

THE INSIDE SCOOP

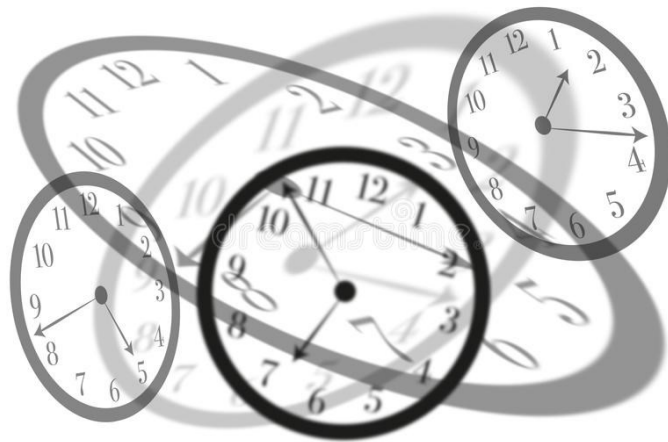
The best of prison literacy and art. Created by inmates for inmates.

Winter 2020



Artist: Eddie Letander

From the Editor



Greetings readers,

With the New Year comes a new issue of the Inside Scoop. Did you know that the Inside Scoop has now been in publication for over ten years? To celebrate that decade of creativity, this edition of the Scoop will feature new art and poetry as well as a few submissions from past editions.

There are also new staff in the Literacy Department here at the John Howard Society of Manitoba. There is me, Amanda Fyfe, Literacy Coordinator, and there is my colleague Joel Simkin, the Literacy Instructor. Together we are here to help you build your literacy skills. We encourage you to reach out to us should you have any questions about the literacy programs we offer.

I'd also like to invite you to send us your submissions to the Inside Scoop; we'd love to see your artwork, poetry, short stories, fitness tips, recipes, book or movie reviews!

Please look to the back of this issue to find out how you can learn about the programs offered here at the John Howard Society of Manitoba and how to submit your work to the next edition of the Inside Scoop.

May this year bring new happiness, new goals, new achievements, and a lot of new inspiration.

Best regards,

Amanda Fyfe

Literacy Coordinator

John Howard Society of Manitoba



From the Archive!

The Inside Scoop has now been in publication for over ten years! To celebrate, we present to you Robert Ehinger's "The Last Tree in Amazon" which was the chosen winner of the *Inside Scoop's* First Annual "Speaking Out From the Inside" Poetry Contest. This issue was published in September of 2009 and dedicated to our many talented participants.

THE LAST TREE IN AMAZON

Far upriver in Amazon
As night falls the panther awakes
Swiftly she prowls in the blackest night
Passing barren mountains and lakes

Instinct drives her on each night
Though she's nothing but sinew and bone
For the gnawing hunger in her gut
Is not for food alone

Six days have passed since she last saw a tree
Thirteen since she last ate
And three years of scanning the blackened hills
Since she last found a mate

She remembers a time not so long ago
When the sweet jungle rang to the cry
Of a thousand creatures great and small
And then they began to die



She doesn't know where they all went
She knows nothing of causes or blame
All she knows is her rich world died
Soon after the two legs came

They cut down the trees
And burned the land
The good earth grew barren and hot
And she was forced to abandon her lair
After seeing her children shot

On the far horizon alone a tree stands
With hope renewed she sets off
She is brought up short at the top of the hill
By the sound of a chain-saw's cough

The last lone panther, her spirit spent
Gives up and begins to cry
Her plaintive moan of
anguish and pain
Lost to an uncaring sky

No wild pigs snort
No monkeys hoot
No arrogant cockatoo calls
To the chainsaw's wail
Her life slips away
And the last tree
in Amazon falls

Robert E.



Poetry & Art

My Cell

Sitting here I wanna cry
Thinking why my brother had to die
A dark angel took him now they fly

Missing you and missing him
In jail cause of sin
So much to say, where I begin

Well first of all I'm doing it all
Unstoppable behind this wall
Jail is treating me well
Only place that's hell
Is my cell

So alone but so at home
Pacing back and forth, my cell I roam
Soon I'll be out to a home, to call my own
Until then my cell is my home

Life is so cruel
But I'm staying cool
Still in school
Work is easy, the books I rule

It's a walk in the park,
Every day is dark
There's a lot of fish, I'm a shark

My dreams are so mean
They seem like the real thing
An unreal human being
In a scary movie scene
That's it for now you'll hear from me again

By: Raini H.



