

# 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.**



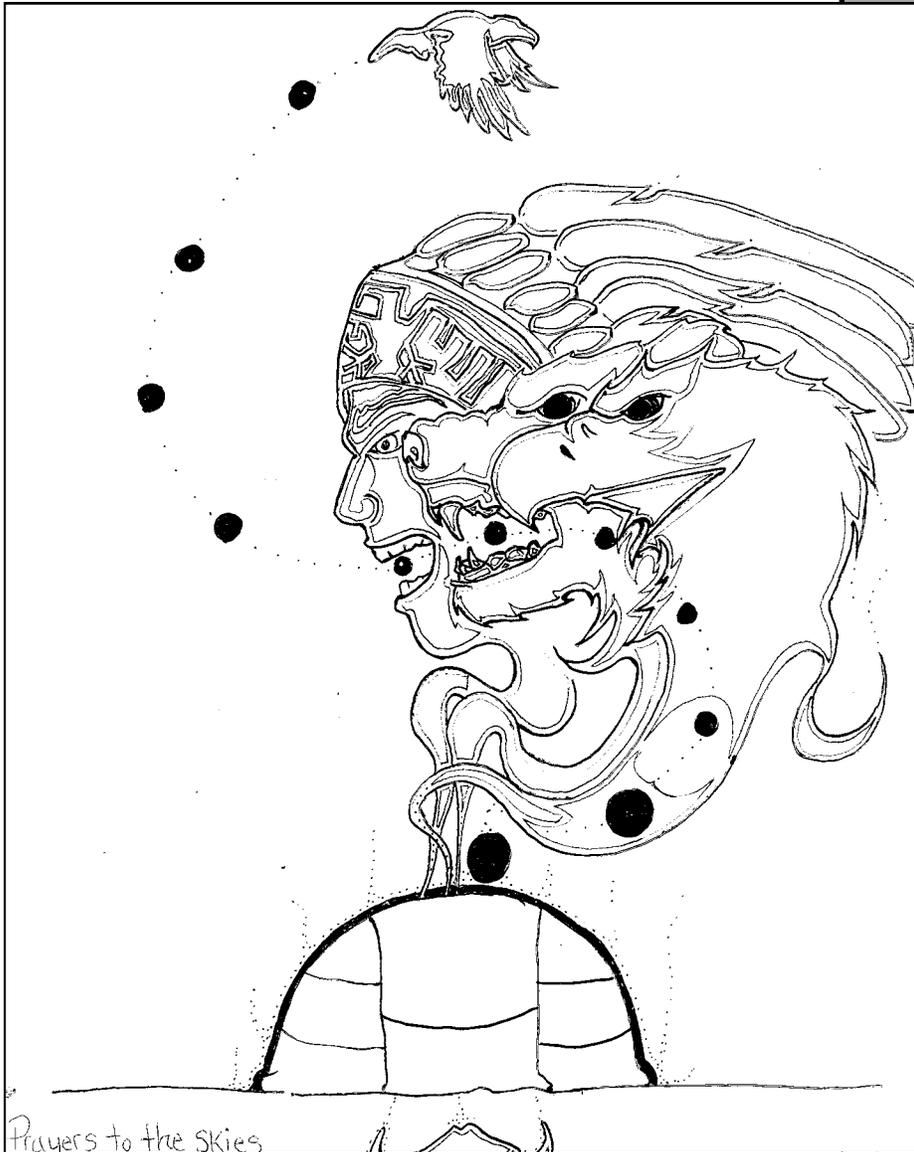
Artist: Terry H.



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.**

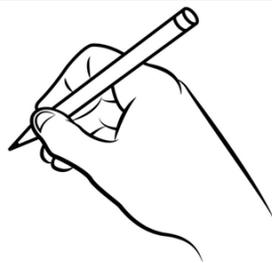
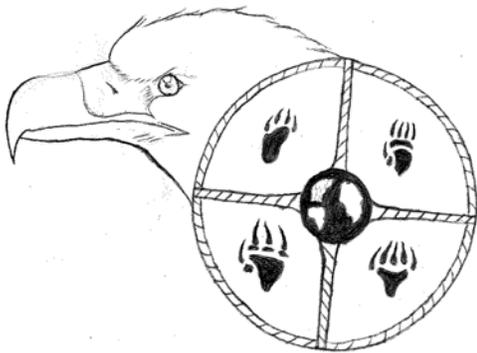
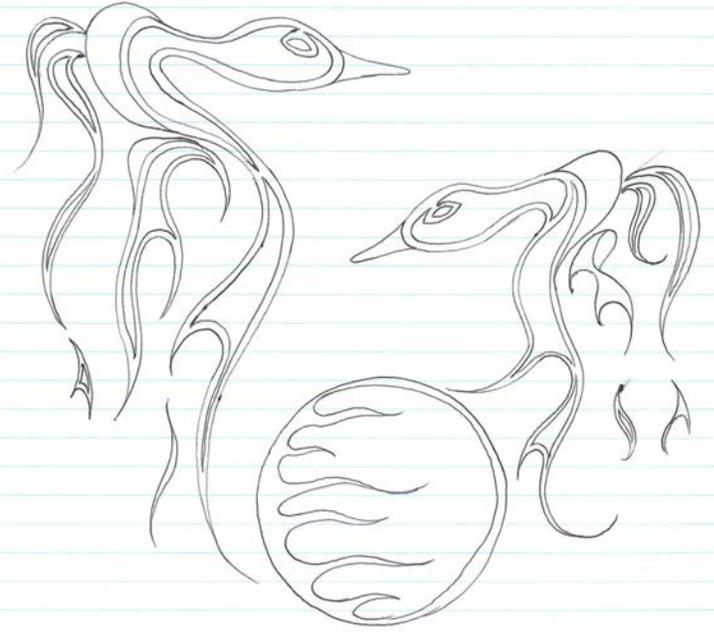
## Today

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.

