



Inreach

and

Outreach

2022

Fair Shake and You:

DELIVERING HUMANITY AND POSSIBILITY TO OUR FUTURE NEIGHBORS.

Fair shake. Just chance. Equitable opportunity or treatment.

The term 'a fair shake' is an Americanism which has been in use since the early nineteenth century, but around the globe, and throughout the human lifespan (including toddlers), we all care about what is 'fair'.



We hope you'll join us to discuss this idea!

As crucial stakeholders in our criminal justice system, we are looking forward to hearing your thoughts about how we can best support reentry...together!

We will invite donors, and eventually (as Sue learns how to use Zoom!) we will invite all interested parties, in talking about how we can all work together to bring about the reform we've been waiting to see.

Fair Shake reaches in to touch people's lives on many fronts. We can use our technological tools to have a 'slow conversation' with people in prison, and people who've live in prison. We are building the future together. Let's start with a conversation about what is important and what is possible.

THANK YOU!

We're grateful for your gifts of expertise, ideas, assistance and financial support.

we all deserve a fair shake at life.

Thanks to the support of donors inside and outside of prison, Fair Shake is making a huge impact on lives and institutional culture. We have become the 'go to' reentry source for many families, reentry coordinators, parole agents and others who are deeply engaged with locating the resources that a formerly incarcerated person needs.

What works to build prisoner reentry success?

More HUMANNESS, MORE ACCESS to INFORMATION, and MORE OPPORTUNITIES!

Fair Shake provides many ways for people to connect with us while they are incarcerated, and after release. We also support their support systems by making sure everything is free, 24/7.

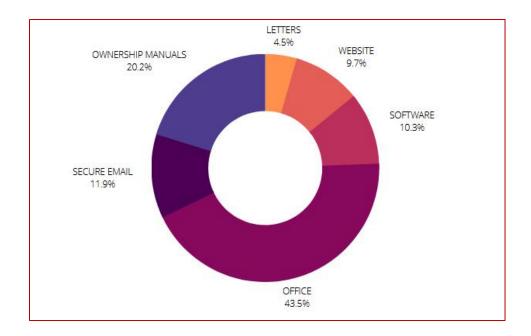
FAIR SHAKE IS A DO-IT-YOURSELF REENTRY BUILDING CENTER!



FREQUENTLY ASKED QUESTION: WHERE DO YOU GET YOUR FUNDING?

Answer: FROM DONORS!

Fair Shake delivers services, information and resources to thousands of people at a very low cost. State and Federal Governments could have done this long ago, but prisons don't provide reentry resources. This is just one of many reasons President Obama declared "the criminal justice system is broken." But we can't wait for the government; we can do this ourselves!



The budget covers all operations expenses except in-person presentations; they are determined once basic expenses are covered. They have a high impact: I talk with 200 – 800 people each day!

Can't afford to donate? | understand! Perhaps you can donate time? I write hundreds of emails to folks inside each month. Would you like to help me?





CONTRIBUTIONS FROM INCARCERATED FOLKS

PLEASE REMEMBER: Incarcerated people earn between \$.05 per hour to \$.35 per hour unless they are fortunate enough to be in an elevated program, which often pays around \$3 to \$3.50 per hour. They are also paying fines, restitution and court costs...plus phone bills, commissary food, and cards and gifts for family and close friends. Somewhere in there, they are saving for reentry, too.

INCARCERATED PEOPLE DONATE ENVELOPES Every envelope turns around and supports another person getting ready for release.

DEREK: "I wish I was able to do more, but you can count on the envelopes as long as I keep receiving them from grateful guys for whom I cut their hair. I seriously enjoy your newsletters!"

ROGER: "It was my pleasure to help in such a small way. Take care, and THANK YOU!!! for all the work you do for us."

Artists have also donated work!

