

FS News: Seasons of Care Edition Nov. 2022

Hello Fair Shake Friends ~

Thankfully, the elections passed without much tumult. I hope Thanksgiving was enjoyed without too much tumult, too!

The National Day of Mourning, in Plymouth, MA, was held under blue skies and a warm breeze. For those of you unfamiliar with this 53-year-old tradition, here is an excerpt from the United American Indians of New England website: "Many Native people do not celebrate the arrival of the European settlers. Thanksgiving Day is a reminder of the genocide of millions of Native people, the theft of Native lands and the erasure of Native cultures." I try to hold both feelings in my heart on that day – gratitude for the life I am fortunate to have, while also feeling deep sorrow for those who were forced to give up the life they lived and loved. Winter is a good time for reflection of this nature. The holidays bring joy and suffering. Possibilities and pain. Feelings of love and feelings of loss. Holding two distinct feelings at the same time is the burden, and the delight, of being human.

**FUNDING CUT** I received some difficult news two weeks ago: Due to the instability in the economy, Fair Shake's funding would be greatly reduced - and that reduced amount would be sent in the fourth quarter (October) of 2023. Fair Shake will continue to operate, of course, but the future is somewhat precarious. (Nothing new these days.) I am not sure how I will be able to support myself AND Fair Shake, but no matter what, the website will keep running, I'll continue to make sure new information is added, and old information is removed. I'll continue to send the newsletters, too – but I might have to switch to bi-monthly to cut the cost in half (\$375 - \$500 each month). I will continue to send requested documents, too. They are crucial!

**DON'T WORRY:** Fair Shake is not going away. Times have been lean before! Like you, I will always 'do what I can with what I have.'

As you know, I've been trying to get my lip balm business going again to support Fair Shake. For many reasons, it hasn't started yet, but with no money coming in, I have the kick-in-the-pants needed to get it going. There are only so many hours in the day, though, so my responses will be shorter, if I can respond at all. Know that I read every message, and if I don't reply, I'm still saying "Ubuntu! and Thank you!"

**THANK YOU, DONORS!** I know the folks who write in will not even know about this funding 'bump in the road'. Envelopes and stamps continue to trickle in at a very nice pace that keeps up with the letters that come in. This is certainly evidence of pro-social behavior! Many thanks to those who've sent financial support as well. You make this newsletter possible!

**IMPROVED DONATIONS PAGE** I thought the Go Fund Me avenue might work out, but it was not as active as I'd hoped, so I've reinvested time and effort into the FS donation page. It is now easier for your supporters to donate on the website. When they visit [www.fairshake.net](http://www.fairshake.net), they can click on the DONATE button and they will land on the page. **MANY THANKS** to those of you who shared supportive comments for Fair Shake, for me and for the Donors! I've shared them in a book called **IMPACT!** which has a link on the Donations page.

**FIRST STEP ACT TIME CREDITS POLICY RELEASED** I've been informed that readers in the BOP received this information directly. If your supporters would like to read it, however, in a comfortable book format, I have put it on the top shelf of the Fair Shake Library- so they can find it easily:  
<https://www.fairshake.net/library/>

**TWO PIECES OF INFORMATION TO SHARE:** (Caveat: Sorry. Please be patient about receiving a reply. I have a huge backlog of information requests. I respond to 40 - 50 messages daily, and they come

in just as fast. I have nearly 200 messages in the 'inbox' at all times.) I'm including links to the information below so you can share it with your supporters...for faster service?!

PELL REINSTATEMENT UPDATE - use PELL in the subject line.

<https://studentaid.gov/understand-aid/eligibility/requirements/criminal-convictions>

\$50K SBA MICROLOAN for ENTREPRENEURS – use SBA in the subject line

<https://www.sba.gov/funding-programs/loans/microloans>

To receive information on these topics, you will need to START A NEW MESSAGE TO ME - a separate new message for each topic. If you simply 'reply' and change the subject, you will not receive the information or any response from me. If you don't understand how to do this, please ask someone to help you. The information is important! You are important! And my time is important, too. Ubuntu!

CUSTOM CAREER PACKETS The Community, a Milwaukee non-profit started by an incarcerated man who is no longer incarcerated, will build custom career packets. According to their newsletter, they offer packets for people interested in "Digital Literacy, Biology, Coding, Truck Driving, Real Estate, Writing, Grant Writing, Social Work, Healthcare and Farming. (They) also have a "Higher Education, Soft Skills & Credit" packet for people to learn the best options and resources for getting a college degree inside or after release, as well as improving soft skills and building credit. These packets will be 50+ pages. It may take several weeks to receive them." If you'd like to request a packet, add [careerpackets@gmail.com](mailto:careerpackets@gmail.com) on Corrlinks. They ask you to please request just one topic at a time. s has been reported to have not-great customer service.

