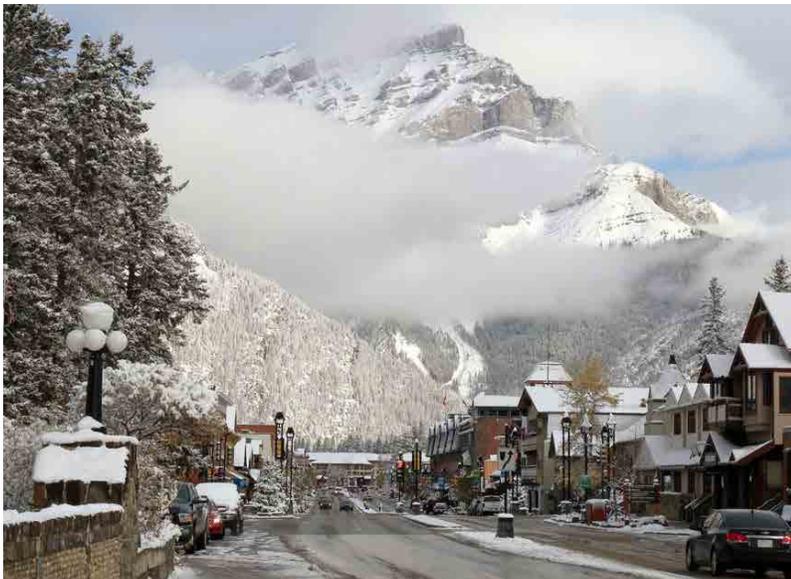


Inside Education

December 2013

WWW.ACEA86.CA

Presenting the 28th Annual ACEA Conference:
"Encourage, Engage & Empower"
March 5, 6, & 7, 2014
Banff Park Lodge - Banff, Alberta



We are very proud to announce that we have booked all the speakers for our 2014 Banff conference and that planning is nearing completion. Registrations are now open, and once again, Banff Park Lodge is accepting early room bookings at a discounted rate.

Conference Registration Fee: \$385

(Group discount of seven registrations for the price of six available)

Registration includes all meals (except Thursday evening) and ACEA Membership

Accommodation:

Location: BANFF PARK LODGE (Toll Free) 1 800 661 9266

Rate: \$130.00 (+ 11% tax) per night, Single or Double Occupancy

Quote Group ID# 19302 for this rate

Note: Accommodation Deadline January 19, 2014

Registration forms are available at www.acea86.ca

Inside Education is the newsletter of the Alberta Correctional Education Association.

The newsletter is published two or three times a year, and submissions are always welcome.

The ACEA is a professional organization facilitating the educational needs of the incarcerated;

The ACEA strives to broaden professional horizons and interdisciplinary interaction of all personnel involved with correctional education;

Texts published in Inside Education express the views of their authors and do not necessarily represent the views of the ACEA, its executive, or the editor.

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2013 Conference Speakers

Thursday March 6, 2014 - 8:45 am – 10:45 am & 1:15 pm - 3:45 pm



Dr. Martin Brokenleg

The Effect of Family Experience on Resiliency & Reaching Deeper: Touching a Student's Inner World

Dr. Martin Brokenleg, co-founder of the Circle of Courage, consults worldwide for Reclaiming Youth International. He holds a doctorate in psychology and is a graduate of the Episcopal Divinity School. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe practicing the culture of his Lakota people.

The Effect of Family Experience on Resiliency - Family life is the foundational strength in resiliency. This session considers the strengths of family life and the needs of youth facing the contemporary

youth worker.

Reaching Deeper: Touching a Student's Inner World - From Parker Palmer to the Dalai Lama to the brain science of neurobiology, adults are pondering the importance of tending the inner world of children and youth. This session develops a theory of creating inner strength in children and youth and explores specific activities adults can use in classrooms and residences to help children grow on the inside.

Thursday March 6, 2014 - 11:00 am – 12:15 pm

MJ Macleod

Fostering Resiliency in people who have been diagnosed with ADD/ADHD

MJ has been a counsellor for many years and a Registered Psychologist for over 20. She began working with youth in group homes and detention facilities and moved on to career in planning and employment programs for young adults and marginalized adults. In 2000, she began private practice in Calgary, Alberta, providing treatment to addicts with alcohol, drugs and gambling addictions. She also conducts Interventions throughout Alberta for families and addicts in crisis. To the many addicts who have concurrent disorders she offers treatment for trauma, adult ADHD, depression and anxiety.



Friday March 7, 2014 - 8:30 am – 9:30 am

Terry Garnett and Dr. Jana Grekul
Gang Research Presentation

As the director of the Alberta Correctional Services Intelligence Unit and the director of the BA Criminology Program at the University of Alberta, respectively, Mr. Garnett and Dr. Grekul have an enormous amount of knowledge and experience when it comes to the workings and motivations of gang life. Together they will present recent and relevant information about their latest gang research initiative.

