

FS News: TRANSITION EDITION

Greetings friends, donors, contributors and subscribers!

Here we are once again, on the cusp of winter. The leaves are turning, large bodies of water are choppy, critters are burying food, the nights are longer, and windows across North America are closing to hold in warmth. We are in the season of transition from summer to winter. It seems so dramatic - but we have always been in the season of transition! We were just so busy; we were not able to perceive it.

Like the weather, we, too, are constantly in transition. This can be a melancholy fact, or it could be a joy-producing fact...and the lens we choose to use to view it, will determine our experience and our opportunities. I love winter, so I'm happy about the snow, but I get a little bummed out by the holidays, because they cause so much sadness and disappointment. I have a lot of lenses with which to view the world. I like to shift my view from time to time, just to make sure I can...but sometimes we just get stuck with one, and it seems so hard – maybe even impossible – to get out a new one. How can we remember, when we've got a foggy or scratchy lens that we have others, including that rose-colored lens that looks so good but sometimes makes us unrealistic? That's a tough question, one we must each answer in our own way through reflection and determination. I will again marvel at the first snow, and feel sad at Thanksgiving. I suppose these feelings are important to me, so I'll keep them...but I have to keep them quiet, because a lot of people don't want to hear me feeling so happy about snow! ~ :)

So let the holidays begin. Cinnamon is already showing up more and more in our deserts and even in our sides, like sweet potatoes. Yum to cinnamon! And yum to cooking again! (I take the summer off, pretty much)

A long-time reader asked when we would be sharing recipes again...so, how about now? It's:

RECIPE-SWAP TIME!

Since it's World Series time, Football time, and even Basketball time, I thought I'd share a game-time favorite from James Terry II to get things started:

BUFFALO WINGS

Ingredients:

9 oz Premium chicken breasts
8 oz Cheetos Cheese Crunchy Flamin' Hot
6 oz Kraft Ranch Salad Dressing

Directions:

1. Shred chicken.
2. Smash the Cheetos into dust
3. Put chicken and Cheetos into a canteen bag and empty dressing into bag and mix.
4. When the ingredients are the consistency of lubricated rubber, cut hole (like a pastry bag!) for piping out into 1½ inch logs. Makes approximately 20 wings.

If you have a favorite recipe you'd like to share, please start a new message to me with RECIPE SWAP in the subject line. I'll organize the recipes by type and offer to send them to you in the next newsletter!

"ASK YOUR NEIGHBOR"

Before I leave the subject of sharing, and holidays, I have a request to share: "Do you know any good gift catalogs so that I can order my wife and kids items for their birthday, anniversaries, and things like that?" I don't know of any catalogs, so I told the reader I would reach out to you. If you know of any 'family-rated' catalogs, would you share the titles with me? I will compile a list to share with the person who asked...and invite you all to request it, too. Thank you!

UPDATE FROM THE PRISON JOURNALISM PROJECT (PJP)

1st: for anyone who has written to them for the correspondence course they said "The correspondence course is invite-only at the moment. We make our selections from those who have published with us. Everyone who publishes with us at least once is considered for everything...." They are 100% run by volunteers ~ :)

PJP SPECIAL PROJECT: WHAT IS IT LIKE TO BE YOU?

One of the goals of Prison Journalism Project is to de-stigmatize the incarceration experience by introducing people who are untouched by incarceration to perspectives and stories from behind and around the walls. We want everyone to see you and connect with you as fellow humans. We invite you to take a piece of blank paper and ANONYMOUSLY answer the question: WHAT IS IT LIKE TO BE YOU?

DIRECTIONS to participate:

1. Take a blank sheet of paper
2. Answer the question "What is it like to be you?" You can write it like a journal entry, letter, poem, song, art - however you want to express yourself.
3. At the bottom, write your state, age and connection to incarceration. If you'd like, you can mention how long you have been incarcerated.
4. (OPTIONAL) On the back, write your name, prison ID# and contact address, so we can add you to our mailing list. We will not publish this. We will use it to send you resources and updates about PJP.
5. If you can, please ask your cellie or your friends to participate. You can send their responses with yours. This project works best when we receive a lot of entries!
6. Mail your response to:

PJP Special Projects
3501 Southport Ave., #204
Chicago, IL 60657.