Please see our Gallery page to see and learn more: <u>https://www.fairshake.net/art-gallery/</u>

Jesse Osmun: Cost of War

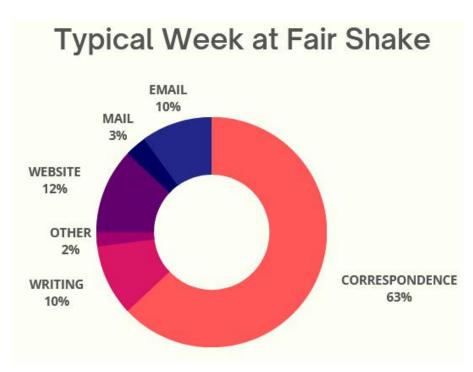
\$366 in Stamped Envelopes (482)

USPS value \$.76 each (the cost to send them is extra)

\$280 in Stamps

\$623 in Financial Support

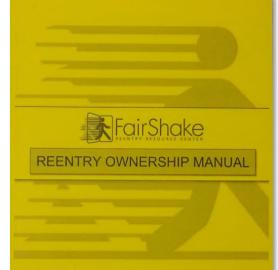




FS is the 211 for thousands of incarcerated people in state and federal institutions around the country.

Prisons are 'humanity deserts'. There are plenty of people there, but the environment is unsupportive of our deep human needs for agency, efficacy, belonging, autonomy, and care.

Fair Shake produces and ships free offline Software (an exact mirror of the website, minus the links) and free <u>Ownership Manuals</u>. Will you help us get the simulation website and books inside prisons?



tional Web-based Reentry Resource Center www.fairshake.net PO Box 63, Westby, WI 54667

What's so special about the Ownership Manual?

The Ownership Manual, aka OM, provides information about topics that were never covered in our mandatory schooling and are rarely, if ever considered together...as interrelated concepts. The OM is the very beginning steps to building the Fair Shake Free School, where people can learn without grades, without judgement, and without answers. People use it in many different ways, from study groups to book clubs, and even creating entire classes around it, and – of course – studying alone.

I see absolutely nothing wrong with the Ownership Manual. There are so many helpful tips and instructions in it that it's something I can and will use as a guide from here on out...

CLIFTON: The Ownership Manual should be made available for every Inmate that is within 6 months of release and also be available through every institution's library.

MARK: I can use parts in the manual, or anything else that you might have, to teach a small group of guys that are getting close of going home. I can't wait to get my own copy!

DAVID: I have to say, that Ownership Manual is one incredibly amazing resource! The topics covered are thorough, and the spectrum is broad. What truly heartfelt work you have done for the people in need. Bravo!

NED: I've been volunteering in four Florida State prisons around Tampa Bay for several years. The Florida Community of Mindfulness, sponsors a program designed to deepen awareness of the opportunities and challenges ahead. What an extraordinary piece of work and a priceless gift you've created. I'd never seen anything so comprehensive and practical in the prison world.

BRIAN: 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.

MATTIE: I'm a volunteer with Redbird Books to Prisoners in Columbus Ohio. We send reading materials to Ohio prisoners upon request. I saw your information referenced in a copy of Prison Health News, the re-entry packet looks very useful! Would you allow us to put it in our catalog and print copies of it to send to Ohio prisoners? All our materials are sent for free, and we're an allvolunteer organization. Keep up the good work!

DOMENIC: I will reference your Ownership Manual for years to come. Even though my release date is years away, your work could not be more on time.

Will you join me in sending the Ownership Manual to prison libraries?

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What? You can email incarcerated people? I thought they weren't able to use the internet!

Yes, it's true. Incarcerated people are not able to get online, but U.S. prisons and jails understand how important it is to maintain relationships with supporters, and how much safer it is to communicate electronically.

As the federal Bureau of Prisons states:

The Trust Fund Limited Inmate Computer System (aka Corrlinks) application enables electronic messages to be exchanged between inmates and the general public in a secured manner. With the inmate's eventual release, maintaining family ties will improve the likelihood of a successful reentry into the community, thus reducing the potential for recidivism.

This form of communication is not easy, and comes with a cost. Incarcerated uses pay for the service by the amount of time they use it, their contacts usually pay per message, however, the federal Bureau of Prisons offers the service to family, friends and supporters for free. The state of Wisconsin charges \$.10 per message, and the DOC's in OR and IA charge \$.25. Other services, such as JPay, and GTL charge per 'page' at a rate comparable to the USPS, and they do not allow 'group' messages, so Fair Shake is not able to reach their subscribers at this time.

