

THE INSIDE SCOOP

Produced by the participants of the John Howard Society of Manitoba's Literacy Program:

The best of prison literacy and art, created by inmates for inmates.

Summer 2016

My Struggle

I ask for sun,
I get rain.
I look for comfort,
I get more pain

I try for fame
But end up with shame.
I crave the ace lane
But only get blame.

I look for love
but only find hell.
I want freedom
but get a cell.

I need cash
But I get debt.
I'd like to quit
but not just yet.

I'll give it one last try
to get this right.
To go at it with honesty
because I'm worth the fight.

By: Jeremy Little



Source: Google Image

Incarcerated Voice

If life's an ocean, then I'm in too deep.
drowning from pain, my confidence is too weak.
If life's gravel, I need the concrete,
to pave my path to help me succeed.

I got my knowledge, creating a leader.
A lost prophet, struggling for his teacher.
Voices of the past, people lie to me,
in a panic, suffering from anxiety.

Hear my words, understand how I feel,
Try some poetry for your mind to heal.
My anxiety is gone,
trust me it's real.

Make an example, express that choice,
Let the world know about the incarcerated voice.

By: Austin Fourre



THE JOHN HOWARD SOCIETY
OF MANITOBA, INC.

From The Editor

Greetings & Salutations Faithful Readers,

Welcome to the "Summer 2016" edition of the "Scoop"

Allow me to introduce myself. My name is Dave Schmidt and was hired to the position of Literacy Coordinator for JHSM last February. Even though the learning curve has been steep and fast, I'm thoroughly enjoying this exciting, unique and challenging opportunity. As editor of the "Inside Scoop", this is my first crack at getting our quarterly publication out to you. I've made a few changes and hope you like the new look. Thanks to all who submitted poetry, stories and art work over the past few months. There were literally over 75 selections to choose from. I sorted all your mailings in chronological order, so this edition features items sent in from last March and April, I will certainly try my best to include many of the other writings and drawings in the next couple of issues.



It's that time of year for the popular "Annual Poetry Contest". Prizes are gift certificates from a local bookstore, which incarcerated winners can either save for when you are released or leave it with us along with a book shopping list for special delivery. The entry form is on page 9, so check it out and send us your poems.

Wednesday evening tutoring continues at the Winnipeg Remand Centre. The Peer Tutoring Program commences at Milner Ridge Correctional Centre in September. In addition, "Get The Story Out" program continues to be a popular request. A busy fall, it will be.

On a final note, I'd like to thank all the staff at the John Howard Society here in Winnipeg for their support to me over the past six months. Special thanks to my colleague, Katherine Johnston for her patience, as I learn what I'm supposed to be doing. By the way, that's a pic of the two of us in our department.

Take care all. Keep sending those poems, stories and artwork . I enjoy them all.

Dave Schmidt, Literacy Coordinator

Things To Remember:

- **8TH Annual Poetry Contest:** Details on Page 9
- ***Due date*** for **FALL SCOOP:** October 17, 2016
- Do not forget to **complete a waiver form** with the work you send in! See the back page for the form.



Source: Google Image

POETRY & ART

Breaking Free

Picture yourself fighting for your life,
looking down a tunnel and a speck of light.
In the midst of your fears,
don't show them your tears.

Darkness closing in, don't let them win.
Put on a mask of no emotion,
stir your soul with motion.
Looking to the future and move onward,
working out and push yourself forward.
Forget your enemy,
and think about your family.

Despise the lies, focus and keep
your eyes on the prize.
Do you see the stars and the full moon?
Your release date is coming soon.

Break free from the negative bondage.
Breaking free, then you have to manage.

By: Vincent Charles aka, Vinny Cent

Double Syllables

I'm an hour glass ...I make power last,
to fake a sour task
to get my tower back.

By: Austin Foure

Oh Lord, Where Is The Door?

Knock, Knock, Knock....

I woke in a room without corners....
I woke without windows....
I woke without light.... in the corners of my life....
no door to open....no window for light to shine....
life without light is life robbed of love....
no love to fill the deep wounds
created by lost love of life....

Knock, Knock, Knock....

"rumbling in my mind" is there light to find a door....
is there a window for light to find me....to find this
light....this....door....leaving this darkness
forever behind me....

Oh Lord, Where Is The Door?

I must find this door..to let love and light into my dark life..to
heal these wounds of hate, despair and anger of life robbed
of love....no more dark....no more hiding within myself....

Oh Lord, Where Is The Door?

Knock, Knock, Knock....

I finally hear the Lord's knock at my door....the door....the
door...is finally opening....such beauty is God's love and
light to shine in my dark corners....

