue, not needing sleep,  
the crash...  
Chasing a dragon, a dragon of ice...  
Thinking it's gonna be alright.  
The next shot might take you to the top  
And throw you over the edge,  
the edge of reason...  
Waking up to a world  
of every hurt one can imagine...  
A broken mind... A broken heart...  
A broken life... A broken home...  
Broken and nothing less or nothing more,  
period...  
A numbing peace one can find through only  
darkness  
And only silence...  
Longing to be what I was before  
And hoping to find acceptance in stopping and  
forgetting the pain...  
The shame... The addiction...  
The drug... The use...  
In the end everything would have been out of  
tune...  
Warped... And jaded... Unable to find one's  
own clarity...  
One's own sanity...  
I got to stop.  
I'm going  
to stop.

*Neechi Lee*



## GOD HELP ME

I'm back to where I started  
I'm back to the cell.  
I could feel the fire god  
Save me from this hell.  
I wanna walk the gold streets  
Instead of surfing the fire.  
I'm back behind the law,  
God help I'm getting tired.  
I keep praying to the ceiling  
But nothing seems to change  
Am I stuck in this cage  
As my mind's filling with rage  
My body's filling with age  
God can you hear me now  
As I fill my heart with sage  
The days are getting longer  
The nights are getting shorter  
I can't seem to sleep  
I'm standing on the border  
God help me.

*Peter Kennedy*

## PRISONER IN CELL FIVE

Prisoner in cell five, me myself and I  
Females come and go but I still reside  
Ain't anything to do but sit around and play cards  
Tired of my life being ruled by these guards  
The food in here is straight up nasty  
Rather be on the outs eating somewhere classy  
All these court dates not coming to an end  
When it comes down to it,  
My lawyer don't know how to defend  
All I wanna do is see my family and friends  
Straight trippin with anxiety in case the world ends  
I shoulda smartened up and quit while I was ahead  
Now I'm stuck here for months  
sleeping on this hard bed  
Trying to be strong and not feel sorry for me  
Just hoping when I get out everyone know who I be.

*Madison Young  
AKA "Lil Hart"*





## THESE THOUGHTS ARE YOURS

I sit here realizing I never wasted my life yet  
My blood flows with potential  
and my mind still gets inspired  
My heart gets warm when I see, hear or touch beauty  
I live with a smile and I'll die with a chuckle  
Ambition dies when you want it to,  
not when they say it does  
I write with the aspiration to inspire others  
Who's in the same predicament I am in  
Yes I read the *Inside Scoop*  
and yes I feel all of your pain  
Change happens within and change won't happen  
without you  
Don't let the guards, PO's, the system tell you what  
you're worth  
Without you they wouldn't have a job  
So what does that say about them?  
From my point of view each cage is its own universe  
And it's up to you the individual  
To provide it with positive energy  
Breathe in, breathe out  
You're just like anybody else so it's possible  
I sit here realizing I never wasted my life yet  
I live with a smile and I'll die with a chuckle  
I like that....

*Montonio*

## MY ONLY FRIEND

All my gain is stopped and smothered with pain  
I try to move on but I still feel the same  
Praying one day this will all go away  
So I stand here looking to the sky for another way.

Then the sound of a drum begins to beat through  
my mind  
A feeling I've never felt of some other kind  
Am I going crazy? Or is it a sign?  
Dazed and confused and wondering why?

I start to think about my past and begin to cry  
I wipe the tears from my eyes and give it a try  
It's time to man up and stop living this lie.

## LIFE'S WISHES LIFE'S HARD

Behind these wallz, as I wake  
My life always fallz.  
What I created, where I am  
Who I am.  
The doorz are always locked  
Every day that I serve, puts  
My life to a stop  
I am tryin to change, but  
Never works out.  
Taking steps backwards is  
All I'm about  
Putting my past behind me  
To create a new life  
For my one and only son  
I try to do right  
No one can help, so I am  
Left all by myself  
The lordz on my side, so I'll  
Never lose hope  
In this cell I have nothing  
In this cell I am nothing  
But my head I hold up  
High, wishin that the tears  
I cry, can just go away.

