

The background is a dense, abstract charcoal or pencil drawing on a textured, yellowish-brown paper. It features various organic and geometric shapes, including a large, swirling, ribbon-like form on the left, a circular shape with internal lines resembling a face or a mask in the upper right, and a starburst or flower-like shape in the lower right. The lines are expressive and somewhat chaotic, creating a sense of movement and depth.

SUMMER 2025

ANOTHER WORLD IS POSSIBLE

the INSIDE SCOOP

STORIES

POEMS

ART

created by those
who are or have
been incarcerated

the INSIDE SCOOP

SUMMER 2025

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LAND ACKNOWLEDGEMENT

The John Howard Society of Manitoba operates on Treaty 1 Territory, the traditional lands of the Anishinaabe, Cree, Ojibwe, Dakota, and Dene peoples, and on the homeland of the Métis Nation.

We acknowledge that the ongoing effects of colonization have resulted in the criminalization and over-incarceration of the Indigenous community. As an organization, we recognize that understanding this connection is essential to our work as we move towards reconciliation.

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letter from the editor

Dear reader,

August 10 is recognized internationally as Prisoners' Justice Day (PJD), a day of solidarity with the incarcerated and remembrance of those who have died behind bars. We chose the theme of this issue, *Another World is Possible*, as an invitation to readers and contributors to share their thoughts on what a different kind of justice for incarcerated Canadians could look like.

Many of the contributors in this issue address the theme by exploring what they as individuals can do for themselves and for one another to create a better world. From the 'mini manifestos' written by literacy class participants that pronounce what learners stand for and against, to a history lesson on Mohawk artist Karoniaktajeh Louis Hall's warrior flag and contributors' own hand-drawn flags depicting their unique and particular visions of freedom.

Many of the creative pieces in the issue explore freedom and justice further through ideas of action and choice: Cheese's story is of a man going through a difficult time and feels he has no other options—but when he takes action, something unexpectedly wonderful happens. (Note that Cheese's piece is an excerpt and will be printed in serial format over the next couple of issues!)

Greg's profile on Sean Rayland-Boubar of Red Rebel Armour shows how one person can make another world possible for himself and other formerly incarcerated folks through an Indigenous streetwear company with a social mission. And finally, many of the artworks and poetry in this issue show that another world is made possible through strength, love, and the form of freedom found in self-expression.

I hope this issue inspires you as much as it inspired me and the editorial team here at the *Scoop*.

In solidarity and in literacy,

Anna Sigrithur



Editor, the Inside Scoop

Opposite page: Alfred submitted this piece as a "postcard from the inside"—and you can too. Look in the inside back cover for a place to draw and send in your own postcard from the inside. We might just print it in the next issue!

Imagine, Too

BY RAYMOND M.

Imagine there's no financial burden
Not just for us but for every person
Imagine all debt eliminated
All oppression illuminated
Imagine enlightenment

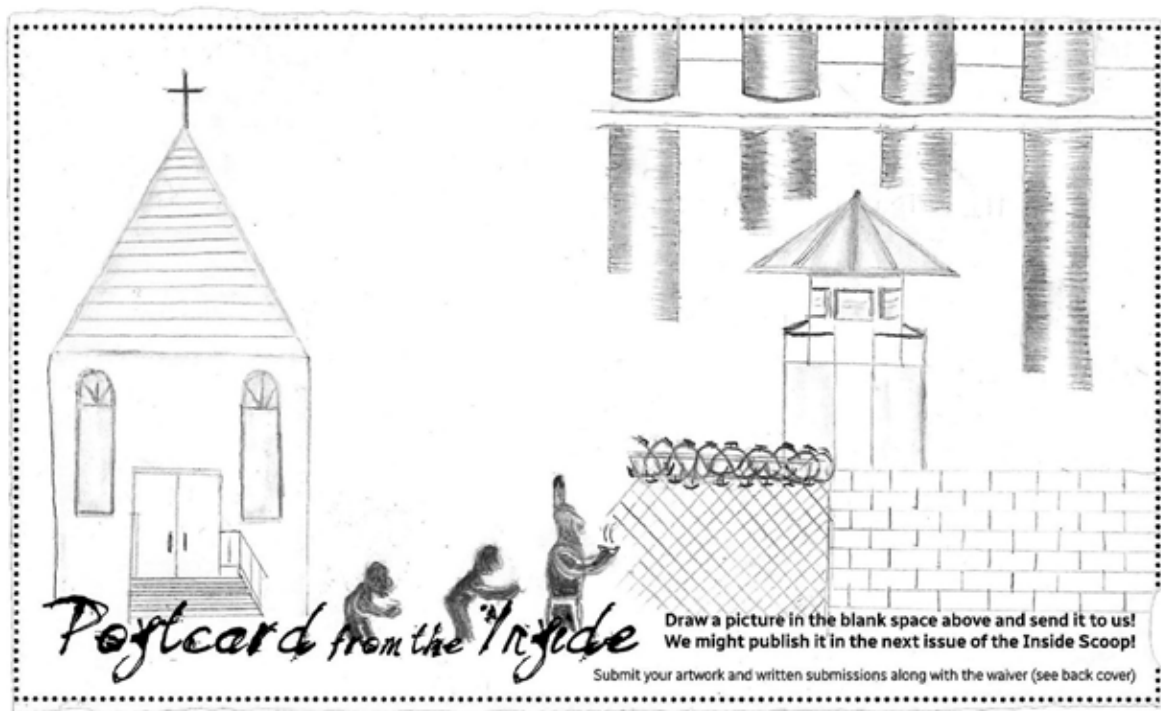
Of the establishment
Of the government
Of the proletariat
The rectory
A cross too heavy
A Simon to carry it

Imagine samsara, along with all bad karma
Could simply be forgiven, and we could all
just go right on living'
To completeness, fullness
Nobody soulless, hopeless,
No one forgotten, no one wasting away in decay,
Not even the rotten.