Above

Every day that goes by
Is another day that I wonder why
Why is it that God lets us cry
And sometimes not let us say good bye

To the ones we dearly love
Before they go above
And come up to that gate
And wait to see if it's too late

Why is it that we go through so much pain
For me it would give a day worth of rain
If my tear drops fell from the sky
Or from an angel that could fly

I wish there could be a song that I could sing
Or a heart full of love that I could bring
To stop and heal all those people's pains
If it meant cleaning wounds and washing blood
stains

Or a prayer on my knees
And paying all their fees
To see the glory
That no one had to worry

And all the love
That God sends from up above
Where we all wanna end up
And look down as our loved ones grow up
And grow old and watch them gather their gold
And as they decide it is God or the devils
Hand they wanna hold

By: **Johan T.**



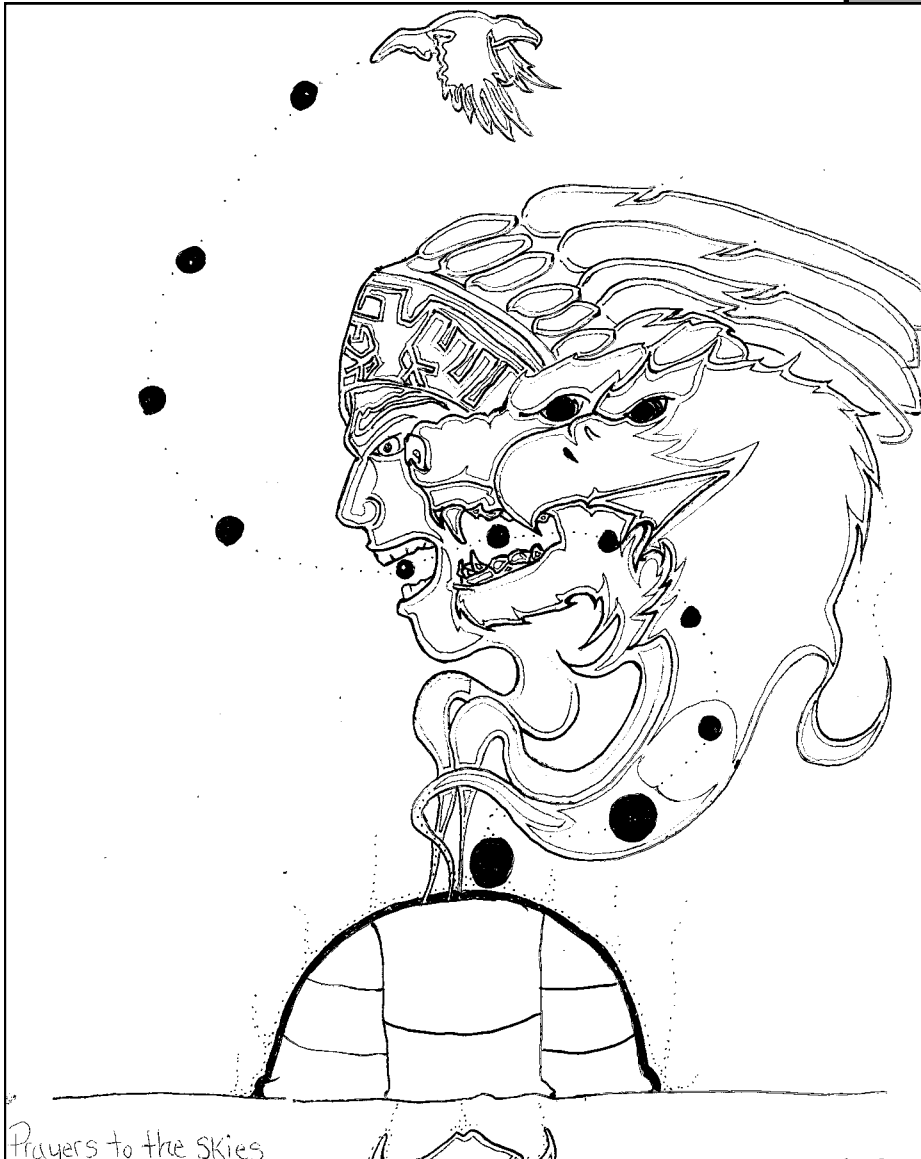
Artist: Terry H.