*Byron W. Harper*  
*AKA Born Hood 2012*



Through many obstacles I start to understand  
That there is more to life than living a scam  
So I begin to plan on how to become a better man  
Where do I start? And where does it end?  
I ask Gitchii Manito because he became my only  
friend.

*Tony Bone*  
*(DayStoneMan)*





## MOMMY LOVES YOU

Yee Yee I got a visit today  
They should be on their way  
Wishin they could stay, or that I could go  
So I could be on the outs and continue my flow  
Dontcha know  
I'm really missin my kid  
She'll never know what I did  
To end up in this mess. Nonetheless,  
She'll grow up  
Prolly have liquor in her cup  
I ain't a hypocrite  
Unlike my mom I won't throw a fit  
I'll simply ask her to quit  
Let her know alcohol ain't the way to go  
She could end up like mommy,  
lookin' like a dummy  
Always in jail thinkin' "All I did was fail,"  
But there's always a bright side  
Even though the Crown said I lied  
And locked up my body, mind, and soul  
Guards sometimes put me in the hole  
But my girl, don't you pout  
Mommy will soon be out  
Just keep it in your head, what I said  
I'll always be here for you  
Plus everything else times two  
Mommy loves you!

*Michelle Gambler*



## 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 story 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 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 Danielle at Elizabeth Fry at 204-589-7335 ext. 224.

## 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.

## LOST FREEDOM

Locked in this room, behind these walls  
Feelin' depressed after those lonely calls  
All alone feelin' nothin' but disgrace  
Can't wait to get outta this fuck'd up place  
Back with my daughter is where I wanna be  
Watching her learn and grow is what I wanna see  
I was on the run for two and a half years  
Now my past caught up and I'm left with the fears  
Of losing my girl to her deadbeat dad  
The thought of that just makes me sad  
The past I can't change and now I will pay  
By being stuck in this jail day by day  
This place is like a game that you can never win  
Cuz once you're out it's like you'll be getting  
dragged back in  
Whether it's a different charge or another breach  
The limit to our freedom is out of reach  
It may be our fault and we'll take it to our grave  
But it doesn't mean we have to be treated like a slave  
I wish I wasn't lock'd up every night in this dome  
Then I wouldn't be sitting here writing this poem  
I just wanna get out and get my life on track  
No more bullshit and talking smack  
All the hurt and pain that I have caused  
I pay for it now, with the freedom I've lost.

*Lesley-Dawn McKay*



## REALITY

So alla sudden I write poems  
I ain't really new to this  
Couldn't even give my man one last kiss  
He be sitting in jail too  
Damn, how I miss my boo  
Straight chillen with my homegirls  
Be a long time  
before I wear my hair in curls  
Only got my high tops and my chapstick  
Get my hair braided so I look slick  
Even go to church now  
Oh how I'll make my momma proud  
But I'm really missin my kids  
Like other mothers doing really long bids  
Now I get locked up twice a day for a bit  
I do think a lot about what I did  
How long will it be  
Do I even deserve to be free  
My lawyers saying I might get 2 to 3  
Holy smokes can it really be?  
Stuck for awhile sippen on tea  
Enjoyin my scratched up mirror  
Nope my face does not appear  
This is a locked up girl's reality  
Hope my babies won't be madd at me...

*Deandra Hapa*

## KA-ZA-GEEN (I LOVE YOU)

There'll be a day when I'll be free  
I pray till then you'll think of me  
At times are rough  
At times are hard  
There you stood with a broken heart  
I'll give you mine  
Just hold it close  
And I'll mend your heart  
The best I can  
Hold it together  
With loving hands  
To see your smiles  
And hear your laughs  
Melts my heart  
Like eagles cry.