Imagine religion was one big discussion,
Sharing our passion
Differing and mutual

Simple and unusual
Improvising ritual
Conscientious and conscriptorial
Like faith in action.

Imagine, O Revolver, an evolution of the heart
Imagine, O Evolver, a revolution would start
Spinning inside you, like a dancer
Call it born again, if you care to
Because you care too, now, deep within you
About someone, and you understand, now
That someone is everyone, anyone
'Cause you've been opened,
Guess it was time to give in and get enlightened
Had to happen sooner or later, like it or lump it
You get your golden dome, but I bet I can trump it,
'Cause I've got a secret I don't think I can hide—
By your judgement, I've been protected
You'd never suspect that
This insurrection
Will be beginning
On the inside.



"INTERGENERATION" BY ALFRED M.

Listen Up!

Recommendations from the Auditor General's Report

In March 2025 the Auditor General of Manitoba released a report titled “Preparing Incarcerated Individuals for Transition from Custody,” which included 10 recommendations to the Province of Manitoba. The Auditor General of Manitoba’s office is responsible for holding the provincial government accountable to Manitobans.

In its investigation into Manitoba’s Correctional Services division, it found that more needs to be done to help prepare people leaving incarceration. Those findings resulted in a report with ten recommendations to Manitoba Justice. Here’s an abridged version of those recommendations:

- 1. Make sure their policies, including on case assessments, are up to date and consistent.** The Auditor General found that while assessments on health or safety risks a person might have when entering incarceration were done on time, assessments on other factors - including family background, education and behavioural needs - were often not done on time, or at all at times.
- 2. Review their case management policy.** In 2023, two out of every three people in a provincial jail were on remand, and nearly half of people were released on the day they were sentenced with time served. This means there isn’t much time to assess them and, even if they do get a full assessment, there often isn’t enough time to actually access helpful resources.
- 3. Keep track of programming.** The Auditor General found some of the workbooks being provided are nearly 20 years old. While group programming was tracked, there isn’t enough data being kept on how effective the programming is.
- 4. Assess gaps in employment training opportunities.** A program that offered training in a number of trades and opened doors to entering trade programs after leaving incarceration was discontinued in 2018.
- 5. Make sure healing lodges in centres are well-managed and connected to outside supports.** Correctional Services doesn’t track the level of demand for trauma and mental health resources.
- 6. Track how facility staffing and space, access to resources and other factors impact people after they leave custody.** The system used to record case management information is over 25 years old.
- 7. Improvements to custody release plans are necessary.** The Auditor General found very little evidence of case managers connecting with outside resources like employment and income assistance, housing or substance use supports when working on custody release plans.
- 8. Provide people leaving custody a point of contact** through Correctional Services to help point them to resources.
- 9. Connect correctional centre medical facilities to the wider health care system** to help people keep up medical care if they are incarcerated or released.
- 10. Work with community service organizations** to make sure people are connected to resources they need before they are released.

ABRIDGED BY EDITORS

Our classes at the Winnipeg Remand Centre read the recommendations together and came up with 9 of their own:

- 1. Provide transitional housing when getting out of the Remand Centre**, where people can work and live and reestablish their lives before going back to their communities.
- 2. Provide transportation from Remand directly to housing**, treatment and programming to close the gaps people fall through.
- 3. Give people getting out an inexpensive flip phone** with enough minutes on it to get established with community agencies and set up housing and job interviews.
- 4. Provide a food and clothing allowance** that allows people to get necessities without returning to exploitative or illegal work when they get out.
- 5. Start the Employment and Income Assistance (EIA) application process** before people get out, so they have some financial security when they leave.
- 6. Have a liaison to communicate with current employers and landlords** so being in Remand doesn't mean you get fired or lose housing.
- 7. Improve Legal Aid so there are more lawyers** and more chances to challenge charges instead of just pleading guilty to avoid more time in detention.
- 8. Make bail easier to get and make conditions of release more realistic** so people can stay out supporting their families and communities while waiting for court dates.
- 9. Have counsellors who will help get ID replacements**, create resumes and connect people with community organizations in anticipation of release.

BY THE GENTLEMEN IN REMAND 5A AND 6B:

Tim A.
Danny S.
Nick C.
Iverson R.
Dylan C.

John C.
John S.
Sheldon T.
Devon H.

Moonwolf O.
David G.
Daniel H.
Porage P.

Dakota T.
Marcus R.
Craig C.
Justin H.

Oji-Cree
(Anisininewewin)
Word of the Day



everyone
kahkina
awiya

Source: Pocket Ojicree
by Jerry Sawanas



GETTING THE STORY OUT... ABOUT RED REBEL ARMOUR

Sean Rayland-Boubar's story of going from incarceration to giving second chances to many

BY GREG T.

In 2013, while in custody at the Winnipeg Remand Centre, Sean Rayland-Boubar got an opportunity many incarcerated parents don't get: reading a bed time story to his daughter Jaylynn. This was thanks to "Get the Story Out," a program run by the John Howard Society of Manitoba, which allows incarcerated people to read and record books for their children in their own voice. Now, just over a decade later, Sean runs a successful Indigenous clothing brand—Red Rebel Armour—that he started with the mission of transforming the lives of people who have been incarcerated. For this issue of the Scoop, I wanted to get Sean's story out—and bring hope to others walking the same path.

I walk up to the front door of Red Rebel Armour after working hours in an empty parking lot on Century street. I'm meeting with Sean at his store to talk about his journey to starting his business, but I get a tour of the facilities before we sit down. The storefront is adorned with street apparel while the true magic happens in the back warehouse: crewnecks, hoodies, shorts, socks or even aprons can be customized to styles that promote and celebrate Indigenous culture. Sean shows me the presses and embroidery machines and tells me all printing and embroidery is done on site.