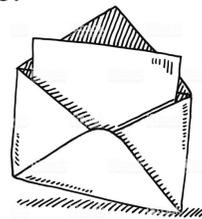
**Send your submissions and your waiver**

**(found at the back of this issue) to:**

The Inside Scoop

583 Ellice Avenue

Winnipeg, MB R3B 1Z7



# Canada-Wide Word Search




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Alberta	Kelowna	Ontario	StJohns
Banff	London	Ottawa	Sydney
British Columbia	Manitoba	Peterborough	Toronto
Calgary	Moncton	PrinceAlbert	Vancouver
Charlottetown	Montreal	PrinceEdwardIsland	Victoria
Churchill	NewBrunswick	Quebec	Whitehorse
Edmonton	NewfoundlandAndLabrador	QuebecCity	Windsor
Fredericton	NorthwestTerritories	Regina	Winnipeg
Halifax	NovaScotia	Saskatchewan	Yellowknife
Iqaluit	Nunavut	Saskatoon	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.

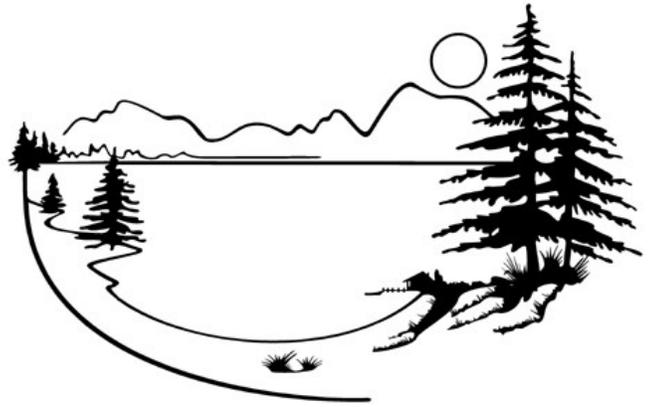
Can you find all the numbers in the grid?

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
<del>1</del>	4	5	0	7	5	2	4	1	2	9	3
<del>2</del>	6	8	6	2	1	3	3	5	7	3	6
<del>7</del>	2	6	9	1	8	5	0	0	4	8	1
<del>6</del>	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

<del>1276</del>	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](mailto:twiebe@johnhoward.mb.ca)

or

[kjohnston@johnhoward.mb.ca](mailto:kjohnston@johnhoward.mb.ca)

With requested items and the date of your release.

# Announcing new programs!

Includes  
Elder services  
and ceremonies.

**John Howard**  
THE JOHN HOWARD SOCIETY OF MANITOBA

## 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](mailto:mnolin@johnhoward.mb.ca)

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THE JOHN HOWARD SOCIETY OF MANITOBA

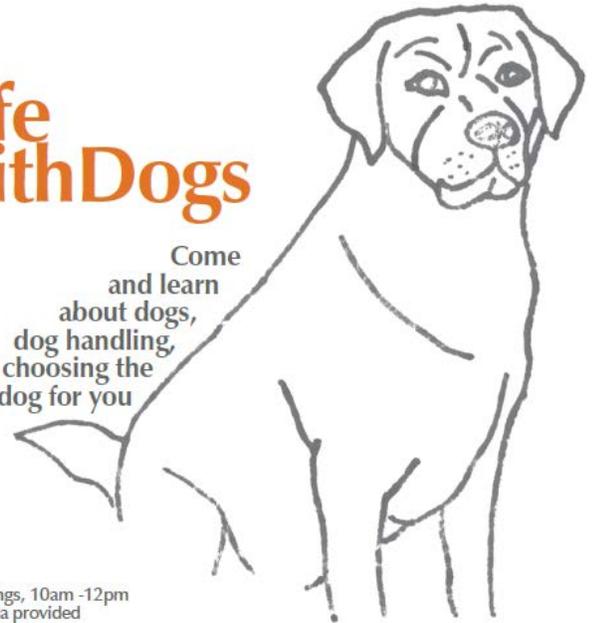
583 Ellice Avenue  
Winnipeg, Manitoba  
R3B 1Z7

**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  
[kjohnston@johnhoward.mb.ca](mailto:kjohnston@johnhoward.mb.ca)

## Canine Healing Services

THE  
WINNIPEG  
FOUNDATION

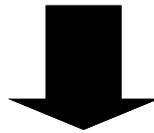
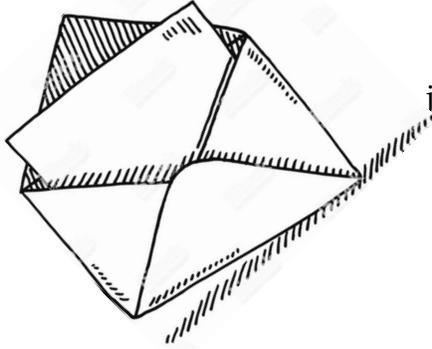
Change from the inside

**John Howard**  
THE JOHN HOWARD SOCIETY OF MANITOBA

**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.\*\***