Since the system is frustrating and difficult, and since they offer no 'customer support', I've created <u>a 'help' page on the Fair Shake website.</u> This is hugely helpful for Fair Shake newsletter subscribers; they can simply share the <u>link</u>.

You can read the newsletter on the Fair Shake website anytime!

Many of the FS Newsletter subscribers would love to correspond, or play chess, with folks outside. If you'd like to become a pen-pal – using this service – I'd be happy to offer support and guidance! Again, there is no cost to you if you would choose to correspond with people in the federal Bureau of Prisons.

Please email me for more information! FairShake sue (at) fairshake.net. Corrlinks Sign Up Resources CorrLinks Having Trouble Signing Sp. Having Trouble Signing Up For Corrlinks? You can check out Corrlinks here. Information Center links email users must set up an account. Clic get started. After the new account has been se Ich will contain a link to verify the new account. Member add new correspon CorrLinks ow add all. Afte Menu LOGIN About worsteers, you can create and manage your lists by dickin 've logged in. Once there, you will see that this is where your, age or Fair Shake CorrLinks New Users Support Us Se 1 9 in St. (a) WARD Sand Have iks does not offer a customer service phone number but they provide this where you can write a question or complaint. 0

MESSAGES FROM NEWSLETTER SUBSCRIBERS (all incarcerated).

DAVID: I look forward to the newsletter and learning new ways of self-improvement so that I can receive a fair shake, and others can too. I, too, am a donor...and together we make a difference.

MEQUAN: Fair Shake's approach, and those who give support to the newsletter are contributing to a ripple effect of progress and success. Thank You for supporting Sue's vision.

JAMES: Prison can be a dehumanizing experience. I've come to find out that being an inmate means being wrong. I committed a crime, so that makes me, in the eyes of staff, less competent, less trustworthy, less human, than them. This is a simple fact of prison life. Trudging through each day with my head down, I sometimes forget that I am someone worthy of love and respect.

MARIO: You're pretty dang incredible, Sue. You inspire me!

RON: I am in 22 years and I can get emotional about the very few things that are good about my life right now. I've experienced several losses, family and friends. These last 3 in less than a year did hit me harder. I've been able to ' say it out loud ' to Sue. She did not give me a generic "it will be OK." She sent caring thoughts and messages. She cares about PEOPLE. If there is as much care and support in the website as there is in the woman who set it up, I know my reentry will be very successful. Sue not only wants me to use the site, she has offered to help me to understand and get the most of it. I know Sue will always be there.

Fair Shake reminds me. The messages of encouragement remind me that I am more than the worst thing I've ever done. That I have a purpose. That there are people in the world who will be able to see past my crime. That I can be better than I am now.

Fair Shake gives me hope.

ROGER: It's the pieces of humanity you put into your messages and newsletters that mean so much. When I have time to sift through things in my mind, I sit and ponder random parts of your newsletter. "What you have undertaken is huge, Sue. I mean it's really, really, really a big deal. I am grateful for YOU"

ROMOANO: I wish I could liquify an ounce of your heart and drop it in the water supply! how great would we be in this nation if we cared about our fellow Americans?

DAREN: Fair Shake is the only place that I know of who really cares about our reentry. Fair Shake donors are a blessing to many people.

ROGER: I have been incarcerated for the majority of my 45 yrs of life. I have been doing a lot of soul searching and spent countless hours pondering my life and reading self-help books to help evolve my limited thinking. I think I got more perspective on things from "Ubuntu Sue" in these emails than anyone else. And unlike most other places she takes the time to answer my queries. I know if she is taking the time to do that for me, then she is also doing that for others as well... My gratitude is limitless for this newsletter. I didn't know what to expect when I signed up for this newsletter. I often find myself quoting "Ubuntu Sue."

VICTOR: I love getting the newsletter. It gives me something to think about, and makes me wonder about the life I am living. Keep up the good work. The donors should be proud.

TOUSSAINT: I've read emails from you that caused me to instantly get up & commence putting together a poem, essay or something conducive to inspire others or to simply broaden my understanding about whatever! I CANNOT THANK YOU ENOUGH!

ANDREW: It was really refreshing to read you email newsletter this morning. It's like you were reading my mind. I need help and you answered my request. Thank you. Keep up the good job; you are truly helping people.