WI Residents: "THE WAY OUT" IS NOW "MY WAY OUT"

The Way Out reentry program is now My Way Out (MWO) and they've changed their contact email address to [support@mwout](mailto:support@mwout). To contact them for help with a reentry plan, send an email to [support@mwout.org](mailto:support@mwout.org) 6 months prior to release (not longer). MWO will try to find housing resources for you, but they encourage those who qualify for transitional housing to take it.

COLLEGE INSIDE College Inside is a newsletter about prison education produced by Open Campus, a national nonprofit newsroom. They cover college-in-prison programs - including Pell Grant information for incarcerated students. To receive a free copy, write to:

Open Campus Media  
2460 17th Avenue #1015  
Santa Cruz, CA 95062

DEBT CANCELLATION I was hoping to have information for you about this, but when I looked for the latest info, there is still no concrete information. It sounded so great in August! When the issue is decided, I'll share information here.

2 BOOK CATALOGS REMOVED Skye's The Limit and Second Chance have reduce their operations or closed their doors. They are supporting one another and I've receive mixed messages about who is who, but I've removed both names from the list, and you should, too. I'll let you know about any changes! On a side note: A bad customer service experience was reported about SURE SHOT Books

QUOTES

"Important life skill: recognizing the difference between criticism from people who don't care about you and don't root for you, and criticism from those who do. The first is best ignored. The second warrants attention and reflection." – Tim Urban

"No one "builds a house." They lay one brick again and again and again and the end result is a house. A remarkable, glorious achievement is just what a long series of unremarkable, unglorious tasks looks like from far away. Procrastinators are bad at remembering this." - Tim Urban

"Comparison is the thief of joy." - Theodore Roosevelt

"You are precisely as big as what you love and precisely as small as what you allow to annoy you." - Robert Anton Wilson

"We act as though comfort and luxury were the chief requirements of life, when all that we need to make us happy is something to be enthusiastic about." — Charles Kingsley

"Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered." — Wes Angelozzi

"No man ever steps in the same river twice. For it's not the same river and he's not the same man." - Heraclitus

"The secret to life is meaningless unless you discover it yourself."— W. Somerset Maugham

Happy Holidays! Happy Solstice!

Ubuntu, ~ sue

Fair Shake PO Box 63 Westby, WI 54667

As always, when you are released, remember to find support in your phone-gizmo:  
2-1-1 Fairshake.net HelpYourselfTherapy.com FindHelp.org

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

SPECIAL ADDITION: Start With Water – by Tom Asacker

Have you heard the "jar of life" story, with the rocks, pebbles, sand and water? A philosophy professor was giving a lecture. In front of him, was a big glass jar, a pile of rocks, a bag of pebbles, a tub of sand and a bottle of water.

He filled the jar with the rocks. When they reached the top, he asked the students if the jar was full. They all agreed, there was no more room, it was full.

Then he poured the pebbles into the jar. He shook the jar so the pebbles filled the space around the rocks. "Is the jar full now?" he asked. The students agreed that the jar was now completely full.

The professor then poured in the sand...between the pebbles and the rocks...and once again asked if it was full. Again, the students agreed.

Finally, he picked up a bottle of water and poured the water into the jar until it soaked up all the remaining space. The students laughed. The professor explained that the jar of rocks, pebbles, sand and water represents everything that is in one's life.

The jar represents your life. The rocks represent the most important things that have real value—your health, your family, your partner. The pebbles represent things that matter, but often come and go - your

job, house, hobbies and friendships. The sand and water represent everything else...the small stuff: material possessions, chores, pastimes.

The metaphor here is that if you start by putting sand into the jar, you will not have room for rocks or pebbles: the things you let into your life. If you spend all of your time on the small and insignificant things, you will run out of room for the things that are important.

Intuitively, this metaphor feels right, but I see it much differently.

Start with water.

Start by filling the empty jar two-thirds of the way up with water. The water is what's most important in life. It's your way of being in the world. It's curiosity and love, compassion and creativity. That "way" will then flow around and saturate everything else that's added to the jar—family, work, hobbies, friendships, etc.

Now start adding rocks, then pebbles, then sand. And, as you do, the water in the jar will begin to rise. If, and when, the water begins to flow over the rim and out of the jar, stop!

Why? Because something is wrong. Either you're doing too much, or you're not giving yourself fully to what you are choosing to do. Doing should never come at the expense of being.

SK full disclosure: I have this story and image in the Fair Shake Ownership Manual! It will be revised for the next edition ~ : )