

Fair Shake News: March Madness Edition

3.2020

Hi Readers ~

First off, I hope everyone is doing okay mentally, philosophically, and physically.

Thank you for making the newsletter possible, donors! At least 300 people have signed on in the past 30 days. The newsletter costs about \$350 to send each month (rising with the new readers!) so donations of any size are crucial. Fair Shake is 100% run on donations and all reader donations are applied toward the cost of the newsletter. Ubuntu!

Thanks, everyone for the great response to the Author! newsletter. Thanks also for submitting your book titles, authors! More writing tips have come in which I'm adding to the website. If you'd like for me to send them to you, please send me a NEW email that says "NEW WRITING TIPS" in the subject line ~

The coronavirus wave is rolling over our country. Soon it recede and we will be in a new phase. Quiet time is great for building our capacity, capabilities, interdependency awareness, decision-making and critical thinking skills, and to create an image in our minds of WHAT COMES NEXT. Things will be different; there's no going back. What can we do with this opportunity for sweeping change?

One thing I must do is to become more of a broadcaster. We have so many readers now, that I must be 100% focused on building what comes next. The internet has slowed down like LA traffic used to; sputtering and stopping; dropping me from Corlinks - losing messages that I'm sending. Simultaneously, a communication flood is coming at me from all directions (email, corlinks and snail mail). Know that I say "Ubuntu and thank you!" if I don't respond. While many positions are cooling down mine is ramping up. I'm grateful for your consideration, understanding and patience, since you know that I'm doing this by myself.

My primary goal has never been to build the nation's largest freely accessible resource data base. I just want to build tools that increase our personal and community strength. Isn't it 'interesting' that up-to-date RESOURCES, which are crucial for reentry success, are unavailable in many state and federal facilities? Have you ever wondered why this is? I believe they are not available because there is NO EVIDENCE that they 'WORK'. "Evidence", remember from science class, must be "observable", so it follows that if no large organization or school studies – or observes - the importance of access to resources for reentry success, it is impossible to give it any value. I think we should provide the 'evidence'. Do you remember the movie "Miracle on 34th St." when the mail bags are dumped in front of the judge? We'll talk more about this soon...

I know I don't have to tell you this, but the clampdown is everywhere. We're clamped-down in my little town of 2000, in a county with no known cases of the virus. I hear all the arguments and I understand them, but I am compelled to take my smile-making bubble truck out into the world: disc golf is "essential" for my health.

I'm hoping this COVID-19 experience will increase sensitivity to your constant environment.

There's an enormous amount of talk about releasing folks during the pandemic but I have only seen articles about this happening in the US within jails.

News found in the NY Times:

1. BOP: On Thursday, March 26th, Atty Gen. Barr said federal authorities should prioritize the release of at-risk inmates, including those with pre-existing conditions and those over the age of 60. I will let you know if/when I hear of any developments...
2. CO: Colorado abolished the death penalty! It is the 22nd state to do this. Gov. Jared Polis commuted the sentences of the three men on death row.

WI ELECTION CYCLE IN TURMOIL

Last year, the Wisconsin Institute for Law and Liberty – in cahoots with some of the republican 'representatives' – attempted to remove 234,000 of our WI registered voters. So far, they have been denied. Governor Evers, the democrat and former WI Education Superintendent, stands with those 'representatives' by refusing to delay WI's April elections. These elections include the presidential primary and WI state supreme court judge. So, although WI citizens are denied a game of golf due to the health risk it that it poses, we must risk our health to vote on April 7th. Many of the voting volunteers, who are older, are refusing to show up that day – as they should.

HAND SANITIZER

I was going to include a natural hand sanitizer recipe in this newsletter but thought it might get banned. Instead, I've posted it on the Physical Health page of the Fair Shake website: www.fairshake.net/physical-health Feel free to share (or use, when you have access) that link!

CORRLINKS: SIGN UP EXPLAINED

I receive questions and comments from individuals who have outside supporters who can't figure out Corrlinks, and also from people who have made the transition and also can't sign up for Corrlinks. This week I will add the full instructions on this new FS website page:

www.fairshake.net/corrlinks-sign-up .

BE CAREFUL!!!

Watching TV can be dangerous to your health! Please be sure you are mentally strong and physically capable to take the constant barrage of hyped-up reports and information called 'news', meant to make us feel weak, afraid, anxious and expert-dependent. Here are some TV news watching tips from Fair Shake's "How To Watch TV" page:

Recommendations for watching TV News:

1. When encountering a news show, you must come with a firm idea of what is important.
2. In preparing to watch a TV news show, keep in mind that it is a 'show'.
3. Never underestimate the power of commercials.
4. Learn something about the economic and political interests of those who run TV stations.
5. Pay special attention to the language of newscasts.
6. Reduce by at least one-third the amount of TV news you watch. (Read the news, too!)
7. Reduce by one third the number of opinions you feel obligated to have.
8. Do whatever you can to help children learn how to watch a TV news show

From: How To Watch TV News (2008) by Neil Postman and Steve Powers

NO CHESS

Correspondence Chess has been played for 1200 years. Late last year I asked the Fair Shake donors (inside and out) if they, or anyone they know, would like to play correspondence checkers. Sadly, no one contacted me to play. I believe this is a sign of the times.