The concept for Red Rebel Armour started in May of 2018 but Sean had the mindset of an en-

trepreneur years earlier. While on house arrest, he took to the craft of making websites. "I still had the hustler mentality" he explains, describing his need for income at the time. He had the gift of sales and graphic design and so he started by creating logos for people in his community including dance troupe "Sagkeeng's Finest", the winner of Canada's Got Talent Season One. With the seed money from his logo business, he started an online store he called "Buzzy Beads Bargain" and began selling beads as the community enjoyed beading.

I didn't start Red Rebel Armour just to sell clothes. I started it to reclaim a legacy.

After trying a few other ventures he was still looking for the Big One— a project that would give his life purpose as well as profit. Sean began spending time with Lionel Houston, whom he first met at the Winnipeg Remand Centre. Lionel is now a retired Elder from the Manitoba Justice system and recipient of the Winnipeg 150 Medal for his significant contributions to the community. Sean attended sharing circles with Lionel and started feeling called to ask the heartfelt and true questions of life: "How to help with the issues we're facing as Indigenous people? Why are we constantly in contact with the law?"

These questions led Sean to take the Social Innovation and Community Development course at Red River College, where he learned how to use business skills to help your community. "I've always known that selling drugs and crime

destroys a community,” he said, recounting his revelation: “Here I could try to heal the community. We’re going to ‘rebel’ against that old lifestyle, gangs, drugs and all that shit.”

Due to his own life experience, Sean understood the struggles of finding employment after incarceration. And so, he quickly realized that a huge potential for the social impact of his brand would be behind the scenes, based on who he hired. Sean has hired thirteen individuals with criminal records. He gets referrals from New Directions, a nonprofit that supports assisted living, counseling, job training and Indigenous cultural teachings. Talking about the relationships he has with his staff, he says, “it’s not just training, you are there as a life coach.”

Growing up, the role models of Sean and many of his employees lived a criminal lifestyle. While he makes sure to emphasize that sometimes those role models believed they were working in your best interest, they could often give bad advice. The thoughts of starting a successful company with a criminal past can be discouraging. “Drugs sell themselves; now how do I sell this product?” he jokes. But now as a role model, Sean’s business advice is to think how to transfer your knowledge and skills from illegal to legal endeavours. “Guaranteed there is an

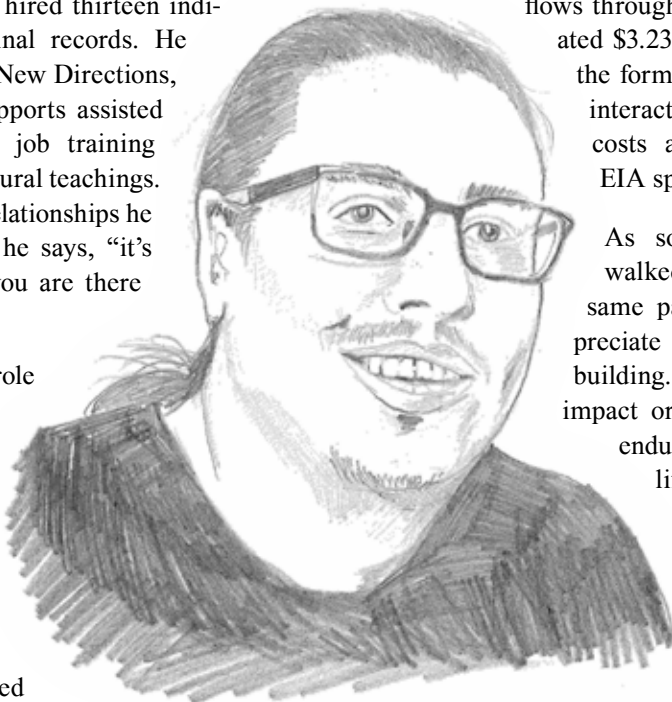
industry that needs you, you just need to learn that language.”

Sean now does public speaking where he tells the story of where he came from and what he’s accomplishing with Red Rebel Armour. He educates audiences on social enterprises, and the different models used to create social impacts. A social impact report done for Red Rebel Armour

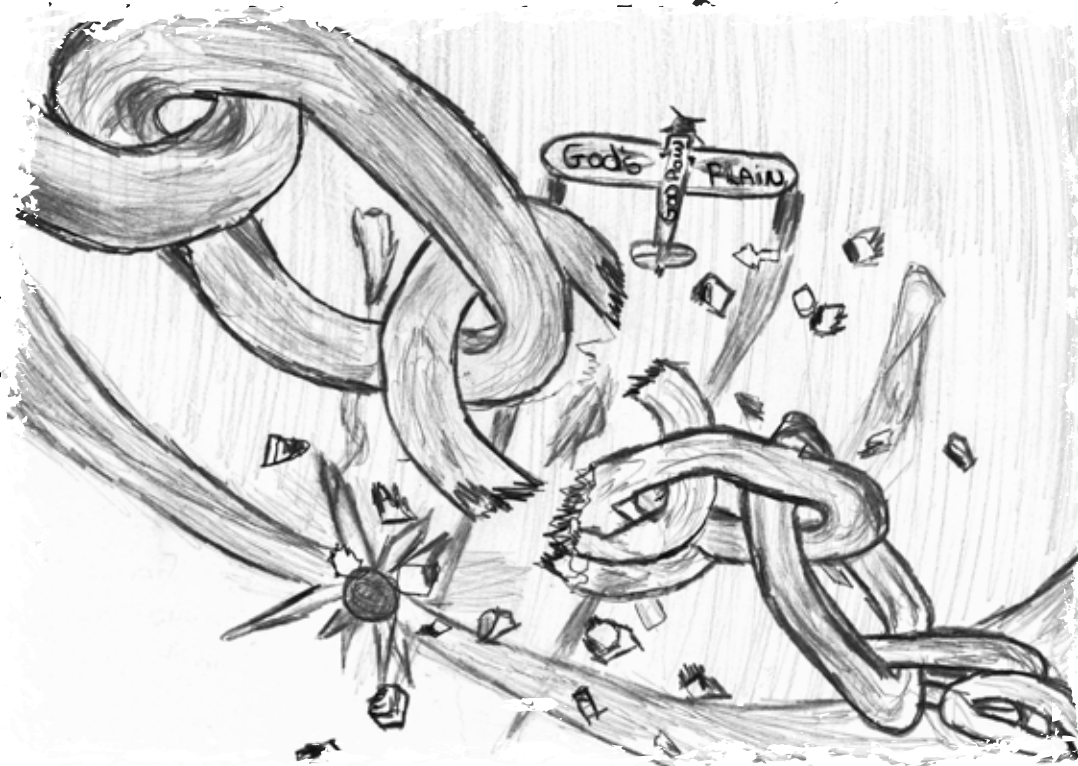
showed that every dollar that flows through the company created \$3.23 in social value in the form of reduced police interactions and custody costs and reductions in EIA spending.

