

FS News: Reemergence Edition

Happy Spring, Everyone!

Here's to LIFE... bursting through! Once again. Spring is a wonderful time for rejuvenation; a 'breath of fresh air' in our lungs, and our minds, and even our perspectives.

Even though difficulties continue, we know that change is happening; in ourselves and in the world. Life is tenacious. We are powerful. We grapple with the inexorable impermanence of all things. We carry our loss in our hearts, even while we continue to hope and strive toward becoming our full, unique selves...just like each blade of grass that remains green even though the spring snow falls upon it.

My heart is certainly rejuvenated! Many thanks to all of the very generous readers who have shared art, monetary support (including stamps and envelopes!) and powerful words of gratitude and encouragement. Your care is giving me the oomph I need for the final stretch of preparing the software for release. I received and replied to, 2000 email messages this month. Most of the folks who asked for pen pal info. took an extra minute to make sure that I knew that they were grateful for my commitment and care. In turn, their action and their words told me how much they care...about their future, about being connected to the world, and about making sure Fair Shake and I can keep going on.

As many of you know, I often wonder why – if care feels so good to all involved – is there so little care about care? Readers here have told me how they feel that society does not care about their future. I understand this deeply; I talk with people in society who are outraged about the system, but do not extend those feelings to care about the actual people within the system.

I'm suspicious that we're being conditioned away from care. Care is deeply moral, and we don't think about morality so we don't know how to care. We are trained at school to see one another as competitors, not co-creators.

I found this in the Encyclopedia Britannica: American philosopher Nel Noddings argued that **caring is the foundation of morality**. She believed that identity is defined by the set of relationships individuals have with other humans. Her view reminds me of Archbishop Desmond Tutu's description of Ubuntu: **"My humanity is bound up in yours, for we can only be human together."**

We have a serious crisis of care. We can't make other people care, but perhaps we can persuade others to consider care? How can we help our youth know that we care?

I turned to some moral guides to think deeply about this issue:

"When we are no longer able to change a situation, we are challenged to change ourselves." - Viktor Frankl.

"We cannot solve our problems with the same thinking we used when we created them." - Albert Einstein.

Which, I think, can mean... ***"To change something, build a new model that makes the existing model obsolete."*** - Buckminster Fuller.

The new model requires care! Whether at work, at home, in our communities, between our 'tribes' and perspectives. We want to be heard, so we need to listen better. We want others to care about us and our future, so we must show them we care about theirs. It is the missing link. The Secret Sauce.

I will appeal to people's inherent moral care when I create the fundraiser. Thanks to all of the artists who have shared amazing work with me, we'll have plenty of images to use on the GoFundMe page and the

Fair Shake website and in the thank you cards. I will hang the art in the Fair Shake shop so people can think about the images and the artists who created them...and who cared enough about Fair Shake to make sure we continue to build our network together. I see this as one way to plant the seeds of care in the thawing ground.

Thank you, donors, for making sure we will continue to grow!

EMPLOYMENT CLIMATE REPORT

Seen in the NY Times on 3.29.22: "More Workers Quit as Job Openings Remained Near Record Levels. The job market remained very strong last month, suggesting that workers remain in high demand and are still quitting more often, a Labor Department report showed. Many unions and labor activists have been saying that even though wage growth has picked up, people aren't feeling valued enough by employers." (We want others to care!)

SMASH-BURGER contacted me again, too, to tell me they are "seeking talent". They want you to know that they understand that many readers here "need nothing more than a bit of coaching, and a second chance to get back out in the workplace. There are 219 Smashburger locations in 35 states, the highest concentrations of stores is in Colorado, with 25 locations. Their website states that they offer many of the same benefits as Kraft-Heinz.

I understand that the employers that come to Fair Shake may not be offering aspirational jobs, but when the pay is \$5 - \$8 over minimum wage, what they are offering is not a bad stepping stone. A job like this can provide a much-needed reference that can open all kinds of doors!

A NEW NATIONAL ORGANIZATION CREATED BY FORMERLY INCARCERATED PEOPLE

Justice Impact Alliance (JIA)

1321 G St NW Fifth Floor

Washington, DC 20005

Created just last year, their website says "Our vision is a future where all people, including the justice impacted, live as fully empowered individuals within a truly inclusive, equitable, and just legal system and society. JIA works to change institutionalized and often biased obstacles faced by justice-impacted people and families, and to help connect those impacted by incarceration with tools, resources and services to assert their rights and advocate for their needs. We believe transformative and collaborative approaches are needed to address systemic issues, and that the leadership and voices of those impacted are vital to designing effective solutions. Contact Us. We want to hear from you."

WRITING OUTLETS

A lot of people write to me and share their poetry and prose. Sadly, as much as I enjoy reading and sharing, I am not able to read or share personal pieces. BUT I have a list of at least 4 writing outlets that would like to hear from you. If you'd like to receive the list, please start a new message with the word 'WRITING' in the subject line. (If you hit 'reply' to this message, and change the subject, you will receive no response.)

SIMPLE STRESS REDUCTION MEDITATION. **From Thich Nhat Hanh** - Rest in Peace.

Short verses to help us focus:

Breathing in, I know I am breathing in. Breathing out, I know I am breathing out.

As the in-breath grows deep, The out-breath grows slow.

Breathing in makes me calm; Breathing out brings me ease.

With the in-breath I smile; With the out-breath I release all tension.

Breathing in I know I am alive; - Breathing out, in this present moment.

Breathing in, there is only this present moment. - Breathing out, it is a wonderful moment.

BOOK OF THE MONTH: THE REENTRY OWNERSHIP MANUAL (ROM)

They are printed and ready to go. The ROM can be viewed or printed from the Fair Shake website.

I've received these unsolicited quotes about its value:

"I really like all the info that you have put in the book. I really appreciate the time and effort you put into making sure WE have all the resources that we will need once we re-enter into the community." - Clifton

"I was just so excited when I saw all the information and resources." - Byron

"The whole "unprogram" premise and mission statement is fantastic and much needed. It allows one the freedom to accept and love yourself as a basic human being and to get away from the constant negative and pejorative language and labels used for us and against us." - Bill

Thanks to a Correctional Education supporter in Wisconsin, the ROM has now been sent to WI prison libraries and ed departments. I sent 5 copies with a request for 2 to be delivered to the library, 2 to the education department and 1 to reentry. I would love to send 5 copies to every institution that will have them.

A very generous incarcerated donor has made sure that I can send out 30 boxes of books. Can I send a case to the institution where you are?

A WORD ABOUT THE FUNDRAISER

I will share news about the fundraiser in the next newsletter. I will put together a nice GoFundMe that will help folks understand what we're building here. The software and ownership manuals will be done, so they will be able to see them, too.

QUOTES:

"Life's most persistent and urgent question is, 'What are you doing for others?' - Martin Luther King, Jr.

"The reality that you experience depends on what you believe." - Leonard Mlodinow

"You don't have to control your thoughts. You just have to stop letting them control you." - Dan Millman

"Our eyes are not only viewers, but projectors that are running a second story over the picture we see in front of us all the time." — Jim Carrey

"If you want to see change happen in your life, you've got to get a vision that goes beyond what you have already seen and experienced." – Clifton Posey

"I've never seen any life transformation that didn't begin with the person in question finally getting tired of their own bullshit." — Elizabeth Gilbert

I hope you know I care. I'm so grateful to get to know that you care, too ~ :)

Wishing you all the best in this season of transition to full vitality!

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 AuntBertha.com Fairshake.net HelpYourselfTherapy.com FindHelp.org

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