

FS NEWS: Blue News Edition

Happy Spring, everyone!

I'm writing this on National "Smoke and Mirrors" day...when we're supposed to remember to not be duped by shiny or smoky objects that cloud our vision from the truth. I had no idea about this but I'll be sure to celebrate it moving forward. A very important thing to remember! I named the publication Blue News, instead, since this is the second newsletter I'm sending out this month.

I hope you'll find some interesting information below!

But before I say anything, I have to thank the awesome donors who make this newsletter possible! The readership is growing each day, and we are sharing a lot of information which is cost prohibitive for many organizations. Thank you for keeping us communicating here, esp. throughout these crazy times when we really need to be able to communicate.

#### FREE SUBSCRIPTION TO THE NEWS INSIDE

A few weeks ago, Lawrence Bartley from THE MARSHALL PROJECT got back to me and said that it's true; you can get a free subscription! He said you can send your request to the address below, or your outside supporters can sign you up through the website: [www.themarshallproject.org/tag/news-inside](http://www.themarshallproject.org/tag/news-inside)

Lawrence Bartley  
The Marshall Project  
156 West 56th Street, Suite 701  
New York, New York 10019

Thank you for sharing your thoughts about AUTHENTICITY ~  
I'm putting them together to send to Tom and share with you. If you'd like to read them, please send a new email to me with Authenticity the subject line and I'll send them to you within two weeks (it's super busy in the office these days! I found a piece that he recently reposted that you might enjoy reading:

ARE YOU AUTHENTIC? 4.30.17 Tom Asacker (edit for brevity by sk)

A friend recently discovered the true meaning of the word "authentic."

She was in NYC with her family. After taking in the sights, they headed to a restaurant. On their way, they passed a young homeless veteran sitting on the sidewalk. She asked her husband, "What if we ask him to join us for lunch?" He didn't think it was a good idea. So they kept on walking.

But while she and her family were eating, my friend got up, walked back, and offered to buy him lunch. The young man agreed and accompanied her inside. And they talked. He shared how he had returned from Iraq to his only loved one who was dying from cancer. She sat quietly and listened to his story. And discovered the essence of being an authentic human being.

The world teaches us to walk by the homeless vet. Authenticity is about subverting those automatic "teachings." It's about listening to our quiet inner voice. Our curious, compassionate, creative spirit. And ignoring the loud, conditioned voice of the world. The one that pushes our buttons of fear, anger, and shame.

Here's the paradox: You're not being authentic unless you're aware that you're being authentic. That you are consciously choosing the best actions and words possible. And in an unselfconscious way.

To be authentic means to be conscious and considerate.

To be authentic means to stop being a conditioned robot.

To be authentic means to stop denying your higher, inner self.

To be authentic means to truly care about the effects of your words and actions.

#### WRAP-AROUND REENTRY FOR PEOPLE RELEASING TO MILWAUKEE:

The Way Out (TWO) is breaking the cycle of incarceration through technology and living wage jobs! The Way Out's anti-bias employment platform specializes in the direct hiring of Justice Involved Job Seekers (JIJS). The Way Out doesn't just match employers and employees, it also provides additional social support services and technologies to help Justice Involved Job Seekers (JIJS) integrate into their new roles successfully. Their website is: [www.twout.org](http://www.twout.org) For more information please email: [support@twout.org](mailto:support@twout.org) or mail:

The Way Out  
PO Box 70620  
Milwaukee, WI, 53207-0620

If you would like a copy of their 'onboarding questions', please start a new email with TWO or The Way Out in the subject line and I'll send them to you!