For What it's Worth: SWEDEN'S APPROACH to COVID-19

While Denmark and Norway have closed their borders, restaurants and ski slopes and told all students to stay home, Sweden shut only its high schools and colleges, kept its preschools, grade schools, pubs, restaurants and borders open - and put no limits on the slopes. In Stockholm, groups of two or more can be seen dining and enjoying cappuccinos. Playgrounds are full of running, screaming children. The state epidemiologist, Anders Tegnell, said "We are trying to slow the spread enough so that we can deal with the patients coming in." Sweden's approach appeals to the public's self-restraint and sense of responsibility, Mr. Tegnell said. "That's the way we work in Sweden. Our whole system for communicable disease control is based on voluntary action. The immunization system is completely voluntary and there is 98 percent coverage," he explained. "We give people the option to do what is best in their lives," he added. The country has high levels of trust, and the Constitution prohibits the government from meddling in the affairs of the administrative authorities, such as the public health agency. "Therefore, you don't need to micromanage or control behavior at a detailed level through prohibitions or threat of sanctions, fines or imprisonment."

WHAT MAKES US STRONGER

In getting ready to save the website for the software, I'm building a wellness webpage to increase strength. Feel free to share it with others: www.fairshake.net/what-makes-us-stronger. The reflection below can be found on that page:

THOUGHTS FOR A STORM from The School of Life

* **ACCEPT:** We are a miraculous, unlikely fragile species in a mysteriously oxygenated corner of the universe. We have never been and never will be complete masters of our circumstances, we remain invariably at the mercy of awesome uncontrollable forces to which we should submit with a measure of grace.

* **CONCEDE:** Our impotence before events, the powerlessness of our mighty brains, the humbling inflicted on us by nature, our vulnerability to the absurdities of microbial life.

* **LET GO:** of ideals of perfection, of unceased lives and flawless trajectories. We should expect – regularly – to be taken wholly by surprise.

- * NO PERSECUTION: None of it was done with us in mind. We have not been singled out. We may be victims; we were never targets.
- * LOVE: Our fellow broken humans; hold out a hand to our similarly scared and confused neighbors, build friendships around the always-surprising and blessed discovery of mutual vulnerability.
- * SERVE: Gain relief from how much richer it is to love than to be loved and how much more gratifying to serve than to be served. Take a holiday from the grueling search for self-fulfillment in the name of that infinitely easier goal: the reassurance and relief of others.
- * PESSIMISM: Gain peace of mind not by expecting the best, but by scoping out the very worst and making oneself at peace in its grimmest recesses. Drain terror of its unexamined dimensions.
- * APPRECIATE: especially birdsong, drawings, photos, flavors and memories of hugs.
- * SELF-FORGIVENESS: For our inability to be exactly as we would wish and as calm and intelligent as we would hope.
- * SMALL PLEASURES: A day at a time; reading, reflecting, appreciating, caring

We come from a species that, in only a few hundred thousand years, reached a dazzling understanding of existence, built some stupendous machines and learned to think of itself as "in charge". We may need to accept the need to feel a little bit scared - and for a time - very small.

EMPLOYMENT AVAILABILITY

According to Forbes: Grocery stores across the United States are hiring more workers to keep up with demand because of the coronavirus outbreak. Job openings range from overnight stockers to part-time cashiers." Many convenience stores, and pharmacies are hiring as well.

QUOTES:

"Worrying is like a rocking chair: it gives you something to do but you don't get anywhere."

"Here at the prison, under quarantine, you get cooped up not just with men, but with your emotions, fears, rumors, stress, agitation." ~ Jesse O.

"We all struggle to guess the future, biased by what we want to believe. Now it is time for us to find opportunities for moral courage and decency in our newly constricted worlds." ~ Jonathan Haidt

"...how will we rebuild ourselves?" ~ Stephan Joseph

"THE FUTURE HAS BEEN CANCELLED. That's ok. It was a really bad future. Now let's come up with a different future." - Zsofia Linares

Thanks again, FS donors. Your dollars are transformed into community-building for 3188 subscribers.

To our successful transitions ~

Ubuntu! ~ sue

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

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Rzero.org

Fairshake.net

HelpYourselfTherapy.com