



EFSM News

When thee builds a prison, thee had better build with the thought ever in thy mind that thee and thy children may occupy the cells. - Elizabeth Fry

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Greetings from the Elizabeth Fry Society of Manitoba Inc.

Warmer weather is finally upon Winnipeg! While most of us rejoice, there are still many people for whom the change of seasons isn’t even on the radar. Days, weeks, and months pass with little knowledge of what is happening in the outside world.

While everyone decides which causes to support based on personal feelings, beliefs, and experiences, the staff and supporters of EFSM recognize it is important to keep these women in mind each day; their struggles and pain are no less important than the more “glamorous” causes people generally choose to donate their time and money to. As Elizabeth Fry famously said, "when thee builds a prison, thee had better build with the thought ever in thy mind that thee and thy children may occupy the cells." ♪

To empower, provide support, advocacy, and guidance to women who are involved in the criminal justice system.

Elizabeth Fry Society of Manitoba

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www.efsmanitoba.org



EFSM NEWS

Run for Rights Success!

The runners and walkers who participated on behalf of the Elizabeth Fry Society of Manitoba in the Run for Rights on June 7th raised nearly \$1000! Way to go, runners and thank you for your continued support!

EFSM Fundraiser Raffle

Tickets are now available for the EFSM Fundraiser Raffle! Tickets can be purchased at 544 Selkirk Avenue from Monday to Friday 9am-4pm. Tickets are \$2 each or 3 for \$5. The drawing will be held on August 29 at 3:30pm.

Prizes featured are a full size wolf star blanket, electric guitar kit, and a pair of size 8 beaded moccasins with two pairs of beaded earrings!

Bus Ticket Fund

EFSM will be starting a new campaign in the upcoming weeks through our Canada Helps account! We will be raising money specifically for our bus ticket funds to help get women to their various appointments and court dates. Keep an eye out on Facebook for more information coming soon!

UPCOMING EVENTS

August 10

Prisoners' Justice Day March

1pm

March starts in front of the Canadian Museum for Human Rights and will end in front of the Winnipeg Remand Centre.


The importance of Prisoners' Justice Day cannot be fully appreciated that the basic human rights most of us take for granted such as health care are not being met in jail.



Prisoners' Justice Day

Prisoners' Justice Day began on August 10, 1975 when the prisoners at Millhaven Institution refused meals and work for the day and held a memorial service in honour of Edward Nalon, who serving a life sentence, was in segregation at the time of his death. Edward had self-harmed and bled to death as the call buttons in his segregation cell had been disabled.

The date is still recognized today in Canada and around the world. Prisoners' Justice Day is a day of mourning, protest, and advocacy for women and men who have died of unnatural causes while in prison. The day has also brought forth other issues prisoners face such as access to health care, mental health care that is equal to that in the community, and

segregation among many other things. Prisoners participate by fasting and striking from their jobs and rallies, marches, and vigils are held in solidarity with the incarcerated. Join the Elizabeth Fry Society of Manitoba on August 10th at 1pm in front of the Canadian Museum for Human Rights to honour those who have passed while incarcerated. 

PRISONERS' JUSTICE DAY IS...

...August 10, the day prisoners have set aside as a day to fast and refuse to work in a show of solidarity to remember those who have died unnecessarily -- victims of murder, suicide and neglect.

...the day when organizations and individuals in the community hold demonstrations, vigils, worship services and other events in common resistance with prisoners.

...the day to raise issue with the fact that a very high rate of women are in prison for protecting themselves against their abusers. This makes it obvious that the legal system does not protect women who suffer violence at the hands of their partners.

...is the day to remember that there are a disproportionate number of Natives, African-Canadians and other minorities and marginalized people in prisons. Prisons are the ultimate form of oppression against struggles of recognition and self-determination.

...the day to raise public awareness of the demands made by prisoners to change the criminal justice system and the brutal and inhumane conditions that lead to so many prison deaths.