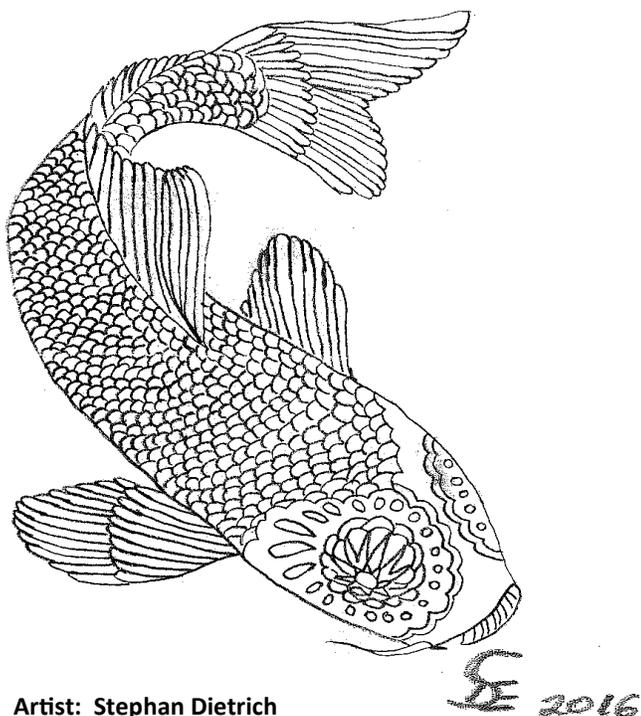
This room I created... this room without corners to
hide....God is my light...God is my love....

God is at my door...

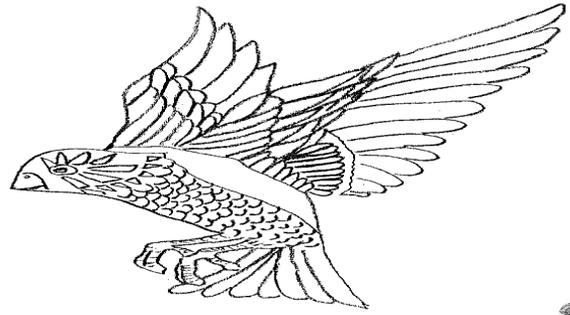
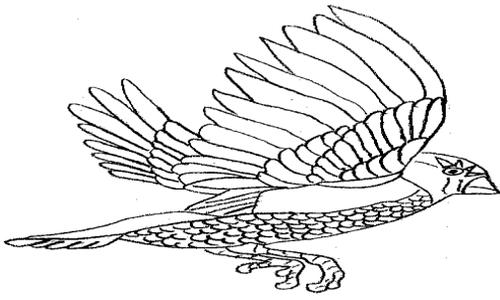
"I Must Let Him In"

I finally hear and believe....

By: Jeffrey Kionke



Artist: Stephan Dietrich



Artist: Stephan Dietrich

SE 2016



Title: The Only Gift In This World That Never Fails Is Love
Artist: Devin Daniels aka Soulpath

Never Used To Care

I remember the first time I started coming to jail,
Thinking it would be hell, waiting & wishing they'd grant me bail.
The most important part is, now I ain't waiting or wishing,
but only thinking and realizing that I've done but run around in circles.

I'm man enough to admit, that I need help,
but we found help...we found each other,
in the most obvious place I'd never think to look.

I used to never care what my life had planned for me,
until I picked up the phone and asked if you'd be there for me.
And when you said "yes", my heart practically jumped outta my chest.
I love you, Brandy. You're the best!

By: Ryan J. Roulette

M1L 2K9

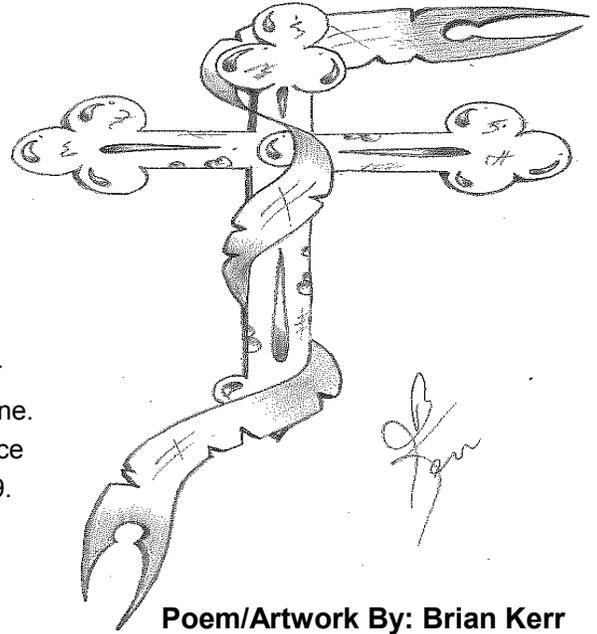
Looking for a beauty
who will help share my time,
make me feel good about myself—
help me to be fine.