TRAVEON: You just don't know how much you help me with all the enlightening Info you share. I love the quotes I share them with people and then we break down what they mean to us. I do this to stimulate not only my mind but the individual I am talking to also. CHRISTOPHER: Fair Shake has given me the confidence to know after 19 years there is a way for me to make it out there. The information I get from Fair shake has forever changed the past of my life. Knowing someone cares this much about me makes me want to do more. When I leave this hopeless box, I will be able to rise up to meet whatever the masses throw at me. Fair Shake has lit a fire in me that no one will be able to put out.

JIM: Words that come to mind when I think about Fair Shake are: compassionate, caring, gracious, and dedicated. But the word that pops to the front of my mind - and means more than any of the others - is LOVE, because I believe that is truly what drives Fair Shake.

GARY (non-incarcerated): Appreciate you and YOUR work. I'm building a list of reentry resources and yours is **the most valuable I've found!** (emphasis in original text)

DEBRA: What you have and are doing on Reentry is a great thing. WI DOC cut reentry classes 7 years ago. Lack of information had a lot to do with me coming back to prison. Please keep up your great work!

JAKE, Employer: I've been frustrated with the incarceration rate and misguided strategy toward rehabilitation in our state for some time, but to see that the commodification of human life stretches even past the prison walls shows a level of systemic sickness that challenges my temper. I hope to help in however small a way to make this senselessness apathy and dehumanization uncomfortable for those who would actively inhibit a person they are in a position to help. Thank you again and for this small kindness, but more importantly for the important work you are doing every day to help our neighbors.

DAVID: I have been utilizing Fair Shake resources as well as subscribing to the Fair Shake weekly newsletter since 2019. Fair Shake has made a tremendous difference during my incarceration. I have been directed to resources and information that I would have never known about. Fair Shake looks beyond labels and convictions to the person, getting ready for release. State and Federal prisons are not conducive to healing, learning, or rehabilitation. They often leave the offender ...with the key underlying issues which caused the criminal behavior untouched. DEMETRIUS: Fair Shake has allowed me to challenge myself through thought provoking questions and helpful information Investing in Fair Shake, and in us, is a powerful declaration to know that you are helping others achieve the things that seem impossible!

RON: You have been the one voice I hear when it comes to being a Vet. Thanks for that small voice that spoke so loud for me this morning...

SCOTT: everyone here was super impressed with your presentations. They all said that your sincerity and dedication were obvious and that you left a lasting impression on one and all.

REGINALD: I really appreciate your commitment.

JACK: I share your newsletters with other inmates.

DAVID: Thank you very much for the list. Been trying to help some of the guys with resources. Here on pre-trial at USP Leavenworth, we don't have access to much.

JAMES (no longer incarcerated): *Hello! I've been meaning to reach back to you to let you know that I am doing well. Thanks again for all that you do. I still refer to the OM. Keep making a difference!*

STEVEN: its not often that someone would be there to help men/women in the situation... so the help you offer is a real lite in this dark place we call prison. THANK YOU Your emails are very enlightening...helpful... you are a blessing to many.

JOSHUA: I absolutely love getting your emails, it always warms my heart. In every newsletter I receive from you, there always seems to be something I need to hear at that moment. It's just nice to hear some positivity come through every now and then, because sometimes all we hear in here is negativity. You are a beacon of light in a dark place and I just thought I should let you know that you have brightened my day. Thank you!

JEVON: Thank You for all the hard work you put into supplying endless streams of Light throughout these gothic halls of darkness. In a world where it is the norm to keep Us blind & buried, your Effort, your Vision, your remarkable Heart plucks us up above the soil so that we may breathe and choose to lean into the sun. Desmond Tutu says: Africans have a thing called ubuntu. There is no such thing as a solitary individual. A person is a person through other persons. We believe that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I dehumanize myself. The 'solitary human being' is a contradiction in terms. Therefore, you seek to work for the common good because your humanity comes into its own in community, in belonging.

I AM WHO I AM BECAUSE OF WHO WE ALL ARE

Ubuntu is an ancient, sub-Saharan philosophy that means:

Nelson Mandela shared this: Ubuntu acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being.