*Sheldon Brent Maytwayashing,  
AKA Big Feather*

## YOU'RE AMAZING

Your smile makes the stars seem dull,  
Your eyes reveal your soul,  
Whenever I'm with you,  
I feel like I am whole.

When I hold you close to me,  
I feel your warm embrace,  
But now I'm lost without you here,  
I want to see your face.

I want for you to touch me now,  
Place your hand upon my chest,  
Feel my rapid beating heart,  
I chose you from the rest.

A kiss upon my soft pink lips,  
Your arms around my waist,  
I've had a little sip of love,  
What a sweet, sweet taste.

I need for you to always know,  
You are the one for me,  
I love you Boo with all my heart,  
I hope that you can see.



See that you are  
what I want,  
With you  
is where I'll stay,  
You are amazing,  
don't think you're not,  
I need no other way.

All I need's  
your special love,  
All I need is you,  
I hope you understand  
these words,  
Cause babe  
it's me and you.

*Valentina M. aka Lil-V*



*Artwork by Stephanie Shorting*



# Have Your Say

*Scoop* readers weigh in on the issues that are important to them

## The Truth About Probation

Probation is a period that is supposed to be based on rehabilitation and not “punishment,” yet it is used in a way to automatically incarcerate individuals who are on it.

Probation officers are to work with offenders that have been placed on probation order and devise a plan that helps the offender move forward with his or her life. A breach of a probation order should be dealt with by programming and education so that the individual is too busy doing constructive rehabilitation and constructive thinking that there is not much time or room for error.

Probation officers are not looking at the big picture. When breaching individuals whom are on probation, instead of finding out where they went wrong, they choose to put the individual back in the same place, taking away what soul and motivation this person (not convicted) has of ever being a productive citizen.

A real sad case of the government, as well as the correctional system letting these humans down. More jail time attached with more probation is bringing this to a vicious circle.

Instead of the rehabilitation of these offenders and letting them understand where they went wrong, they forgot about the individuals' need to change. The insanity of the behaviour keeps repeating itself. Insane indeed!

The system or order is in place for the protection of society, then why not start from the root, all the way to the fruit. The fruit of the rehabilitated offender.

*By Q-Rampage*

## What Can We Learn From the Phoenix Sinclair Inquiry?

*By Morning's First Light*

The inquiry looking into the short and tragic life of Phoenix Sinclair has inevitably touched us all. The child welfare system in Manitoba has come under fire for its handling of the Phoenix Sinclair file. Ultimately, the circumstances surrounding this tragedy are so overwhelming that it is beyond some peoples' comprehension. One might ask themselves: how could someone intentionally harm a young defenseless child? Unfortunately there is no acceptable answer or explanation for what happened to Phoenix Sinclair. At the end of the day, the Manitoba government, CFS, immediate family, and even our society failed Phoenix Sinclair.

So far the inquiry's main focus has been on the mishandling of Phoenix's file by numerous CFS social workers. One thought keeps entering my mind: who was Phoenix Sinclair and does anybody at the inquiry really know? One thing I know for certain is that she was a beautiful child who was completely innocent. She was a gift to this world and not an “invisible girl”, like some headlines suggest. She was in fact very visible to those who truly loved and cared for her.

On Friday, December 7, 2012, the participants of the John Howard Society literacy program had a class discussion on CFS's handling of the Phoenix Sinclair file. As one might expect, this was not an easy discussion to have. Given the horrific circumstances surrounding Phoenix's death, many of the participants were obviously overwhelmed. Many of the participants had various degrees of contact with CFS. For the most part their experiences were very negative, and I would like to thank the class for their participation and for their valuable insight.

One topic of concern was on the apprehension and removal of children from their families or caregivers.



Many participants in the group felt that CFS removes children unjustly or without due process. Although the class recognizes the importance of this procedure, they feel that improvements are needed to better ensure that children are not being removed unnecessarily. A general consensus amongst the group is that this practice needs drastic improvement.