As someone who has walked some of the same path as Sean, I appreciate the legacy he is building. A legacy is an impact or contribution that endures beyond one’s lifetime. “I didn’t start Red Rebel Armour just to sell clothes,” Sean says. “I started it to reclaim a legacy.” It is not about

fame or wealth. It is about meaning and the way we affect others in the world. Remember that even in your darkest hours there is a light waiting for you. It is up to you to find your passion and create your own legacy, and you have “time” to plan it now.



BY GREG T.



"GOD'S PLAIN. GOD'S PLANE. GOD'S PLAN." BY MARK L.



BY S WELDON

Blank Face Emoji

BY ANONYMOUS

You don't have a name
 There are no words to describe you
 But your void is captivating,
 It invites me to experience
 Something over and over again
 You are not limited to being just
 Happy or sad. You open doors to

Emotions and feelings I didn't
 Even know I could have
 Some days I hate you and other
 Days I wish I could put a name
 To your face—that empty space
 On the page that I fill
 With myself.

the FEATURESCOOP: LET YOUR FREE FLAG FLY

TAKING INSPIRATION FROM THE ICONIC MOHAWK WARRIOR FLAG AND ITS HISTORIC ROLE IN THE OKA CRISIS TO DRAW OUR OWN FLAGS OF FREEDOM

The flag known as the warrior flag was designed by Kanien'kehà:ka (Mohawk) artist Karoniaktajeh Louis Hall in 1974. It became emblematic of the 1990 standoff between the community of Kanesatake and the Sûreté du Québec provincial police and Canadian military which would become known as the Oka Crisis. Since the Oka Crisis, the flag has since become a global symbol of Indigenous resistance, promoting human rights of people suffering under colonization.

The Oka Crisis arose over a piece of land to the northwest of Montreal, which held a Kanien'kehà:ka burial ground, and which a golf course wanted to expand onto. The community of Kanesatake protested, setting up a blockade, and in solidarity, the community of Kahnawake blockaded the busy Honoré Mercier Bridge used



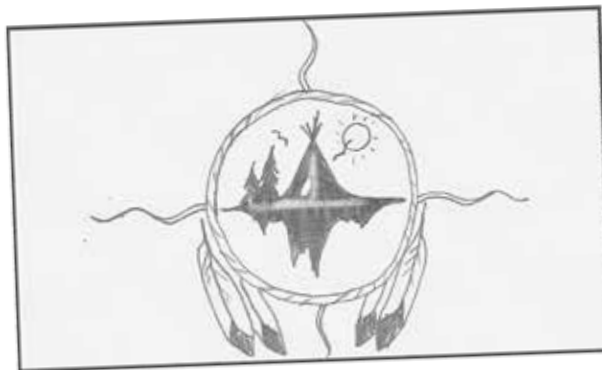
Mohawk Warrior Flag, Wikimedia Commons

by Montreal commuters. The standoff continued for 78 days, and at times turned violent.

Eventually the golf course was cancelled, but the land was never formally returned to the Kanien'kehà:ka. Though this historic event is still recognized to this day as a turning point in settler-Indigenous rela-

tions, it still shows there is a long way to go yet towards Indigenous sovereignty or freedom.

In our literacy classes, we asked learners, if you got to design a flag that celebrated freedom, what would it have on it? Their responses ranged. For many learners, freedom meant a return to traditions and Indigenous culture; for others, freedom was connected to social and environmental issues. For others still, freedom was a manner of perspective, ranging from hope to nihilism.



"TIPI VILLAGE" BY JUSTIN W.

Continued on page 10



"NO NUCLEAR WAR! HUMAN ERROR CAN RUIN OUR ENVIRONMENT" BY ALFRED D.



My community's act of solidarity with the Oka crisis

BY ALFRED D.

I must have been five or so. I grew up on a Ojibway reserve in Ontario. I remember my mother having to drop off food to my father—down someplace. I jumped in the car with her to go for a ride, I didn't realize where we were going, I thought we were going to the band office.

We ended up going to the railway, which was very close to our band office, and I remember tents going up. My mother was looking for my father. I was told to stay in the car, but I went into the tent; I was thinking circus, right? I made it back to the car before my mother had to come and get me.



"ANTI BULLYING" BY DEREK D.