#### COLORADO REENTRY RESOURCES

If you're looking for a Colorado-specific reentry resource provider, check out Remerg (spelled correctly) a re-entry specific website for people coming out of jail and prison in Colorado. (They used to make the "Getting On After Getting Out" book). Their website is here: [www.remerg.com](http://www.remerg.com), and their mailing address is:

Remerg  
PO Box 18463  
Denver, CO 80218  
(303) 548-3395

#### FREE CULINARY SCHOOL IN CLEVELAND, OH

To register for classes, go directly to EDWINS on Fridays at 9 a.m. Enrollment will require a valid ID and filling out an application. The website is [www.edwinsrestaurant.org](http://www.edwinsrestaurant.org) and you can reach them by mail, or walk in, here:

EDWINS  
13101 Shaker Square  
Cleveland OH 44120  
216-921-3333

From the website: "EDWINS Leadership & Restaurant Institute is open to formerly-incarcerated adults in who want a second a chance. There is no charge for students to attend EDWINS, and we provide all uniforms, books and supplies. Students must be at least 18 years of age, but we do not require a minimum education level or past job experience. EDWINS does not ask any information pertaining to criminal background prior to accepting someone into the program. If you are ready to move forward, work hard, dedicate yourself and adhere to our strict attendance policy, you are welcome at EDWINS. Students from any geographic area may enroll at EDWINS, but they must provide their own transportation and accommodations to get to our institute in Cleveland, Ohio.

#### FREE MAIL SERVICE FOR OUTSIDE SUPPORTERS

A peculiar organization named Ameelio has an app that your outside supporters can use to send free letters or photos to you through the postal service. This text is from their website says:

"Whether it's images, postcards, or games, send them for free. We'll print and mail it for you."

When I asked if they offered the service for you to send mail, this was their reply: "Hi Sue! ...we currently only send letters to incarcerated individuals. If they want to write back, it will need to be done so independently!" (The exclamation points are not mine.)

I found out about them because the company plans to go into non-profit edtech next. (education through tablets).

If you'd like to write to them with questions, here's their address:

Ameelio, Inc.  
756 S QUAKER LN  
West Hartford CT 06110-1223

And here's the website if you'd like to share this info with your outside supporters: [www.ameelio.org](http://www.ameelio.org)

BUT I HAVE TO BE CLEAR: I want you to know about them because this kind of 'philanthropy' and 'free support' comes with other costs. Companies offer "free" services, but they capture all kinds of data from the phone (and I won't go any deeper than that, but it's not 'in your best interest') and they keep all of the letters to you in digital format. It's not free; it's more like a trade. But I would not call it fair trade.

"When it the product is free, you are the product." Common saying

With all that, if you are able to experience the service, and if you'd be willing to share your experience with FS and/or the readers here, I think we'd all be eager to hear how it goes! (I would have tried it if it was a website...but I don't download apps) (update: I have a verification from an incarcerated person whose family uses the post cards and he and his family like the service.)

Did you like reading about the BIASES?

I have a couple of pieces going into the new booklet that I'd love to share with you. If you'd like to read them, please start a new email to me with "exploring biases" in the subject line and I'll send them to you!

Book recommendation:

THINGS FALL APART by Chinua Achebe (1958) Everyman Books

This is a 'classic' for African students, and students around the globe. I did not learn about this book in school, I learned about it recently from a friend. I'm so glad I read it. It is a short and very intense story about the colonization of Nigeria around 1890..with a fictional village and characters. It is a story about changing within change; and looking at how we respond to change. The publisher says "it provides us with a powerful fable about the immemorial conflict between the individual and society." When we are in very difficult circumstances, it is very hard to know what the best thing is to do. We are experiencing quite a changing time now. I think this book can help us think about how we want to approach change in a turbulent time. The introduction is by Kwame Anthony Appiah, an African historian and also a rare practical philosopher who not only writes very interesting books about identity and morals, but he is also an "Ethicist" for the New York Times.

Quotes:

Only the truth of who you are, if realized, will set you free. - Eckhart Tolle

"...your job is to figure out what your gifts are to best serve yourself, your people and your world. What do you love doing so much that you would still do it if you didn't get paid? Or if you were sick? Find what you love and work on it. Whatever it is that you love, it's under attack. Which of the most pressing problems can you help to solve using the gifts that are unique to you in all the universe?" - Derrick Jensen

To our successful transitions!

Ubuntu! ~ sue

Fair Shake PO Box 63 Westby, WI 54667

As always, when you are released, remember to look up free support in your phone-gizmo:  
2-1-1 AuntBertha.com Fairshake.net HelpYourselfTherapy.com

Newsletters are available at FairShake.net for your family and friends to read or print!