

## FS News: Dog Days of Summer Edition JULY

Hello Fair Shake Readers ~

The Dawg Days of Summer are upon us and they seem particularly menacing to me this year. When I thought of the phrase, I looked it up to find out what it meant. According to National Geographic: “to the Greeks and Romans, the “dog days” occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, catastrophe, war or disaster.” We could certainly blame the heat for short tempers, or even fever. In 13,000 years, however, Sirius will rise with the sun in the mid-winter.... Ah. “Mid-winter.” Just saying that helps me to feel a little better...

I'm feeling very grateful for the donors and readers on this list so I have to give a loud shout out to you all: THANK YOU! I have been given this lovely gift of education, growth and community. I'm grateful for what I learn here, and I'm grateful for what we are building together ~ more than 4000 strong!

> Another Belated Holiday greeting: Nelson Mandela Day, July 18th! This year marks the 102nd Anniversary of Madiba's birth in 1918. Here are some delicious words he shared which we can now savor on these hot summer days:

> You will achieve more in this world through acts of mercy than you will through acts of retribution.

> What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

> For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

> No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

> It always seems impossible until it's done.

### HACKED!

Talking about 'seeming impossible'.... The Fair Shake website and free email was hacked on July 19, 2020. We had to shut down all email and then entire website. For a few days, it seemed impossible that we could recover. The website developer had advised me to get rid of the email accounts for several years so, sadly, that facet of a Fair Shake membership is now going away. There are many free email account services, with plenty of storage space so you will not be at a loss for choices there, only a loss of privacy. It is starting to seem impossible for us not to be tracked; which also means we will be prompted and nudged. The only antidote I know of is awareness. We can resist being herded; we don't have to fall for the ads, the fear or the prompts to click.

It's taken this whole week to clean everything up and load the website and member accounts on the new server....which includes the loss of the .fairshake.net email addresses. Unfortunately, anyone who signed up to receive the newsletter on or after July 19th will not be accepted

because I did not receive their request. If you know of folks who have tried to sign up, please let them know they can try again on or after August 1st. I should have the outreach@fairshake.net address up and running again by then. Thank you!

### DC RESTORES VOTING RIGHTS TO PRISONERS! JUST IN TIME FOR ELECTIONS!!

The District of Columbia will be the first place in the United States to restore voting rights to incarcerated felons, joining two states that never took those rights away. Councilmember Robert White first introduced a bill last year to allow residents serving felony sentences to cast absentee ballots, a right which has been denied to them since 1955, when Congress took over governing D.C. White said "This is a huge step for justice and true democracy." DC readers, I hope you will let me know when you receive your mail-in ballots! Congratulations! (Next stop: Statehood?)

### INTERESTED IN BECOMING AN ENTREPRENEUR?

Inmates to Entrepreneurs contacted me recently to let me know that they "plan to host at least one online class a year (if not more) - available to individuals across the country. All of our programs are 100% free and will always be free! Our programs are taught exclusively by entrepreneurs, many of whom also have criminal backgrounds. Currently incarcerated individuals can write to our organization requesting more information about our programs and with their business-related questions at the address below:

Inmates to Entrepreneurs  
219 Raleigh St.  
Holly Springs, NC 27540

They can also be found online at: [inmatestoentrepreneurs.org](http://inmatestoentrepreneurs.org)

Exciting!

### EXTENDED DEADLINE TO SHARE YOUR STORY with Exchange for Change:

(they have an extended description, too!)

The COVID Collection, a one-time book publication, seeks compelling prose, poetry, and art from incarcerated writers, healthcare workers and staff residing or working in a state or federal facility. Submissions should include work that has been created since the beginning of the quarantine period. It does not have to relate directly to Covid-19 but the submission should reflect the unique experience going on inside your incarcerated setting and/or your awareness of what is happening in the world, including recent events around George Floyd, the continuance of structural racism and the ongoing struggles for justice and equality. There will likely be a lot of focus on lockdowns, isolation, masks, quarantines, loss. Why is your story different? What's unique that will make the reader want to know more about you and your story. Your submission should leave the reader needing to take a deep breath. Fiction, non-fiction, personal essays, poems, drawings encouraged. One submission per person. For poetry, three poems, or less with a maximum of 1500 words. Prose, 1500-word limit. Shorter pieces encouraged. Submissions do not have to be typed but must be legible, and written in pen, not pencil. Include your full name, and DOC number so we can contact you. Please indicate if you would like to be identified anonymously, with a pen name, just your first name, or your full name. Please include a few lines about yourself as your bio.

The deadline has been extended until September 15

Send your submission to

Attn: COVID Collection,

/o Exchange for Change  
2103 Coral Way 2nd Floor  
Miami, FL. 33145

ARE YOU WONDERING WHY THE “ESSENTIAL WORKERS” ARE NOT RECEIVING THE \$600 PER WEEK THAT HAS BEEN FLOATING AROUND FOR THE PAST 3 MONTHS? ME, TOO.

DO YOU SOMETIMES FIND YOURSELF FEELING STUCK?

I found some helpful transition tips in the New York Times. I know they are helpful because I was feeling very stuck when the website was hacked. These tips helped me get through...

- No matter what, keep moving forward – even slowly.
- From time to time, remind yourself about all you've accomplished, despite the hardship you are experiencing.
- Identify the emotions you're experiencing.
- Shed something: mind-sets, delusions, dreams. Shedding is a way to clear out some unwanted parts of our lives to make way for the new parts to come.
- Try something creative:
- Rewrite your Life Story.
- Remember how strong you really are. And know that you will go on to do incredible things with your life!

Here are a few more thoughts that motivated me this month:

The happiness of your life depends upon the quality of your thoughts. - Marcus Aurelius

Think occasionally of the suffering of which you spare yourself the sight. - Albert Schweitzer

Your playing small does not serve the world. There's nothing enlightening about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. ~ Marianne Williamson

To suppress free speech is a double wrong. It violates the rights of the hearer as well as those of the speaker. ~ Frederick Douglass.

I have to end this issue here so I can get back to the mess I'm cleaning up. If you haven't heard from me for a while, this is what I've been up to! I'll reply, you know that ~ : )

To our successful transitions ~

Stay strong, stay smart and keep cool...  
Ubuntu! ~ sue

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As always, remember to look up free support in your phone-gizmo:

2-1-1

Rzero.org

Fairshake.net

HelpYourselfTherapy.com

(Newsletters are always available on the Fair Shake website for your family and friends to read or print!)