

FS News: Celebrate Relationships! Edition

Happy Fall, Relatives!

With the change of the seasons comes many celebrations; October alone has several and they are mostly oriented around people in relationships. It is Fair Trade Month and Cooperative Month – both global celebrations. We also celebrate Global Oneness Week: from October 16th – 24th, and the most important day of the month is October 11th, when we will celebrate Indigenous Peoples' Day!

We have much to be thankful for which we've learned from native people on this continent. We learned how to feed the soil, how to comprehend interdependence, and how to find the herbs that heal us, the tools that help us survive and navigate, and the food that sustains us and brings us pleasure (maple syrup come to mind!) while living with the idea that we did not inherit the earth from those who have gone before us...but, rather, we must take care of it for those who will come after us.

Many thanks to the donors – and the list is growing! – for their support to make this available for you all to read and for me to write, and for us to RELATE. As most of the readers here know, I believe that RELATING is the key to the future. It is only by working together that we can build a future that works for everyone! The Fair Shake donors make our conversation possible!

NEWS FROM NATIVE COUNTRY

Breaking News! LINE 3 REPLACEMENT is COMPLETE and oil will flow soon, possibly as early as Friday. Copied from Indian Country Today: "A controversial pipeline project in northern Minnesota is complete and oil is scheduled to start flowing this week. Enbridge's pipeline will carry oil more than 1,097 miles. The project was completed despite stiff opposition from tribes and environmentalists who argued that it violates treaty rights, will worsen climate change and risk spills in waters where Native Americans harvest wild rice. It will carry oil from Alberta's tar sands; tar sands oil is a heavier crude that consumes more energy and generates more carbon dioxide in the refining process than lighter oil.

BEARS EARS RESTORATION REQUEST:

For the past 6 months, Indigenous people have been working hard to convince President Biden to restore Bears Ears National Monument to its original size after President Trump cut the area by 85% in 2018, where he also altered the size of Grand Staircase – Escalante; both located in Southeast Utah. In a letter to the president, the Bears Ears Inter-Tribal Coalition stated: "Each day that passes without national monument protection for numerous sacred sites and irreplaceable cultural resources, the monuments "risk desecration, looting, vandalism, and misinformed visitation in areas that contain the exact kind of antiquities that inspired the creation of the Antiquities Act. These artifacts, considered by us to be messages our ancestors meant for us to see and incorporate as lessons into our present, are literally being erased." The letter closes with: "the longer action is not taken, real harm, much permanent, is occurring on this sacred landscape. Further, until you act, we cannot effectively work with federal agencies on the tribal land management plan we have been working on for the last three and a half years. We respectfully request that you take immediate action to restore the protections of the sacred cultural landscape we call Bears Ears."

THE NEW OWNERSHIP MANUAL WILL BE GOING TO THE PRINTER NEXT WEEK!

Thanks to lots of readers sharing their thoughts throughout the past few months, I have learned a lot about what needed to be added to the packet.... including lots of quotes! Everyone – including me - loves quotes. They are like whispers in our ear (well, sometimes they yell) to give us the oomph, courage, and the little push we need to go further and/or face tough things. If you would like to see packets where you are, will you please contact education or the library or a reentry coordinator, case manager, etc, so that I can send a box of them to the institution? Thanks!! Please don't send the info yet, however. I will include a call for shipping info in the next newsletter, since the Ownership Manual will not come back from the printer for 30 – 45 days.

THE FAIR SHAKE WEBSITE IS DOWN FOR REPAIRS

Last week and this week and maybe even a little of next week will be frustrating for Fair Shake visitors (and me, too!). I'm sorry for the inconvenience. The website has been running on a very old system for a very long time. I had been adding information like crazy to get ready for the new software and one day the system just locked up and I could not add anything. It was just too out-of-date! Technology is great in a lot of ways, but technology demands that we stay updated which can be expensive, inconvenient and sometimes hits us with compatibility issues. This is true with phones, computers, websites, etc. If your outside supporters go to the website to find information for you, please let them know that the website will be getting updated for another week or so. After that, as all technology promises, it will be faster and better than ever!

FOR PARENTS and OTHER HEROES: HEROIC IMAGINATION PROJECT

From his work in the 1970's with the Stanford Prison Experiment, along with the studies and ideas of others such as Stanley Milgram and Hanna Arendt, Dr. Philip Zimbardo realized that "no one is exempt from the possibility of being coerced by the dark side of human nature." He believes the opposite is also true: he believes "that each and every seemingly ordinary person on this planet is capable of committing heroic acts." It is from this belief the Heroic Imagination Project plans to "equip ordinary people of all ages with the knowledge, skills, and strategies necessary to choose wise and effective acts of heroism during challenging moments in their lives." Zimbardo knows that heroes do not act alone; heroes support each other to build courage and strength to confront difficult things. If you, or some adults or children you know might like to check this out, they can find talks and lessons at heroicimagination.org.

