

FS Reentry News: Spring backward!

Hello all ~

Sorry for my delay in sending out the news ~

I want to get the newsletters out at the change of each season, but this spring I turned my clock back by a month, trying to get the website finished and the 2nd edition of the Reentry Ownership Manual out.

I'm happy to report that the Reentry Ownership Manual (ROM) is printed and ready to send, but not so thrilled to report that a few final items of the website update are yet to be addressed (a frequent challenge for non-profits who receive a reduced rate). We should be finished in May. (Done!)

If you'd like to see the Ownership Manual in a library or resource room, please tell the librarian or reentry person that they can receive a case of 6 books by emailing me at sue@fairshake.net. Once I receive authorization and an address, I'll ship the books out directly.

If you'd like your own copy of the book, you'll just need to pay for the shipping. A donation of \$6 in stamps, or a check, will put a copy in the mail to you. (PO Box 63, Westby, WI 54667) Another option is for a friend or family member to make a donation of \$6 or more on the Fair Shake website. (www.fairshake.net)

THANK YOU, FAIR SHAKE DONORS for contributing the printing funds for the Reentry Ownership Manual! (you know who you are ~ :) Thanks also to the donors who send stamps and stamped envelopes, to make sure I can send the Fair Shake reentry flyers to every person that writes and asks for them. (you know who you are, too ~ :) Postage is expensive...and going up because of the oil situation. The cost of printing only climbs, too. No government grants or philanthropic 'programs' support the distribution of free resources and information to everyone equally. (If they did, you'd have TOO MANY resource options instead of far too few.) If it weren't for the amazing donors, Fair Shake would not exist. Thanks for your kindness and generosity, donors!

Spring is here and that means it's time for new growth. With the world changing as wildly and quickly as it is, we all need to grow our capabilities to adjust to rapid changes. We also need to grow our understanding of ourselves – our values, our boundaries, our discipline and tenacity to reach our goals – because fake news, fake images, distracting fake hype – are all on the rise.

Increasing your reading proficiency will help you uncover the useful (and not-fake) information. You will also be able to learn whatever you want to learn! If you have an opportunity to do so, help others to become more proficient readers, too. Schooling failed to teach us the most important and valuable things needed for a successful life, but that doesn't have to stop us from obtaining that knowledge now.

As you prepare for constant change, be sure to prepare to ground yourself, too. Perpetual change can be dizzying and confusing, which can cause us to lose precious mental strength, or give up on humanity. Remember: your mental health is critical for you to maintain physical health and fiscal health!

Build a Personal Pressure Relief Valve to center yourself when you feel overwhelmed by your gizmo, by the news, or by frustration. If you can't take a moment out of your busyness...then simply shift your mindset to breathe intentionally for 5 minutes. (Breathe in through your nose...and count to 5. Let your breath flow gently out of your mouth...while you count to 5.) And if you can create a space for 10 minutes or so to reflect, you can write in a journal, think about what is important and/or valuable, you can focus...and try to clear your mind, or you can take a walk (in your mind or body) in a park, through the woods, or by the sea. These 'time outs' can connect you to yourself and the natural world, both of which are crucial to feeling fully human. (The demanding gizmos - and the controllers - don't care if you feel fully human.)

Speaking of gizmos, you have a unique opportunity to be very thoughtful and careful about which apps you allow on your device. Most people add them as they come out, but apps were made to hook you, and folks find out too late that it's nearly impossible to remove them.

I hope you've seen lots of bad-news stories about the tracking, nudging and data collecting inherent in the internet-connected phone. The government can't tap your phone, but the app companies can because you signed an agreement when you create a Facebook, Tik-Tok, Instagram, etc. account.

If that's not bad enough, when a crime is committed near where you are, YOUR GIZMO can be tapped for information! This is called a 'geofence warrant'. The Supreme Court is deliberating this issue right now. Keep your eye on the news to learn what they decide.

In other Reentry News:

REQUEST YOUR FREE CREDIT REPORTS!

Incarcerated individuals can request a free credit report by mail. In your letter, you can request credit reports from all three credit reporting companies: TransUnion, Equifax, and Experian. The credit reporting companies request the following information for mail requests:

- * The applicant's first, middle, and last names, plus any suffix used
- * A prisoner identification number
- * Current address
- * Address(es) during the two years preceding incarceration
- * Social Security number
- * Date of birth
- * The name of the correctional institution as the return address and the prisoner identification number on the envelope used to mail the request.

To request your credit reports by mail, write to the address below and include the name of the credit reporting company or companies you want the report from.

Annual Credit Report Request Service

P.O. Box 105281
Atlanta, GA 30348-5281
(877) 322-8228

Also REQUEST YOUR FREE JAILHOUSE LAWYERS HANDBOOK!

Jailhouse Lawyer's Handbook

Center for Constitutional Rights
666 Broadway, 7th Floor
New York, NY, 10009-8941

And your FREE REENTRY GUIDE: **Mapping Your Future!**

They have an Illinois Guide and a National Guide...and both are available in Spanish and English. (They also have a book called A New Path; A guide to the Challenges and Opportunities after Deportation.) Contact them here:

Reentry Resource Program EJP

1001 S. Wright St
Champaign, IL 61820
(217)-244-2491

REQUEST THE NEW ROM ARTICLES!

The 2nd Edition of the Reentry Ownership Manual has been completely updated, of course, and I've also added several new articles, which I'd be happy to send to you through Corrlinks. If you'd like to receive a hard copy of them, please send a self-addressed stamped envelope to me, and you'll receive all three articles in the envelope. (We'll cover the cost of the extra ounce. Thanks again, donors!)

- LIMINAL THINKING: Create the change you want by changing the way you Think.
(this article has a lot of images which I will not be able to include in Corrlinks, but you'll be able to see them in the ROM in the app...)

- The Power of Self-Determination – The key to motivation also supports mental health!

- Flipping BRAIN SCIENCE on Its Head – the power of the new scientific view of how our brains actually work...with information on three ground-breaking neuroscientists and their amazing and powerful findings. (this article has some interesting images, too)

Finally, I've organized a list of religious resources that mail information to you. Some connect you with mentors, too. No images...so request this through Corrlinks!

RANDOM QUOTES:

“Actions are your values made real. You can talk and talk, but at the end of the day, your actions never lie.” – Mark Manson

“Human beings don't heal in straight lines.” - Omar Kebir

"There are no passengers on spaceship earth. We are all crew." ~ Marshall McLuhan

"Your belief system saturates the space around you." ~ Aaron Huey

"Every time you open up your heart and mind, you take a risk." – Magdaleno "Leno" Rose-Avia

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor Frankl

Two from Wei Wu Wei:

"Why are you unhappy?
Because 99.9 per cent
Of everything you think,
And of everything you do,
Is for yourself -
And there isn't one."

"The path that one person follows is not the correct path for any other person."

(SK: This is why 'programming' doesn't work. The only thing that actually 'works' is you! ~ :)

"They always say time changes things, but you actually have to change them yourself." - Andy Warhol

I hope you'll find peace and growth in the spring!

Ubuntu and all the best, ~ sue

As always, remember to find support in your phone-gizmo:

Fairshake.net
National Reentry Helpline: 844-916-2577
211 and Findhelp.com

Watch my Fair Shake tutorial videos as you explore the huge reentry website!

Newsletters are always available to read or print at FairShake.net.

Visit the Building Mental Strengths page to bolster your spirit during difficult times...

Fair Shake PO Box 63 Westby, WI 54667