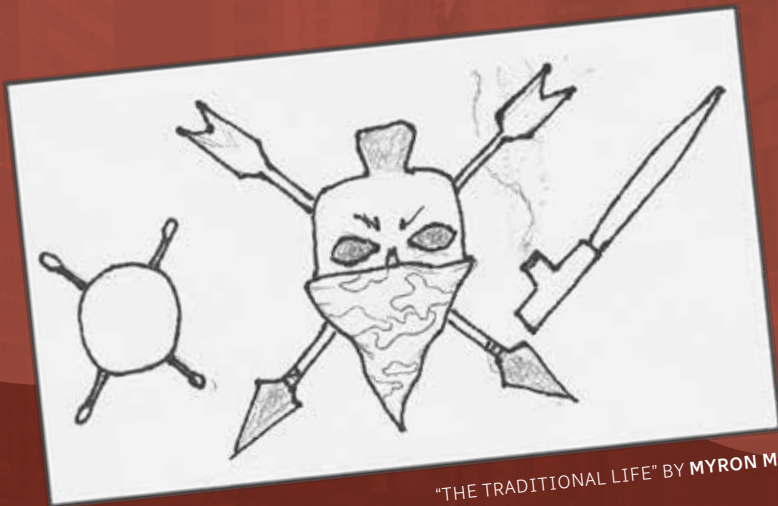




"NOTHING MATTERS SO BE A PUNK AND LIVE LIKE A PIRATE" BY CHEESE

The counsellors were standing there. They said "what are you doing there kiddo?" I'm not supposed to be there right.

As I grew up that memory stuck with me, and I was talking to my



"THE TRADITIONAL LIFE" BY MYRON M.

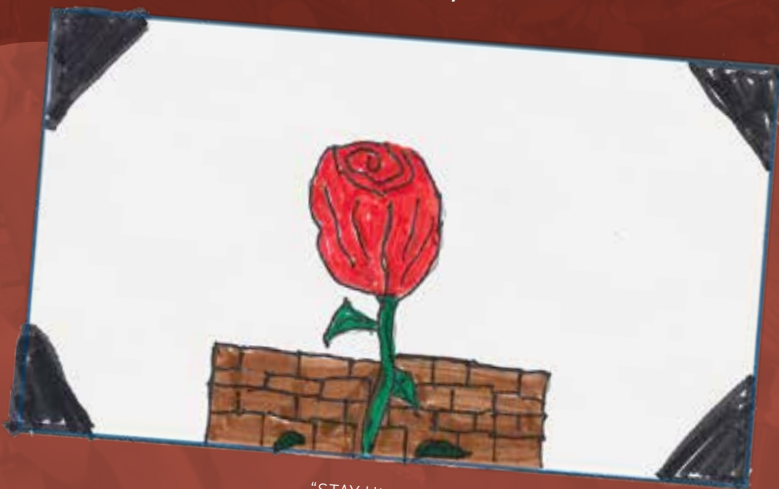
father, I realized that it was a checkpoint on the railway in support of the Oka crisis. I was like "holy smokes I remember that!" my father was surprised. He was like "we never took you there!" I guess my mother didn't tell him.

They blocked the railway for a few hours, six or twelve hours in order to support the Oka Crisis.

Then later as an adult, I realize, I actually met the messenger who ran the messages and supplies—tobacco and stuff like that – into Oka, to the protestors.



"CAN WE GET SALT AND VINEGAR CHIPS ADDED TO THE CANTEEN?" BY JOHN S.



"STAY HUMBLE, STAY POSITIVE; THERE'S ALWAYS SUNSHINE AFTER THE RAIN" BY VICTOR

Editor's note: This is an excerpt of Cheese's story. Stay tuned for the Fall 2025 issue for part 2!

THE YEASTY RISE OF TOASTER MAN

BY CHEESE

Content warning and note from the author: The following story discusses depression, suicide, and substance abuse. These are heavy topics, and the spirits of suicide, depression, and addiction affect many in deeply harmful ways.

If you're struggling with these dark spirits or know someone who is, please know you are not alone. A Buffalo teaching that was passed to me, one I carry and has carried me, teaches that the baby buffalo spirits can help us in times like these. These spirits are gentle and protective. If you pray and sing softly to them, they will come. They will help shield you.

If you're in a dark place right now, I hope this brings you some comfort. If you're inside and you're hurting, it can feel like there's no way out—but there is help.

It was a warm July evening; a warm summer rain fell outside as Jimmy Crummb prepared to end his life. He'd been thinking about it more and more ever since his wife had broken the news to him.

The day his despair had started wasn't hard for Jimmy to remember. He had just arrived home from his dead-end job at the Bullshit factory; he hated it but at least it paid enough to keep a roof overhead and food in the mouths of his family.

Jimmy prided himself on his small accomplishments: a three bed, two bath bungalow in a lower to middle class neighborhood, a pre-owned sedan, an aging but beautiful wife and three kids that he was sure didn't totally hate him.

But it all came crashing down around him that fateful day. Jimmy had pulled into the driveway as best he could despite it being littered with bikes, skateboards, rollerblades and basketballs. He walked into the house looking forward to a beer in his La-Z-Boy to find his wife waiting for him. She looked stunning in the afternoon light, but the look of shame, pity, and determination on her face made his heart stop and his stomach sink.

"We need to talk, Jim."

Jimmy was blindsided, he knew things weren't perfect in the marriage, how many marriages are perfect? But regardless of the shortcomings of the relationship he never thought this would happen.

"I don't love you anymore Jim, I haven't for a long time. I think I'm just realizing it now."

"I've met someone, Jim."

Jimmy's ears started ringing, he felt like he couldn't breathe, like he was gasping underwater, but she kept talking and he heard her as if from far away.

"I'm leaving you. I'm suing for full custody of the kids, and I think it would be best if you stayed somewhere else until this is dealt with."

The next day Jimmy received a letter from some blood-sucking lawyer representing his wife. Jimmy later found out her new lover was paying for everything, including his kids' affections.