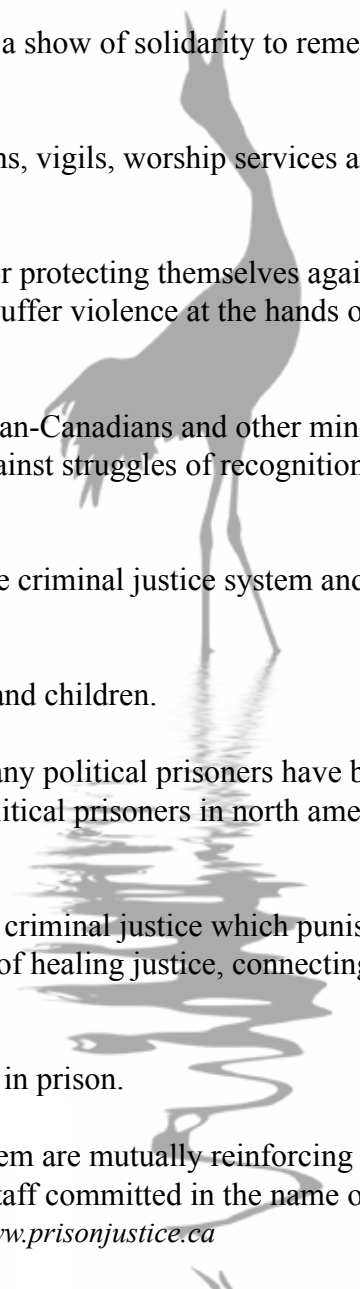
...the day to oppose prison violence, police violence, and violence against women and children.

...the day to publicize that, in their fight for freedom and equality, the actions of many political prisoners have been criminalized by government. As a result, there are false claims that there are no political prisoners in north american prisons.

...the day to raise public awareness of the economic and social costs of a system of criminal justice which punishes for revenge. If there is ever to be social justice, it will only come about using a model of healing justice, connecting people to the crimes and helping offenders take responsibility for their actions.

...the day to renew the struggle for HIV/AIDS education, prevention and treatment in prison.

...the day to remind people that the criminal justice system and the psychiatric system are mutually reinforcing methods that the state uses to control human beings. There is a lot of brutality by staff committed in the name of treatment. Moreover, many deaths in the psych-prisons remain uninvestigated. www.prisonjustice.ca




Manitoba Raises Rental Allowance

After years of rising rental costs and no change in employment and income assistance (EIA), Manitoba has finally decided to raise the rental allowance. Individuals on employment and income assistance will receive an extra \$50 to \$70 each month.

The change is part of a larger plan to overhaul the rental allowance program. EIA and RentAid will be replaced by Rent Assist, a new program introduced by the Hon. Theresa Oswald, the Minister of Jobs and the Economy. Hon. Oswald also said the rental allowance will increase over the next four years to 75 percent of the average cost of renting a space.


A Rent Assist calculator is now available on the Manitoba government website to help people determine if they are eligible for Rent Assist and their estimated benefit amount.

Also announced was the Manitoba Works! program which connects employers with skilled workers. Community organizations will provide training to close to 250 EIA recipients to help line them up with jobs. 

Housing First Proves to be a Success

A \$110 million study started in 2008 in five Canadian cities, including Winnipeg, has found it is significantly less expensive to provide housing to the mentally ill than it is to cover the costs and problems of homelessness.

According to the Manitoba government housing first webpage, the housing first approach is based on three core principles: housing is a basic human right; housing is a key determinant of health; and clinical and social stabilization is more enduring, once the problems associated with homelessness are eliminated from an individual's life. The housing first approach puts client choice at the centre of all considerations regarding the provision of housing and support services. The goal is to assist clients in achieving community integration while decreasing the costs and demand on the health, social and criminal justice systems.