The overrepresentation of Aboriginal children in Manitoba's child welfare system is an alarming statistic. Mistrust of the system and governmental procedures remain embedded in the hearts and minds of many Aboriginals. (For example, the '60s Scoop). Even with the creation of Aboriginal-based child welfare agencies, the threat of racist attitudes is still a cause for concern. Many participants in our group discussion made mention of racist attitudes still existing within these newly created agencies. Some of our participants worked and fostered children within some of these agencies. No names of foster children or agencies were mentioned during the course of this discussion, for confidentiality reasons.

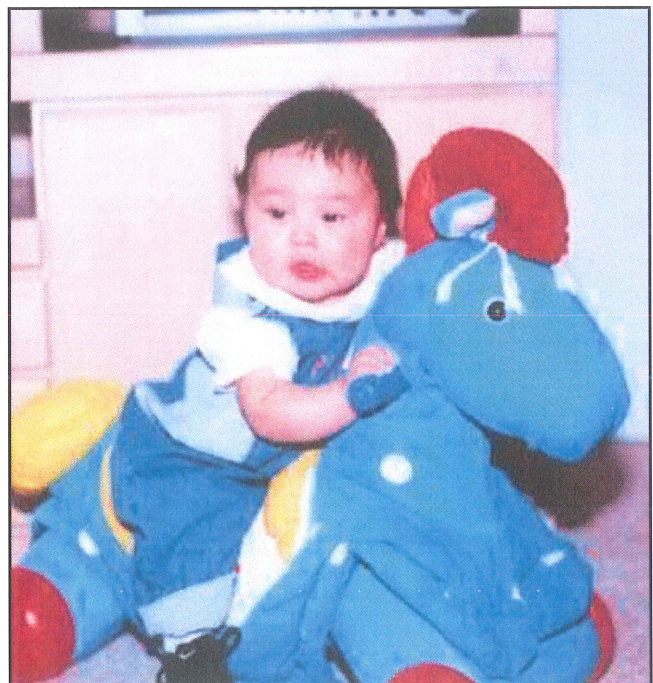
Unfortunately the visibility of Aboriginal children within Manitoba's child welfare system is grotesquely unjust; the Aboriginal community has an uphill battle on their hands if they hope to reduce the overrepresentation of Aboriginal children within the system. The Aboriginal birth rate in Canada is five times the national average. With the Aboriginal population leading the way in many of Canada's social ills statistics, remedies are urgently needed.

With so many obstacles facing Aboriginal people, it is imperative that Aboriginal leaders start to lead with unwavering integrity. Integrity was once a staple and virtue of Aboriginal society. Those very principles are required if Aboriginal people wish to pull ourselves out of the lower echelons of Canadian society.

The death of Phoenix Sinclair strikes a stringent blow to Canada's moral and social fabric. Canada prides itself as a world leader for fairness and equality, but the fourth world conditions many

Aboriginal people live in are unacceptable. Our governments at all levels need to work together to improve the deplorable state of Aboriginal communities. It would be ludicrous to assume that conditions facing Aboriginal people will somehow fix themselves with current provisions. Proposed changes by way of Bill C-45 are perceived by the Aboriginal community as inadequate. The government's lack of proper consultation with Aboriginal peoples was unilateral.

Phoenix Sinclair deserved accountability from Manitoba's dysfunctional child welfare system. Much work needs to be done to ensure adequate childcare is provided to those children at risk. The situation calls for cultural awareness training for the minister responsible for CFS and for all CFS employees. Incentives to attract and retain employment (and not just monetary ones) are needed to establish and secure a higher standard of services for Manitoba's child welfare system. I truly hope Phoenix's death will not be in vain and that it grabs the social fabric of our society's social conscience.



*Photographs of Phoenix were filed as exhibits at the inquiry into her death. This photo is taken from Winnipeg Free Press coverage of the inquiry.*



# Denying EIA Benefits Because of Outstanding Warrants? Unwarranted!

*By John Hutton  
Executive Director of the John Howard Society*

The provincial government passed legislation recently that allows it to take away Employment and Income Assistance (EIA) benefits for people with outstanding warrants. We are told that EIA staff will now be checking to see if someone has an outstanding warrant as part of the process for approving EIA.