"The kids and half of everything," Jimmy said out loud as he poured himself a drink in his motel room.

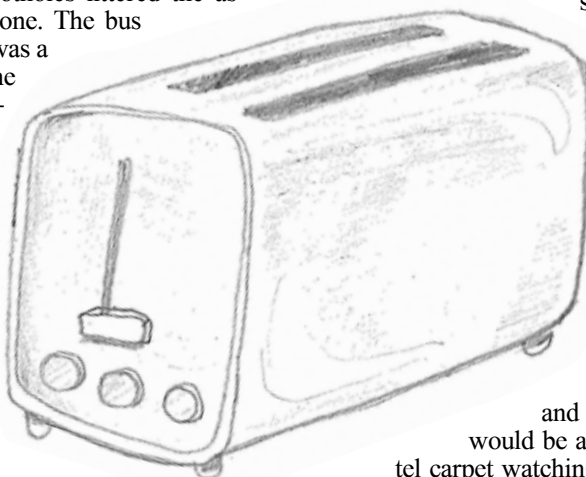
They sold the house and the car but didn't end up with much money after paying off what was still owing on both and splitting it between the two of them. Not that she needed the money with her new boy toy taking care of her. But Jimmy only had himself and barely enough for his motel room. He stood with his drink and stared out the misty window at the rain falling in the motel parking lot, potholes littered the asphalt like craters in a warzone. The bus stop with broken windows was a stone's throw from where he stood now, and in it, a junkie held a needle to their arm with shaking hands. Jimmy watched with loathing, dreading his next bus ride.

For a couple of weeks, he had tried to keep his chin up, crying only late at night and into the early hours of the morning when he truly felt like he was the only person awake in the whole city. Over the days and weeks, Jimmy could feel the weight of everything really starting to fall on his shoulders. It's hard to start over, and at his age, starting over felt like a really long game.

Jimmy had started drinking more and more, switching from beer to the hard stuff. Things got even tougher for him when the morning hangovers turned into morning shakes, the type of shakes that can only be stilled by more fire water, more poison. It was around the time the shakes started that Jimmy started bringing a flask to work and that's around the time he started making mistakes. It only took a couple close calls and contemplations of living the rest of his life with less fingers before his supervisors caught on. They made all the fake surface attempts of sympathy and best wishes, but those meetings always end the same and Jimmy left

work for the last time with the contents of his locker in a cardboard box.

Jimmy walked his unemployed butt off the bus and into the shitty motel room that day, knowing he only had enough money for one last month's stay, glaring at the pile of letters from that vampire lawyer as if staring at the bloodsucker himself. He didn't need to open and read the letters to know that they were petitions for child support, knowing his ex-wife would bleed him for everything she could using the kids as an excuse but spending it on herself. Buying herself her stupid nails and hair bullshit, trying to look good for her new man. Tipping the girl at the salon heavily cause she's "my girl" his wife would exclaim "she was there for me through everything."



Jimmy felt like he was on the very edge of sanity and despair, he knew he needed to get his shit together, of course he'd been trying but he can barely keep himself together, he feels like any day he might just fall apart. He knows in his heart that if things keep going this way his arms and legs are just going to pop off and all that would be left of him would be a torso lying on the moldy motel carpet watching his arms flop around like giant eels. He imagines starving to death on the motel floor surrounded by his rotting limbs and laughs a cold macabre laugh, the laugh of a man who has no hope.

But Jimmy couldn't let himself fall apart like that, he told himself there was still hope, maybe he could love again if he could just get himself together. He had tried attending some AA meetings but they just made him want to drink more, he had gone to job interviews but the kid half his age in the big chair on the other side of the desk could always see the way his hands shook as he sat in the little metal chair that wobbled a little every time he shifted his weight because he could never really get comfortable in chairs like that. He had tried church, yoga, meditation, he even thought about heroin but then remembered that's for ancient hippies and no one sells it anymore.

Continued on page 14

Finally, lying awake in bed one night, he makes his decision and finally drifts off comfortably into a peaceful sleep. The kind of deep and restful sleep that he hadn't had in far too long, this was the sleep of decision and relief. The next morning Jimmy gets out of bed early, feeling somehow lighter, as if a great weight had been lifted from his shoulders. He walks into a local store with a new purpose and a spring in his step, his head held high as he strolls into the appliance aisle. He walks proudly out of the store with his new toaster, all shiny and chrome. Just two more stops before he returns to his dingy motel room.

Editor's note: Interested in finding out what happens to Jimmy next? Stay tuned for the next instalment of this short story by Cheese in the Fall 2025 Inside Scoop. And remember, if anything in story brought up difficult feelings, there are resources that can help. **Help can be found at:**

Suicide Crisis Helpline – 9-8-8. Free 24-hour crisis support. This number is a central intake for many other crisis lines and organizations. When you call, you will be directed accordingly, however you may still call individual crisis lines.

Hope for Wellness Helpline – 1-855-242-3310. Free mental health supports for Indigenous people. Request support in Cree, Ojibway (Anishinaabemowin), and Inuktitut, however the language supports are not available 24/7, so you may need to call in to find out the next time that a language-speaker will be available.

POETRY

Better Days

BY FABIAN B.

Every situation in
Life is temporary,

So, when life is good,
Make sure you enjoy
And receive it fully,

And when life is not so good
Remember that it will not last
Forever and better days are on the way.



ANNOUNCING THE JOE BIG GEORGE INDIGENOUS LIBRARY

The Manitoba Prison Libraries Committee has launched a new Indigenous book collection named in memory of Elder Joe Big George who worked and spent time with incarcerated Manitobans. Joe believed in the value of books by Indigenous authors and about Indigenous histories and cultures as critical to help folks know more about their own identities. He was himself a voracious reader and spoke about how books created space for him to learn and grow.