Artwork by Kelly B.

From 2012 Summer Edition





Artwork by Ryan S.
From December 2013 Edition

My Love is True

My love is so true
There's no one else I'd rather
Be with than you

When I dream at night
Everything is alright
And you're by my side
Holding me tight

Yes my love is so true
I feel happy just thinking of you
And there's nothing I wouldn't do
To prove it to you

When I'm down and out
And it feels like there's
No end in sight
I close my eyes and
Think of your smile so bright

And at that moment
Everything is alright

I truly am in love with you

By Morgan L.

Broken Wings

I'm an angel with a broken wing you could call me fallen there were days when I was callin' to the sky with my hands on my head askin' God why? Feeling all lost dust another lost soul what I picture most is bein' somewhere stress free sick of all this shit, sick of bein' stressed so I put the stress to a rest to see the good not the bad livin' in the hood look what I had just the clothes on my back homies on the block yea I see this and that it opened my mind now I see my dream and the dream is picture me going high flyin' high to the sky looking down seein' hate ain't my fault I'm above I'm so smooth just like dove deep inside I'm still cold broken wings yes I know

By: Devlin G.

From You

I wanted to be with you but it didn't happen though
Still keep thinkin' of you get sad every time I do
All of these memories of you is the only thing I have
And for that I am happy as long as I have known you
Nothing will ever change that

I do miss you and I love you
You give me strength, you give me hope
All that I am, all that I'll be
I have from you eternally

The day that I have left your side ever did I feel such pain
And every tear that I've cried made every day feel like rain
I will miss you forever, though I will meet you again
Within my heart you will stay all these words I don't just say
Nothing is gonna change that

No more will ever cry as long as I have love inside
You alone have let me free girl you know I'm proud of that

By: Dustin M.

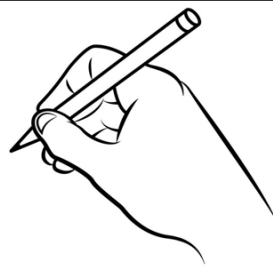
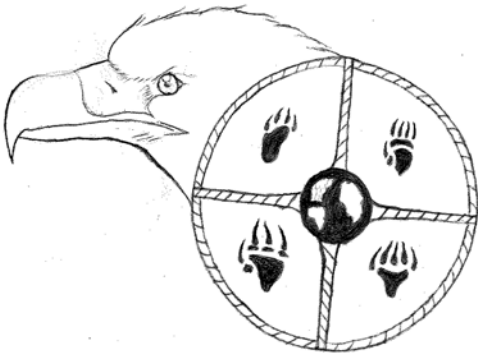
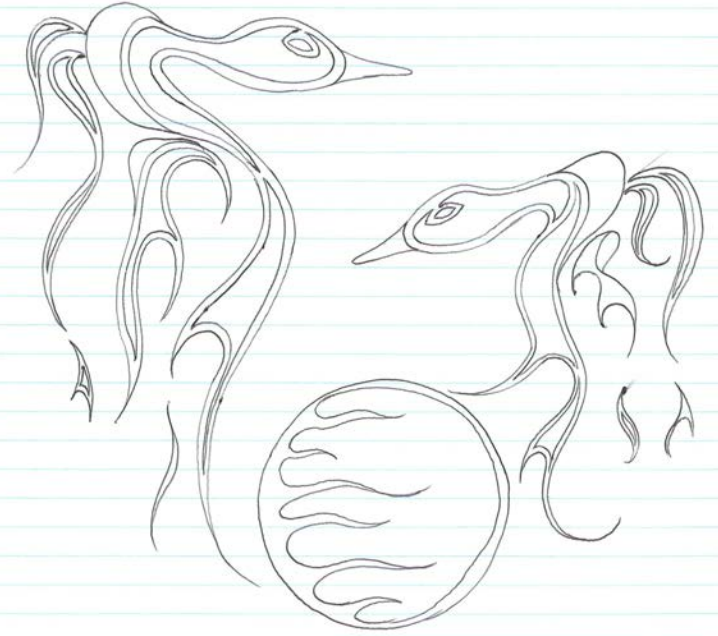
Today

Tomorrow is always ahead, yesterday is always behind, sometimes we only think of things, that we wished we just had time. A look can tell a truth, a smile can tell a lie, although if it were up to me, this is what I'd decide. Let's not think about tomorrow for it still has yet to come, and as for poor old yesterday, he's already up and gone. They say a diamond is forever, and a heart can be made of gold, though nothing really matters more than what you do, Today! For you, thanks for all the fun!