The change will do little to reduce the number of serious offenders and it does nothing to get those who don't rely on social assistance to turn themselves in. What it does do is fundamentally change the purpose of the EIA program. Before, the program was designed to provide support purely on the basis of need. Now the government is saying that it can choose not to give someone EIA even when they need it, for a reason that has nothing to do with how much money the person has.

Denying someone social assistance just because he or she is thought to have outstanding warrants could violate his or her Charter Rights, meaning the government's new law could be illegal; unfortunately legal challenges based on Charter violations are difficult to make and take a lot of time. Meanwhile the changes will likely be put into practice right away.

When someone has no money, they are being responsible by applying for EIA. Taking away or limiting benefits could force some people to steal or do something else against the law to support themselves and their families. We don't think the Manitoba government has really thought through what this new legislation could do.

Furthermore, it could cause great hardship for the families of those cut off. The government says it will only reduce the benefits of the person who has the outstanding warrant, not the benefits for their children. But, when the total amount of money available to a family shrinks and the number of people relying on that money remains the same, there will simply be less to go around for everyone.

With this new law, the provincial government is trying to hit a fly with a hammer. They are imposing a very harsh solution on a relatively small problem (In fact, they have never said how many people on EIA actually have outstanding warrants, suggesting that the number is quite low). Nor does this new law do anything to help the government find those people with outstanding warrants who are not on EIA – so at best they are just fixing part of the problem.

Every problem has a simple solution – but that solution is often wrong. Especially if the person proposing the solution is more interested in how it makes them look than whether the solution will actually work. And solutions that are not well thought out can often cause problems or hardships. The John Howard Society is working with other groups asking the government to consider changing this new law because we think it will do a lot more harm than good. You can help by letting your MLA (Member of the Legislative Assembly) know that you don't support this new law and that you think it needs to be changed too. If you are not sure who your MLA is and how to reach him/her, give us a call and we'll find out for you.



*John Hutton has been the executive director of the John Howard Society of Manitoba for the last 5 years. Part of those duties involve speaking up on issues that affect people in conflict with the law. A version of this article also ran recently in the Winnipeg Free Press.*



## REMEMBRANCE DAY

Remembering our Canadian and American soldiers  
Who fought and still fight for their lives, for our country  
Risking their lives day and night on battlefields  
Dusk till dawn, when the sun rises, we give thanks to  
Our brave soldiers and the ones who gave their lives  
Sacrificing their freedom, for our nations  
I thank God today wherever our brothers and sisters in arms  
Looking down on us from above, peaceful place  
And they took their chances whatever they could to  
But we're gonna keep fighting to the end for our nations  
No matter what day and night  
And for our brothers and sisters still  
with us today  
We will all be reunited one day,  
And find peace.

*Thunderbird*



## ALL THEY SEE

Eyes wide, lookin' up at the beautiful blue sky,  
Sun shines, as bright as a person's true pride.  
Arms open, accepting the warm rays of the sun,  
Head down, ashamed of what I have become.  
Incarcerated, hidden from the outside world,  
Anticipating the love of my one "G" girl.  
My home, my cell, right now both one and the same,  
In this jail life, is where I've built up my name.  
Good life, as far as jail life can go,  
All the time left, is to search and find the rest of my soul.  
Shitty food, bitched up pigs, playin' they part,  
To make it on a range, you gotta show heart.  
Bow down once, and be the bitch through ya bit,  
Jail life is a game, the one true game I know I git.  
A gang member, a convicted killer. Yeah, so what?  
An honest man with morals, stuck in this rut.  
One year from graduation, fucken stupid aye,  
Stupid for gettin' picked up, and missin' that day.  
I wish to get out and see my goals got,  
I'm sick of being pushed, by blues, and locked in on the spot.  
"Gabbie B" my girl, smile if you read this, in here,  
Smile, my "G" Baby, do not try and shed one tear.  
One day soon, we'll both be together free  
For now, a killer and his girl, is all they see.