The Mental Health Commission of Canada used a federal grant to see if a "housing first" approach to homelessness and mental illness was a good way of transitioning people off of the streets. With more than 2,000 participants nation wide it was discovered that for every \$10 spent on a housing-first approach, taxpayers saved \$21.72 on other services. 



Unheard Voices:

A place in our newsletter to showcase the voices of incarcerated women.

Jail

It's about power and control, specifically
the loss of,

The oppression of women, not being heard

It doesn't matter what happened to you
in the past.

Shut up.

We don't care if your boyfriend beat you un-
conscious,

your parents starved you, you've been
fucked since you were two.

The only thing that matters now is that
you're a criminal here.

Therefore you are to be treated as such

Shut up.

Tonya

I Am

I am a woman/mother/criminal

I wonder if I am getting out

I hear I'm not

I see nothing happening

I want to get out

I pretend I'm free

I feel lonely

I touch others hearts

I worry about my dad/and my life

I cry for my kids

I am a criminal

I understand I'm not getting out

I say I am

I dream to be with my kids

I try to contact my babies

I hope to see them before I go

I am a criminal

D.P.

Eating Local

Summer is a great time to try new vegetables. There are many vegetables in season during the summer months and visiting one of the local farmers' markets helps support farmers and businesses in your area.

St. Norbert Farmers' Market

3514 Pembina Hwy., St. Norbert
Saturdays 8-3 and Wednesdays 11-4
June to October

Main Street Farmers' Market

Neechi Commons Parking Lot (865 Main)
Fridays 12-5
July 4 to Mid-September

Health Sciences Centre Farmers' Market

707 McDermot Avenue
Wednesdays 10-5

Osborne Village Farmers' Market

In front of the Gas Station Theatre
on River Avenue
Thursdays 4-7

Summer Vegetable Grilled Ratatouille Boats

ingredients:

2 zucchini, halved lengthwise
3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, grated or minced
1 eggplant, cubed
2 tomatoes, chopped
1/4 cup parsley
salt and pepper
1/3 cup mozzarella cheese, shredded (optional)

directions:

1. Scoop the flesh from the centre of the zucchini to create "boats" and set aside. Preheat grill to medium-high or oven to 375F

2. Heat 1 tbsp of olive oil in a large skillet over medium heat; add onion and cook 5 minutes. Stir in the garlic and cook for 1 minute. Add the remaining olive oil, eggplant, and scooped out zucchini; cover and cook 8 minutes. Add the tomatoes and cook, stirring, until the mixture is thick, about 5 minutes. Stir in the parsley; season with salt and pepper.

3. Fill the zucchini shells with the ratatouille, sprinkle with the cheese and grill (covered) or bake until the cheese is melted and the zucchini boats are slightly softened. You can check this by squeezing the sides of the boats to see if they bend a little or by inserting a fork into the flesh.

Serve as a side dish to some grilled meat, fish, or tofu or as the main course with a salad!

Yields 4

Become a member of EFSM today!

*Reintegration programs help reunite the women we serve
with their families and become contributing
members of our community.*

EFSM member support helps fund:

- Traditional Housing
- Clothing Depot
- Bail program
- Literacy and Tutoring
- STOPlifting
- Women for Change and other life skills groups

Yes! I want to help!

- Student/Fixed Income: \$5
- Individual: \$20
- Organization: \$50
- Corporation: \$100

Your membership to EFSM grants you voting privileges at our annual general meeting and invitations to events throughout the year.

Please choose the membership option that applies to you, fill out the member information form, and send this page with your cheque to:

**544 Selkirk Avenue,
Winnipeg, MB R2W 2M9**

Member Information

Name _____

Organization (if applicable) _____

Address _____

City _____

Province _____

Postal Code _____

Phone _____

E-mail _____

Cheques can be written to:
Elizabeth Fry Society of
Manitoba Inc.

An electronic donation option is available online through Canada Helps at canadahelps.org or on our website.

Thank you for your support!