Please answer the question directly. Imagine you're sitting next to someone, and write as if you're talking to them. Don't try to persuade people about your point of view. Just share a little bit about what it is like to be you! If you'd like more information, start a new email to me with PJP in the subject line.

HEINZ-KRAFT IS A FAIR CHANCE EMPLOYER!

Heinz – Kraft has contacted me to let you know about their job opportunities in 31 cities! I don't have all the details yet, but I'll be on a call with them late next week to find out more. They sent over two flyers so far: one for Kirksville, MO and the other for Muscatine, IA. The fliers say they have positions available for hourly, salaried, part-time and seasonal employees...and that they are offering paid time off, medical/dental/vision insurance, and 401K retirement. The pay rate starts at \$17 per hour and includes a \$1000 retention bonus! Holy cow! Feel free to share this information with your outside supporters! If you'd like to hear more about these offers, or the other locations, please start a new email to me with KRAFT or HEINZ in the Subject line and I'll send you the info after I talk with them next week.

ENTREPRENEURIAL WORDS OF ENCOURAGEMENT

I attended a virtual entrepreneurs conference last week and I wrote down some encouraging advice from the panel:

When faced with challenges such as nay-sayers, or your own disbelief:

Distinguish limiting thoughts and beliefs that come from you...inside...vs those that come from outside of you.

Consider where or when these beliefs formed, or who offered these beliefs to you if they are an authority of your potential. (Esp negative beliefs such as "most start-ups fail" or "you're not smart enough")

Then reflect on the limiting belief to consider if it's real, or just someone expressing their own fear.

PREPARE NOW To build your confidence and your critical observation skills.

Bolster yourself. Think honestly.

Decide on the realistic steps that you can take to move forward. (like 'breathe' or 'think of 5 possible solutions to each challenge')

Finally, belief is 90% of your success. Keep going!

ED-DENDUM – MORE IDEAS ABOUT WHAT SHOULD BE INCLUDED IN OUR EDUCATION:

I received a few more suggestions for the 'basic education' we should provide to our youth:

- Relationship development (w/self & immediate community (ex. Family) -> healthy friendships -> committed long-term relationship building -> child rearing relationships)
- Responsible Finance
- Identifying and understanding your gift(s) and exploring how to share it/ them with the world

I really enjoyed this project. Clearly, we need to expand our 'basic education'. In case you don't remember "Conflict Resolution" was the number one response! (by a wide margin)

BOOK OF THE MONTH: THE WELL OF BEING by Jean-Pierre Weill

This is an unusual picture book: it is full of a life changing story that helps us understand how we developed ourselves to live in the stories that shape our expectations. The book also shows us that we can change our story when our goal becomes well-being. One Amazon reviewer said " The author gifts us with a beautiful reminder that joy is an inside job."

Here is an excerpt from the end of the book:

Regardless of our circumstances, "how can we achieve well-being?

When we become aware of our own thinking,

We awaken and arise, as it were, to a new perspective. To new possibilities.

We see that our misery had only been us looking through stories with which we defined the world; and our difficult feelings simply our bodies, responses to those narratives.

From here you can hold yourself, you can laugh, free to explore all manner of things.

Drinking at the well of being."

This book is an excellent jumping off point to personal growth and/or reentry.

The author offers another option to experience the book: he created a video in which he narrates the story while paging through the images that he animates into life. You can share with your family through this link:

<https://www.youtube.com/watch?v=NVBZZdbyHZw>

QUOTES

"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former." - Albert Einstein

"Every city has thousands of institutions, programs, and agencies all committed to serving the public good. (So) why have we been working on these symptoms for so long and so hard?? Even with so many successful programs, why have we seen too little fundamental change?" - Peter Block

There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in. - Archbishop Desmond Tutu

"Thank you, Donors, for making Fair Shake – and sharing recipes, book information, and Amanda Gorman's poem - possible!" ~ Sue Kastensen ~ :)

Happy Halloween, Happy All Saints Day, Happy Día De Los Muertos, and Happy All Saints Day!

And Veterans, I'm wishing for you a powerful Veteran's Day. I will be thinking about you all on November 11th. Thank you for your service!

And Happy Thanksgiving! (even though 'happy' is not a word I would ever use to describe my feelings on such a complex and emotionally challenging holiday ~)

To our successful transitions!
Ubuntu! ~ sue

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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!