Keith K.

From 2015 Summer Edition





**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 no racism,

sexism or homophobia,

anything promoting violence or gang activity will **not** be accepted.

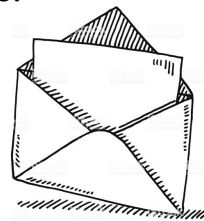
Send your submissions and your waiver

(found at the back of this issue) to:

The Inside Scoop

583 Ellice Avenue

Winnipeg, MB R3B 1Z7



Canada-Wide Word Search



Alberta

Banff

British Columbia

Calgary

Charlottetown

Churchill

Edmonton

Fredericton

Halifax

Iqaluit

Kelowna

London

Manitoba

Moncton

Montreal

New Brunswick

Newfoundland And Labrador

Northwest Territories

Nova Scotia

Nunavut

Ontario

Ottawa

Peterborough

Prince Albert

Prince Edward Island

Quebec

Quebec City

Regina

Saskatchewan

Saskatoon

St. John's

Sydney

Toronto

Vancouver

Victoria

Whitehorse

Windsor

Winnipeg

Yellowknife

Yukon

Want to Read to Your Kids from Jail?

The John Howard Society of Manitoba runs a program 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.

This program is free and open to anyone in the Winnipeg Remand Centre, Headingley Correctional Centre, Milner Ridge Correctional Centre, and Stony Mountain Institution.

As long as you don't have a no-contact order from your child or your child's caregiver, you are eligible to participate in the program.

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

For more info: Call JHSM @ 204-775-1514



Number Search Puzzle

Each of the numbers goes either horizontally from left to right
or vertically downwards.

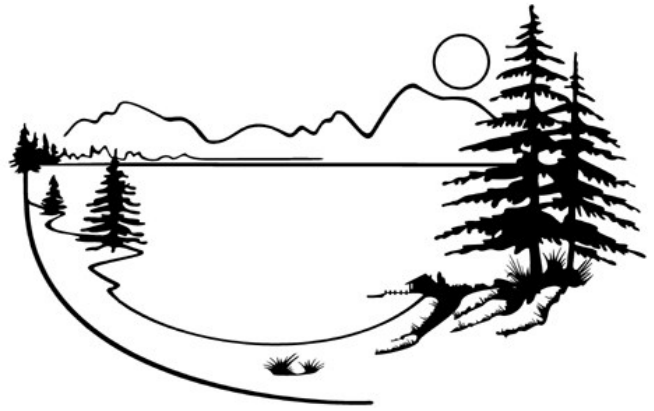
Can you find all the numbers in the grid?

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

1276	4007	10072	61623
1335	5171	28611	75241
2163	6243	35420	82746
2785	7158	43728	89075
3964	8567	57732	91850

Write-A-Poem

(be a poet before you know it!)



Instructions: Fill in the blanks to create two poems.

Use a noun (person, place, or thing)

stars

Use a verb (action word—what does it do?)

fall

Use an adverb (describes the action—how?)

slyly

Use a noun (person, place, or thing)

Use a verb (action word—what does it do?)

Use an adverb (describes the action—how?)

Use an adjective (describes a noun)

Use an adjective (describes a noun)

Use a noun (person, place, or thing)

Use a verb (action word—what does it do?)

Use an adjective (describes a noun)

Use a noun (person, place, or thing)

If you need ideas for your writing you can use some of the following words:

hungry moon wolf circling eyes howling cloudy chain

bark break red ache fed dawn fawn spider

madly sitting lightly paws cedar sky as dreams

mark wish fish canoe blue like pike shore

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.