CHRIS: Now Sue, you did exactly what I needed. You locked arms with me and we ran to the tree together. I am going to write all these places and I will tell you if we get the fruit. I am glad we took time to understand one another. God Bless you and the work you do for the inmates.

Ubuntu is a sub-Saharan African philosophy that recognizes the interdependence of life. It is a crucial philosophy that can continues to address the needs of humanity well today.

"Ubuntu acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being." - Nelson Mandela

"There is no such thing as a solitary individual. A person is a person through other persons." – Rev. Desmond Tutu

An Ubuntu Lesson:

UBUNTU!

A visiting anthropologist had been living in a village for quite some time. The day before he was to return home, he played games with the children. Near the end of the day, he put together a gift basket filled with delicious fruits from around the region and wrapped it in a ribbon. He placed the basket under a tree and then gathered up the children.

The anthropologist drew a line in the dirt, looked at the children, and said, "Let's race! When I say "go", let's run to the tree and whoever gets there first will win the basket of the fruit."

When he said "Go!", the children grabbed each other's hands and ran together to the tree. Then they sat together around the basket and enjoyed their treat as a group.

The anthropologist was shocked. He asked why they would all go together when one of them could have won all the fruits for themselves?

A young girl looked up at him and said, "How can one of us be happy if the others are sad?"

Fair Shake's Ubuntu page: https://www.fairshake.net/ubuntu-building-social-fabric/

Why is it important that I present Fair Shake inside prisons?

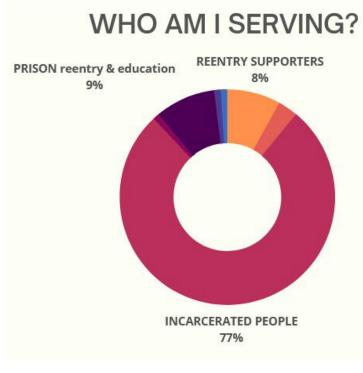
Getting a fair shake requires relationship. When I present Fair Shake in state and federal prisons, I not only share what I'm building – with your support! – but I get to listen to the reflections of folks who come to the presentation. And we get to have a conversation! We look one another in the eye. We laugh. We shake hands. Several folks sign up for the newsletter so we can continue our conversation. Incarcerated people have good reason to be suspicious of non-profits, vendors and educators. When I get to talk with people face-to-face, they understand that I'm the 'real deal'.



DAVID (new subscriber): I am amazed to say the least. You actually respond to emails! So many others say they care and will talk a good game but in the end everything seems to end up on deaf ears.

IN-PRISON PRESENTATIONS:

Approx. \$260 per day hotel, printing, gas - or - Approx, \$180 / day camping, printing, gas



Fair Shake listens...and shares!

* Pell Grants return for incarcerated learners

* SBA Micro-Loan Opprotunities for returning citizens.

* Second Chance Act information

Check out this amazing short video: Tuesday Afternoon https://vimeo.com/743959569

After 33 years in federal prison, Jack Powers shares his release experience. (Running time: 13 minutes)



Just a few of the prisons where I've presented Fair Shake:

I've presented Fair Shake in more than 75 state and federal prisons around the country; and in many of them, more than once.

FCC Hazelton, WV Population: 4373 (Women + High, Medium and Camp)



FCC Florence, CO Population: 2393 (Camp, Medium, High and Admax)



There are 122 Federal Prisons locations around the US, including Hawaii and Puerto Rico.

IT IS CRITICALLY IMPORTANT THAT WE DELIVER HUMANITY TO OUR FELLOW CITIZENS. FCC Allenwood, PA Population: 3081 (Low, Medium, High)



FCC Butner Population: 4007 (Medical, Low, Medium I & II)