FAIR SHAKE NEWSLETTER REJECTION

If you don't receive a newsletter from me sometime between the 28th of the month and the 5th of the next month, please email me to let me know. Even though it seems like the newsletters contain only sensible and non-threatening messages, every issue gets rejected by one or more institutions. If you don't receive your copy, we'll just try again ~

USING DATING APPS AFTER INCARCERATION

I've heard lots of really good things about dating web sites. I can't imagine how tough it must be to find compatible partners in a big city. Sadly, I found out recently that several dating apps do background checks. Among them are Match.com, Tinder, Ok, Cupid, Plenty of Fish and Our Time (for old people like me). Thankfully there are still apps such as eharmony, Silver Singles and Zoosk that do not run background checks. If you sign up for one of these apps in the future, check out their policy before you fill out a profile!

COLLEGE GUILD – I've heard a few testimonials from readers about this awesome volunteer group. If you'd like to study...perhaps for a CLEP test, or possibly to prepare to go back to school, or maybe just because you like to study, you might enjoy learning with a volunteer in Maine!

Check out this testimonial: "I have been involved with College Guild for about 2 yrs. I have completed 3 courses; inventions, physics and a science 'sampler' which covers natural science, geology and Earth sciences. Each module has about 20-25 questions and usually 5 modules to each course. Each question can be answered with a paragraph and all the answers will fit on about 5-6 sheets of paper that only take one stamp to mail to the Guild HQ. While the questions are not super hard, they entice me to raid the prison library for research and in the process, I learn stuff I should have learned in high school. I find the volunteer reviewers who've responded to be positive and any criticism complementary to the subjects. It's fun and you get a certificate of completion to show the prison review board that you are not wasting your life away while in captivity. I look forward to seeing practical courses that I can use in the free world that would empower a lifestyle complementary to society. It's a good way to do your time."

College Guild's free courses are designed to be thought-provoking and fun, to encourage objectivity and creativity, and to provide an opportunity to spend time constructively. College Guild's non-accredited status and non-traditional curricula allow exploration into any subject area and give us the freedom to

provide feedback that encourages as much as instructs. Incarcerated people who are interested in enrolling in College Guild, should send their name, ID number, and mailing address with a request to be put on the waiting list. This list is currently 6–8 months, but we are working hard to reduce that time. When their turn comes up, they will receive a brief form to fill out and a list of available courses. They should also alert us if their address changes after they have first contacted us.

You can write to them at:
College Guild
P.O. Box 696
Brunswick, ME 04011

CLEARLY, WE NEED BETTER TOOLS TO SORT THROUGH BS!

More than 300 readers asked for this document...the most requests since Amanda Gorman's poem. Interestingly, I believe this topic is also why the FS newsletter was rejected from some of the institutions ~ :) Thank you for sharing your thoughts with me as well. It's a topic that needs constant discussion and consideration. It is ubiquitous (Which means it's EVERYWHERE).

EDUCATION POLL: What are the top 3 subjects that should be improved in public education? (listed by # of similar responses) Thank you to everyone who responded! This quote, among many others, was included in the responses: "It's very important that we teach our future leaders, entrepreneurs, and workers to take care of themselves in every aspect, including the knowledge to solve their problems:

- * CONFLICT RESOLUTION (By a large lead!)
- * FINANCIAL LITERACY: including budgeting for living expenses, credit cards, responsibility, planning for an emergency, retirement or buying a house; auto, school, home, etc loans,
- * EMPLOYMENT: interview skills, job skills, entrepreneurship, business structures (LLC, non-profit, etc)
- * EMOTIONAL INTELLIGENCE: Effective listening, Mental Health, coping skills, tenacity or how to not give up, self-care, accepting and understanding feelings, ubuntu compassion and love/peace "in a shattering world", open mindedness, humility
- * CULTURAL STUDIES: people, places, traditions, religions, more diverse foreign languages incl. Asian languages.
- * SELF SUFFICIENCY: food/meals/nutrition, parenting, maintaining a home, auto, etc., Hygiene, Manners
- * And last, but not least, "Truth!"

BOOK RECOMMENDATION: THE LUCIFER EFFECT: Understanding How Good People Turn Evil By Philip Zimbardo Dr. Zimbardo considers his Stanford Prison Experiment along with the Milgram experiment on obedience to authority with the events at the Abu Ghraib. The title refers to the extreme transformative arc from good to evil that God's favorite angel Lucifer underwent, and provides a context to examine human transformations. His main point is that while individuals are held responsible for their conduct, we must also examine Situational and Systemic factors: there aren't just bad apples, but bad barrels, and even bad barrel makers. The conclusion of the book proposes to continue to study the power of Situational and Systemic forces to influence in the direction of heroic, humane behavior.

By the way, if you find that you're interested in reading one of the books that I recommend, but you can't afford to purchase it, you can always request the title from the free books folks!

QUOTES from Native Voices:

What we all need to do is find the wellspring that keeps us going, that gives us the strength and patience to keep up this struggle for a long time. - Winona LaDuke

Let us put our minds together and see what life we can make for our children. - Sitting Bull

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. - Chief Seattle, 1854

It does not require many words to speak the truth. - Chief Joseph

It is better to have less thunder in the mouth and more lightning in the hand. - Apache saying

The Holy Land is everywhere. - Black Elk

To our successful transitions!

Ubuntu! ~ sue Fair Shake PO Box 63 Westby, WI 54667

These resources can be found in your phone-gizmo: 2-1-1 AuntBertha.com Fairshake.net
HelpYourselfTherapy.com

The Fair Shake newsletter can be found online here: www.fairshake.net/fair-shake-newsletter.