Each provincial prison in Manitoba will soon have access to this Indigenous book collection. Right now, you can find it at Milner Ridge, Women's Correctional Centre and Brandon Correctional Centre. Watch for it at the Winnipeg Remand Centre - to be delivered soon.

Ask your Elder, teacher, or support worker about the Joe Big George collection and choose one of the over 150 books available. Genres include memoirs, history, art, poetry, general fiction, language learning and so much more!

The Joe Big George library catalog is here:

www.librarything.com/catalog/Joe-BigGeorge

If this is this, that is that

BY SHAWN M.

If you have many friends,
this is where you're not cool.

If you've never failed a test,
this is where you drop out of school.

If you've never felt hatred,
this isn't where you belong.

If you've never been impatient,
this is where every second is long.

If you've never tried trugs,
this is where you overdose.

If you really like the sun,
this is where it never shows.

If you don't know how to swim,
this is where you come to drown.

If you've heard of the dark prince,
this is where he got his crown.

If you've never felt alone,
this is where nobody's around.

If you want to be left alone,
this is where there's too many
crowds.

If you still believe in love,
this is where your heart breaks.

If you think you can't be touched,
this is where you're not safe.

If you pray to God,
this is where you get tempted.

If you obey the laws,
this is where you get arrested.

If you always fit in,
this is where you're out of place.

If you breathe oxygen,
this is outer space.

If you're sensitive to heat,
this reservation is lava.

If you pretend to be at peace,
this is generational trauma.

If you're still in one piece,
this is where you fall apart.

If you still have dreams,
this is where they're all lost.

Because this is where people don't sleep...
and this is where I'm from.

Inside Scoop Waiver
Please attach this to any artwork, article, or poem you submit to the Inside Scoop.

Name (please print clearly): Sheldon Tucker
Name of publication: Time ripples #2 BRAINVES

I, Sheldon Tucker, give my permission for the John Howard Society Library Trust to print any 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 facilitator manuals, as a handout to group classes, or for future promotional or fundraising purposes.

Sheldon Tucker May 20, 2025
Artist Signature Date

Signature: WRC

Note: We will not print anything containing racism, sexism or homophobia, hate group symbols, or that glorifies violence, drug use or gang involvement.

John Howard Society of Manitoba
903 Main Avenue
Winnipeg, MB R3B 1Z7
204-753-1724 ext 112

John Howard
JOHN HOWARD SOCIETY OF MANITOBA

Along a quiet beach
The glassy waters show reflection
Nature ripples in time



"THE HEART CAN TAKE A LOT" BY SHELDON T.

writing lesson:

How to Write a Mini Manifesto

BY JOHN SAMSON FELLOWS, LITERACY INSTRUCTOR

A mini manifesto is a way of quickly expressing what you believe in, what you oppose, and what you think should change. While manifestos are most commonly used for political movements, you can make one for a job, a community, a place you live, or for your own life. It can help you clarify your values and formulate a vision for the future.

Here are some questions to get started:

- What do you like best about the topic of your manifesto (the place you live, your job, your personal life, etc)?
- What do you dislike most?
- What are the most important qualities you look for in other people?
- What are your demands?

Then turn that into four statements that begin:

I BELIEVE IN
I AM OPPOSED TO
I SUPPORT
I DEMAND

Here are some collaborative examples from John Howard literacy classes:

6B Mini Manifesto

BY CLINT K., JEFF O., ROMMEL J., GAVIN A.S., MARK L., DAVID G., KEELAN G., NICK C.

WE BELIEVE IN:

playing cards, daily routines, yoga, inside jokes, range meetings to make it all run smoothly, sobriety and showers, cooking whatever we want, food handling certificates, and close circles of pals.

WE ARE OPPOSED TO:

roommate flatulence, two flushes, lights on forever, thin mattresses, cold cells, sharing the range with the protective unit, plastic sandals, and boredom.

WE SUPPORT:

humour, communication, common sense, sensitivity, wisdom, loyalty and fun.

WE DEMAND:

more programs and visits, a range cat, free phone calls and tablets, a garden instead of a concrete box, higher wages, a smoking monkey, and help with jobs, housing, clothing and reintegration.



mini manifestos

Osborne CCC Mini Manifesto

BY CHARLIE, ADAM, BLAIR, AND ROBEL

WE BELIEVE IN:

being left alone, going for big walks, Ubering around, and this amusing neighborhood.

WE ARE OPPOSED TO:

signing in and out and in and out, curfews that make life harder, garbage mattresses, stifling hot rooms, and dramatic people.

WE SUPPORT:

respect, honesty, usefulness, loyalty, and reasonable charges.

WE DEMAND:

to come and go more easily, air conditioning, cleaning supplies, privacy, more money for food, cheaper internet, cable tv, and to be closer to our homes and families.

5A Mini Manifesto

BY DANIEL H., GARTH, KYLE P., SHELDON S., MIGUEL B., KENNY S., PORAGE P., MARCUS R.

WE BELIEVE IN:

3 meals a day, sobriety, time to get our minds straight, reunions, exercise, and preparation for the streets.

WE ARE OPPOSED TO:

lockdowns, the 12-item canteen limit, terrible food, segregation, the price of tablets and calls, the lights on all the time, and cheese slice mattresses that smell like mold.

WE SUPPORT:

tidiness, familiar faces, easy-going staff, communication, respect, and sociability.

WE DEMAND:

gym shoes, tobacco, tea and juice, free tablets, more visits, more than one pack of sugar, faster transfer times, increased recreation, useful programs, better food (Skip the Dishes!), game systems, and freedom.

QUOTES & QUOTIENTS

"I know not whether laws be right, or whether laws be wrong, all that we know who lie in gaol is that the wall is strong."