Just her simple splendor,
smile and soft flowing hair.
Is enough to relieve me,
of my hurt and despair.

Sitting in the Toronto East
trying not to lose my mind,
waiting for a lover — who
seems hard to find.

This cell is so gloomy, dark
and freezing cold.
Only here at 55 Civic Road,
are expected to do as we're told.

One day I'll find her
and truly make her mine.
Bring her to my palace
far from M1L 2K9.



Poem/Artwork By: **Brian Kerr**

Last Moments

Dark, dreary clouds cover a grey sky.
What a useful day; this day I die.
A murder of ravens, laugh in their delight,
for such things find joy, in sad dreadful sight.

Fighting for air, I gasp, as though drowning,
choking on life's blood, as I lay dying.
My will is ever strong, though my body is weak.
Now as my soul fades, from the life I seek.

I hear whispers; they call me home.
Though I wish not, this valley I roam.
Lovely ones speak so to guide me back,
so low their voices, as all fades to black.

A life lived once; flashes to see it twice.
So many regrets I had throughout my life.
What give, just to do it again, I would,
to fix wrongs, setting right if only I could.

Now as I find my way to the light,
my soul is guided to heaven's heights.
The demons from below grasp me tight,
dragging me down to the fires of dark plights.

Quickly with forgiveness, I repent my soul,
for though a life was good, sins make it whole.
Crows, ravens and cultures laugh as I struggle,
Because they know my eternal soul is in trouble.

I pray for my family, born out of wedlock,
Separated by me, from soul's heavenly flock.
I vast my soul to the fires of the abyss,
So that my loved ones might show heaven's bliss.

By: **Endrick Victorious Deluiere**



Meant To Be

I told you that I'd never leave you
we're meant to be, our love is true.
We've been through thick and also thin,
I've never lost the battle, I will always win.

I win your love and think of you daily
you're on my mind because you saved me.
I'm in love and I know it's so real
when we're together, love is what I feel.

I'm coming home soon and straight to you,
you waited for me, these times are new.
I'm sorry that I hurt you because I'm here,
you're there, but I will be with you soon.

I promise I'll never leave you, I will never ruin
this beautiful relationship you and I have.
I know you love me and want me so bad.

Our love is being tested, take this as a test.
You love me and I love you, you're my best.
You are the best I ever had so close to me.
You and I are clearly so meant to be.

By: Jessie Genaille

I Sit and Wonder

I'm still dressed in yesterday's shirt and jeans,
there's no ups, no downs, just the in between.
Is this my life, and why do I live it?
I go on cause I'm too stubborn to quit.

I feel I'm too old, to follow my dreams,
and too worn out, to plan some new schemes.
Always constraints and to them I am bound,
trying to fly without leaving the ground.

What to do next, that is a mystery,
it's plagued mankind, all throughout history.
I listen for clues, but don't hear a sound,
taking new steps, on the paths I have found.

Making decisions without regret,
bad relation, I've been forced to sublet.
Did I make mistakes just so that I'd learn?
my life unfolds, as the pages I turn.

Chances in life, I've chosen to squander
what could have I beenI sit and wonder.

By: Robert Wilson



Artist: Terry Herman (Both Drawings)



Artist: Edward Thomas

6 years

6 years, that so long,
6 years, that's too long.
The judge is giving me 6 years.
Then I start shedding those tears.

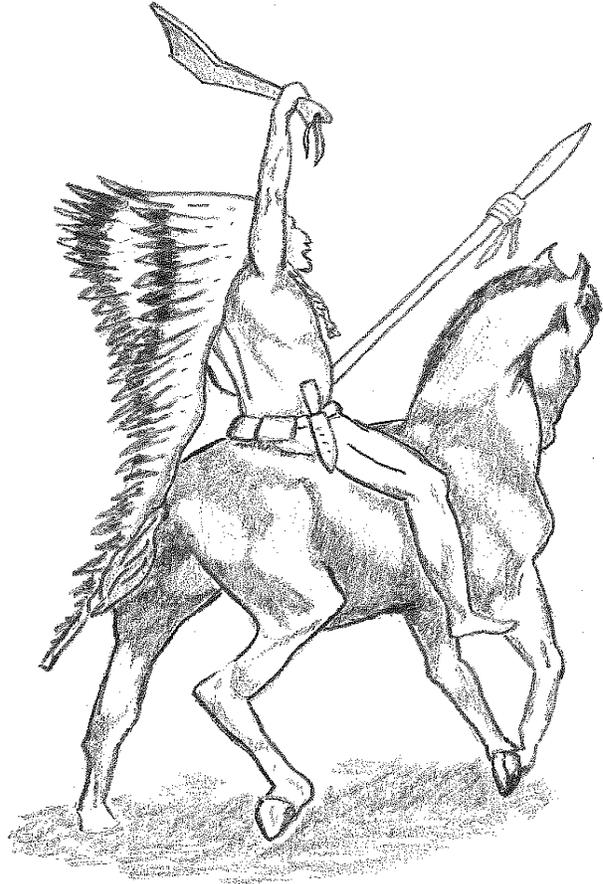
I shed tears cause I'm scared of the fears
that lurks and waits for me
in the concrete jungle.