*Quentin Young aka Young Cube*

## GOT STUCK

He needs a fix a shot a crank  
He sold two dozen eggs  
that he got from the food bank  
He stole a bottle of vodka  
from the liquor store  
He sold it for his fix  
now he's on to his next score  
He needs another shot,  
a drink and a blast  
So he wraps up some wax  
and sells it as a half  
He scams 30 bucks  
and takes off up the street  
Buys himself a bottle and a 20 piece  
He finds himself a hooker  
that has just broke  
She's dopesick looking for a pill  
and wants to score some coke  
He gets her 2 halves and a half of a Red  
She tries to buy him smokes  
but he takes a mickey instead  
They walk down the street  
and find a shack  
A nice warm place  
where they could smoke some crack  
A house hoot  
for the man that owns the place  
Getting him started with just one taste  
He'll sit in that house  
for the rest of the night  
Surfing the carpet  
and pushing his pipe  
Waiting for hookers  
to come and score  
Because it's an endless cycle  
and they always want more  
He'll sit there all night  
and grind and grind  
And crackshacks don't have  
a closing time  
He'll end up a crackhead junkie  
drinking out of a brown paper bag  
And that's the story  
of how a young native man  
gets stuck on the drag.

*Jordon Belhumeur*

## I'M SORRY

It's not only me that I've hurt  
I had a brother once but he's lost  
Too much drugs and alcohol  
I hit rock bottom  
I'm back in here  
Where I was once before  
Wanting to leave  
Knowing I'm sitting here  
Behind these cold steel green doors  
And cold walls  
For those I've hurt  
I'm truly sorry  
I feel what you feel  
In a different way  
By living here where  
All I seem to see  
Is hate and anger  
Jealousy and danger  
Worse than the outs  
The loss of my little bro  
Gives me the grief  
And took it on drugs and alcohol for help  
I hope I change my pride  
Before I rest in peace like my nation  
Knowing I'll be missed with tears  
Sorry for hurting you

*RTM #15*

## IN THE GALAXY

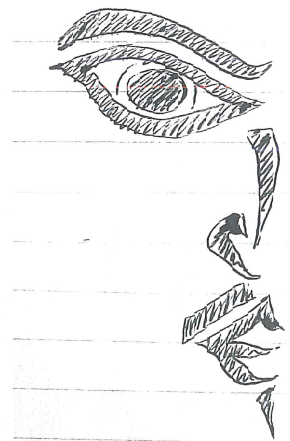
From my cell window I gaze up at the sky and see a lonely star  
Forever lost in space  
Never will it feel love's embrace so far away shining bright  
I think I could see a beautiful face  
Millions of light years away  
I discovered in the galaxy a huge gaping hole  
Staring into the gleam of my eye of my own reflection directly into my soul  
Realizing that the star I see  
Millions of light years away  
Is only me.

*UGLY*

## DOOMED TO ROT

I'm locked in the belly of the beast  
Maximum sentence got me feelin the least  
Somebody hear me now, get me outta here somehow  
Am I gonna be home tomorrow or a fuckin year from now?  
Bein free is a must for me  
Not bein remanded in custody  
Fuck tha police thinkin they busted me  
Neva thought I'd be back in jail  
Will I be free? Only time would tell  
If tha judge denies your bail  
Remember brothaz, always home is a jail cell  
Cops n crown wanna battle me?  
My lawyer'll have em choking like they got a tracheotomy  
What if I was tha cop or crown and I stood where he stands  
And they were the ones locked in the fuckin Remand  
I would lock em up like there was no tomorrow  
Show you my pain n sorrow!  
What's it like, to be locked in this concrete box  
3 hots n a cot, knowin' you doomed to rot  
Hoping the cops would stop  
Free my sistaz n my brothaz  
Act right live life like no othaz!

*Myron Tanner*



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