Upton Sinclair
The Jungle

"It is morning. Remember that."

Cameron Ankward-Rich
An Optimism

"Our bodies are like the shadows of unborn planets. Sometimes, when we are alone, they are all we have."

Darrell Gray
Planets

"To be ruled in impunity is tradition continuity. I pity the country, I pity the state, and the mind of a man who thrives on hate."

Willie Dunn



John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

Get the Story Out

Get The Story Out (GTSO) is a storybook reading program that connects incarcerated parents or caregivers with their kids. We record you reading a storybook out loud and then send the audio recording plus that book to your child in the mail.

The John Howard Society offers GTSO at the Winnipeg Remand Centre, Headingley Correctional Centre, and Milner Ridge Correctional Centre. You must not have an NCO with the recipient/child's current caregiver in order to participate.

To participate in GTSO at one of these institutions, contact your caseworker or program staff. At Remand, you can fill out a green request form, check "John Howard" and put down "Get the Story Out".



Photo: CBC

Note: The Elizabeth Fry Society offers a similar program called Tell Me A Story for incarcerated mothers at the Winnipeg Remand Centre and Headingley Women's. Contact them for more information!



CKUW
ckuw.ca 95.9

RezVibe Connections on CKUW 95.9FM

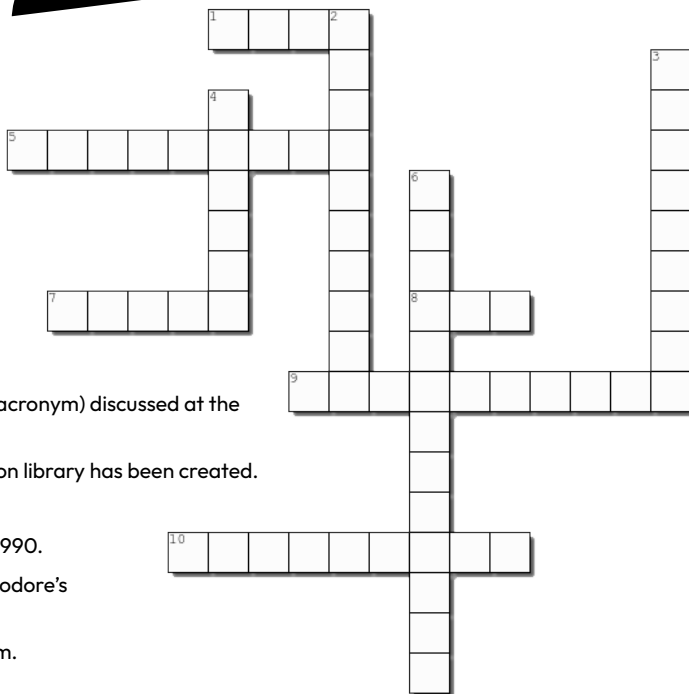
RezVibe Connections is a community radio show that sends love and hope through the airwaves to incarcerated folks every Friday from 5-7pm on CKUW 95.9FM. Host Stephanie Kersey takes calls and song requests, allowing folks to share their words of hope and love with one another. CKUW reaches listeners in and around Winnipeg, which includes Remand and Headingley. The on-air phone number is (204) 774-6877 for song requests.

DOWN

2. The place with no oxygen in Shawn's poem.
3. The communication device named in item #3 on the Remand class's list of recommendations to the Auditor General.
4. The animal with a cigarette habit in 6B's list of demands.
6. The first name of the artist who designed the warrior flag.

ACROSS

1. The John Howard program (spelled out as an acronym) discussed at the top of Greg's profile on Sean Rayland.
5. Last name of the elder in whose honour a prison library has been created.
7. The main character's name in Cheese's story.
8. The ____ Crisis that happened in Quebec in 1990.
9. The last word of the title of Raymond and Theodore's postcard from the inside.
10. The type of emoji David talks about in his poem.



Postcard from the Inside

Draw a picture in the blank space above and send it to us!
We might publish it in the next issue of the Inside Scoop!

Submit your artwork and written submissions along with the waiver (see back cover)



the INSIDE SCOOP

SUMMER 2025

"LITTLE FISH"
BY SHELDON T.

We welcome your submissions of writing and art-work! Our next issue is on spooky stories—ghosts, monsters, and the supernatural.

If you want to work with an editor on your piece, please indicate that in the waiver and tell us where to reach you.

Please note that we cannot publish photographs.

Send submissions and a signed waiver (below) via Canada Post to:

**Anna Sigrithur, John Howard Society of MB
583 Ellice Ave, Winnipeg, MB, R3B 1Z7**

Or, email them to asigrithur@johnhoward.mb.ca

Did you know? If you are incarcerated in Manitoba, calling John Howard is a free phone call, so give us a shout if you have questions. Not incarcerated? You're still welcome to call, of course!

(204) 775-1514 ext. 112 (Anna) or ext. 113 (John)

The Inside Scoop Waiver

*Please attach this to any artwork or writing you submit to The Inside Scoop.
Mail to: Anna Sigrithur, John Howard Society of MB, 583 Ellice Ave. Winnipeg, MB, R3B 1Z7*

Name: _____

Title of piece: _____

I am open to discussing edits to my work (circle one): Yes No

I give permission for my work to be printed in *The Inside Scoop* and confirm that I am submitting my own authentic original work. I understand that my work may also be used in other John Howard Society publications such as workbooks and facilitation materials, as a handout in group classes, or for future promotional or fundraising projects. I understand that all rights to my work remain with me.

Signature

Date

Mailing address: _____

*Where would you like
edits and/or copies of The
Inside Scoop mailed to?*

Note: We reserve the right to edit submissions, and may contact you about edits to your work. We will not print anything containing sexism, racism, homophobia or transphobia, gang symbols, or that glorifies violence, drug use, or gang involvement.