So for the next 6 years
please don't shed no tears for Ninja, --
cause he might fall weak and fumble.

When I gotta thrive and strive to stay alive
for the next 6 years cause it might
just be my concrete coffin.

So to my family, brothers and sisters
Stay up, Stay safe.
Much love from Bizzy, aka Ninja

By: Terrence Morin, aka Bizzy, aka Ninja



The "Ordinary Man", takes his trials of struggle and sorrow as an obstacle and a curse. The "Warrior" takes these times as a blessing and a challenge.

Quote: Carlos Castaneda

Artist: Leroy Piche

Stowed Memories

Shackled- Links of guilt, shame and regret restrict a foot;
plaguing the path I seek- feeding a monster dudgeon.
Keeping him fed fat conditions of hate and anger-
bullying patience, joy and happiness to submit and shy away love...

Now shunned by the ones I dear to love; I dwell shattered of hope;
weakness fails upon abilities structure to tool in faith
(easy thy life to live with no win's end).

Ruled by anxiety, it strikes fast and hard,
splitting pain from deep stowed memories-

I read quickly in response of compulsive folly offensive tactics-
adding a new sinister battery to the bank tank...
I need of want to retire abase of this mess, I fess.

By: Michael Holden

THE INSIDE SCOOP

8th Annual "Speaking Out From the Inside" Poetry Contest

The John Howard Society's *Inside Scoop* is holding its 8th 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.

The deadline for entries is Monday, October 17, 2016

Please fill out all sections of the form, or your poem may not be eligible. If you have questions, contact Dave at 204-775-1514. ext. 303.

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.

Signature

Date

Want to Read to Your Kids from Jail?

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

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

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

For more info: Guys Call JHSM @ 204-775-1514 Ladies Call E.Fry @ 204-589-7335

JHSM Bail Program

The John Howard Society of Manitoba offers a Bail Assessment, Support & Supervision Program to provide men with an opportunity to remain in, or return to the community while awaiting trial. We work with up to 75 adult male offenders who pose a medium risk to re-offend and/or fail to comply with bail conditions. Our residential component can accommodate up to 25 men. A breach of bail conditions by the client may result in eviction from the program.

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

Accepted!

**We can be reached at:
204-775-1514 ext. 335**

JHSM's Reintegration Department

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

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

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

Contact Reintegration at 204-775-1514

Sagacious Postulate

As levity is abundant
with mirth upon minds
Gazing at the water
the impresario He finds
To deduct all faults
living to sate souls

Splash....

Tides induce calm
washing out to free
Living in an ocean
swimmingly at sea

And so.....

Flowers evolve in loam
sprouting to forge grace,
thankful for the showers
baptizing heavenly taste.
Throughout the land
man conjures ways,
in search of rectitude
by producing waves
which compose glee....

So thus the sea
Becomes a key
To trepidation
And eternal elation.....

By: Larry Cardinal



Sitting Bull

Artist: Mike Schwartz

Mike Schwartz
2016

Prince of Darkness

Many nights laying there sleepless,
thoughts bolt through my head like lighting thunder, cutting,
feeling nothing but enduring pain reopening wounded scars.

I'm hearing echoes of people who loved me, telling me to change my way of living.
I remember how I used to turn my head just to look the other way, thinking I will be forgiven.
That moment I realized it was hell leading it's demons in me,
making worse choices that only me and the prince of darkness play in the dark.

The sun rises; -- still I see darkness working these streets with fear,
sleepless for twenty three days from a devils drug. How can this be?

I let the dark prince with beautiful wings lead me into darkness

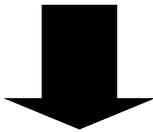
just to leave me sleepless hungry and helpless.

By: Gabriel Rabbitskin, aka Rabbit

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

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

Don't forget to attach your consent form!



NEW SPACE — NEW NAME

HELP US FIND A NEW NAME FOR
OUR CLOTHES CLOSET!

BY OCTOBER 31 ST, MAIL IN YOUR
SUGGESTIONS OR WRITE IT OUT
ON A GREEN REQUEST FORM.

ATTENTION: REINTEGRATION



Hey Guys, Need Some New Duds?

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

twiebe@johnhoward.mb.ca

With requested items and the date of your release.

Inside Scoop Waiver

Please attach this to any artwork or poems you send in

Name (please print): _____

Name of poem/artwork: _____

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

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

Artists Signature

Date

Institution: _____

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