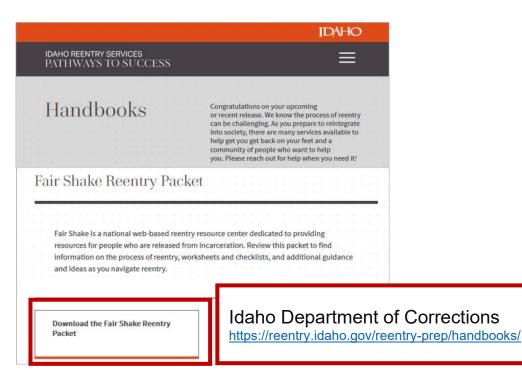




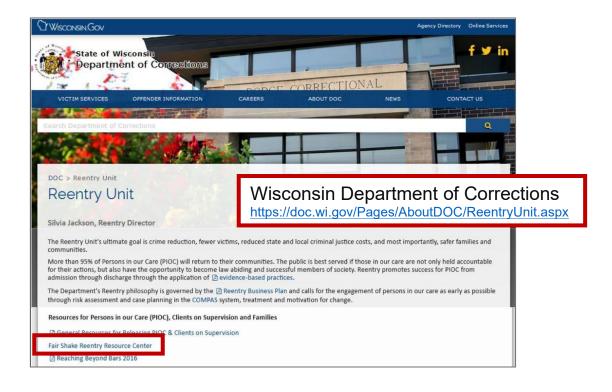
FAIR SHAKE IS VALUABLE TO THE FEDERAL BUREAU OF PRISONS, AND SEVERAL STATE DEPARTMENTS OF CORRECTION.

(As you'll see below, no other organizations are listed on these websites.)









Virginia Department of Corrections https://vadoc.virginia.gov/inmates-and-probationers/reentry-resources/



National Resource Directory (NRD) for Veterans and their families https://nrd.gov/resource/detail/12974309/Fair+Shake

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FAIR SHAKE	ADDITIONAL LINKS
Assists veterans who are, or have been, incarcerated, helping to reduce the pressures associated with reentry. Fair Shake offers reentry	 Fair Shake - Reentry Resources Fair Shake - Information Center
resources and information for currently and formerly incarcerated individuals to successfully transition to	ORGANIZATION TYPE
the community after prison.	Not For Profit
	AUDIENCE
Location DIRECTIONS >	Family Member/Caregiver

Additional Reading:

<u>How Do You Solve A Problem Like Reentry?</u> (2020) Written by Sue Kastensen As found in All About Mentoring - a State University of New York publication

"Champion of Change" Sue Kastensen is on a Mission to Help People Succeed After Release (2021) <u>Livin' The Dream Blog</u> JD MacBean

THANK YOU FOR YOUR SUPPORT!

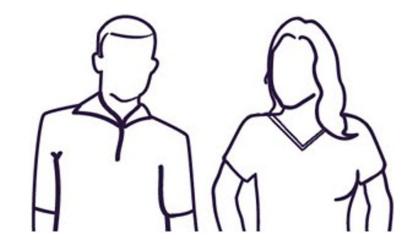


If you'd like to explore of Fair Shake here is a mini-tour of the website:

Fair Shake is like a reentry hardware store: we have tools, information, and materials to build bridges of trust and understanding that support reentry success.

- Stakeholder pages: <u>Formerly and Currently Incarcerated</u>, <u>Family and Friends</u> and <u>Employers</u>, <u>Property Managers</u>, <u>Corrections and Reentry Professionals</u> and <u>Community</u>
- <u>Resource Directory</u> 12,500 entries, plus an easy "select, save, print' tool to make saving and sending resource lists easy and fast!
- <u>Reentry Guides</u> a huge library loaded with more than 450 national, state, county and city reentry documents...from brochures to an 1100-page book!
- <u>Newsletter</u>: Sue Kastensen's unique perspective regarding ideas that are important to reentry success
- <u>Veteran's Page</u> Nationwide resources. Thank you for your service!
- <u>Ownership Manual</u> 200 pages of considerations to bolster inner resources.
- <u>Documentos en Español</u> Contribuyentes han llegado con una traducción de algunos de nuestros documentos de paquetes y los compartió con nosotros.
- <u>Quick Start Guide</u>: Found on our home page. Print one page or all four to help new users explore our website
- <u>Computer Basics</u> a fun tutorial and other skills-building information
- <u>Employment</u> links to job search engines, information about careers and tools to help folks prepare to enter the job market, including <u>Self-Employment</u> considerations as well as our <u>Employer Support</u> guide.
- Educate Yourself! Free resources for every learning level





Because we all deserve a fair shake at life.