After your release, you can take part in the following programs:

- End To Aggression
- Introduction To Healthy Relationships
- Coming To Terms
- Positive Parenting Programs

Clients of the JHSM have access to staff and volunteers who offer support and guidance. Clients also have access to community programs and specific assistance provided by the JHSM.

**Contact Reintegration at 204-775-1514
and ask to speak to Katherine or Tania**



The John Howard Society of Manitoba at 583 Ellice Ave, Wpg



CLOTHING CLOSET

Need Some New Threads?

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

twiebe@johnhoward.mb.ca

or

kjohnston@johnhoward.mb.ca

With requested items and the date of your release.

Announcing new programs!

Includes
Elder services
and ceremonies.

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HEALING PROGRAM FOR INDIGENOUS MEN



For men who have experienced childhood sexual abuse and trauma.

Priority is given to Indigenous men (First Nations, Métis, and Inuit) who are 18 and older.

Also welcome: men who do not identify as Indigenous, but interested in or are following a cultural path.

In 14 closed-group sessions you will learn about the effects of childhood trauma, identify your own triggers, learn about coping strategies, and learn about yourself.

**GROUP STARTS
JANUARY 13, 2020**

Important:
Participants are not required to share anything about their past traumas when they attend.

To book an intake, or for more information, call or email:
204-775-1514 ext. 108
mnolin@johnhoward.mb.ca

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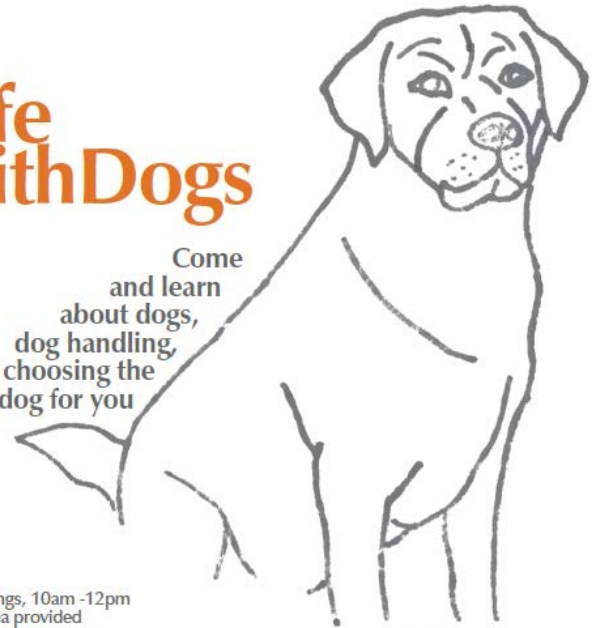
583 Ellice Avenue
Winnipeg, Manitoba
R3B 1Z7

Canada
Department of Justice
Canada

Healing Program for Indigenous Men

Life with Dogs

Come
and learn
about dogs,
dog handling,
and choosing the
the right dog for you



Friday mornings, 10am -12pm
Coffee and tea provided
For men ages 18 and older

Teacher:
George Leonard, Master Trainer
MSAR

8 topics, including
- what dog makes a good pet
- dog care and grooming
- basic dog commands

All classes take place at
583 Ellice Avenue
Just east of Sherbrook St.
3rd floor program room



2019
September 13 and 27
October 11 and 25
November 8 and 22
December 6 and 20

2020
January 10 and 24
February 7 and 21
March 6 and 20
April 3 and 17

Contact:
ph: 204-775-1514, ext. 107
kjohnton@johnhoward.mb.ca

Canine Healing Services

THE WINNIPEG
FOUNDATION

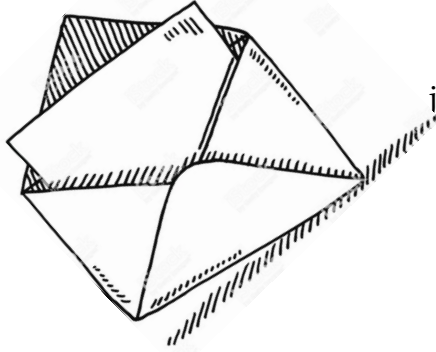
Change from the inside

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**Writers and Artists, the
Scoop Needs Your
Submissions for the Next
Issue!**

Send in your poems, stories,
jokes, book reviews, and art-
work.

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



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.

Artist's 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.****