Friday March 7, 2014 - 9:45 am – 10:45 am

Charlene Hellson
Unpacking the Backpack

Charlene Hellson is a member of the Siksika Nation, part of the Blackfoot Confederacy. She leads several lives as mother, performer, writer, and manager of the Aboriginal Mental Health program for Alberta Health Services. She lives in Calgary where she has established a reputation as a community artist and advocate for mental health. Charlene truly believes in the healing potency of the arts.

"Unpacking the Backpack" was written, and performed for the conference "Cultural and Mental Health Practice: Honoring Our Differences" in 06. It is an educational and experiential monologue that speaks to the heart and creates a new understanding of the historical impact upon the mental health of Aboriginal people in Canada today. This one-woman show will take you on an empathic journey through the story telling tradition of Aboriginal people. This unique learning experience has been described as "moving, eloquent, and courageous".

Your ACEA Board

The members of the ACEA board remain committed to producing a high-quality annual conference. If you are interested in becoming a part of this team as an executive member or regional representative, feel free to contact us for more information.

If you have any questions regarding the ACEA, suggestions for the upcoming conference or contributions for the newsletter, please don't hesitate to contact your local ACEA representative.

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Message from the Editor

Happy Holidays!

Hopefully our newsletter finds you all well and already on winter holidays! I am pleased to present the second biannual publication of Inside Education.

As you have probably gathered from the first few pages of this edition, we at the ACEA have finalized the speaker list for the 2014 Alberta Correctional Education Association Conference in Banff. We are very excited about this speaker lineup as it includes some very high-calibre, widely known and well-respected speakers. Each year, we do our best to plan for an informative, educational and entertaining conference and we take your input seriously. This year, in response to several requests from the comment forms you fill out after the conference, we have arranged to have a gang-based presentation. On Friday, Terry Garnett and Dr. Jana Grekul (two leading authorities on gangs and criminology in Alberta) will present some of their most recent gang research. If you have any ideas or speaker requests for future conferences, please let us know. We will do our best to accommodate you.

I am also very excited about the contributions we are featuring this issue as they all come from one centre, and with the exception of Stephen Salloum's (a NorQuest instructor) contribution, they were all written by inmates. Leo Jr. Ranford Alook was kind enough to provide both the original Cree version and an English translation of his poem "Siyhkim-kowyan" (Encouraged). On the final two pages of this issue, Jonathan Shaw and Perry Anderson offer their perspectives of the ERC's "Boot Camp" program. I had the pleasure of visiting this unit when I toured the ERC earlier this fall, and I can attest to the fact that it has a very different feel than any other prison unit I've visited. What I found particularly interesting was the pride that these men took in their living area, and how this affected how they presented themselves to us as visitors. I think that this sense of pride and confidence is also evident in the fact that all three of our inmate contributors requested that we publish their full names instead of their initials, a first since I became editor of this newsletter!

As always, I am looking for interesting articles and contributions for this newsletter. If you've recently written or came across any interesting articles that you think would fit in our little publication, please forward them on to me. Please include a signed permission form with any of these submissions.

Regards,
Cobern Whitehead

Message from the President

Welcome everyone,

I would like to start off this year's President's message by thanking our Alberta Correctional Education Association Board for all their hard work and dedication. We all led busy lives and with the holidays fast approaching, your ACEA board is hard at work finalizing the upcoming March 5-7, 2014 "Encourage, Engage, Empower" conference in Banff.

Our website www.acea86.ca is currently being revamped. Hopefully soon we will have a new home page which will include our facebook and twitter information. Although I am not a big tweeter, I have been told our group has certainly seen an increase in activity including a few very interesting people. So please drop by and have a look.

Henry Ford once said, "Coming together is a beginning, keeping together is progress, working together is success." The ACEA conferences continue to be strong. Last year we had close to 150 people in attendance, which to date has been record high. We are entering our 28th year, and we are showing no signs of slowing down. It is your dedication and hard work that keeps us going.

It would be easy for all of us to sit back and keep doing what we normally do; however, we shouldn't expect different results. If we keep looking at ourselves in the mirror, we only see what we already know. We need to continue to examine ourselves and the way we think in order to move forward. We need outside advice to help stimulate our thinking and allow us to continue growing. This year's presenters bring new thoughts, research and ideas. We all face daily challenges within our professions, and we need to be able to step back from our desks, examine the challenges, think creatively and look how we do and view things with a whole new perspective. This is what our conference is all about, and why it is invaluable.

I look forward to seeing everyone in March. If you have any questions, suggestions or general feedback, please feel free to email me at jamie.barrow@gov.ab.ca

Jamie

Sincerely,
Jamie Barrow
ACEA President

Siyhkimkowyan

Ni nāskomtin kā Tipiychikēn kahkēyow kiykway
kā mēwāsik kā kē pē osēhtin ōta askiy.
Ni aiyimihān pētosk kēsīh mātsēyan ekwa ka
mēwēhtamān kotak kēsīkāw wāpahtaman.
Ekwa mēna ni kwēchimtin ōma ka aiyimihīyan ka
siyhkimkowyan kēsīn pōmēyan ōtē nēkān, ekwa
kāya ka pōyoyan ōma mātsōn kā kē mēn.
Ni aiyimihān ka maskowsēyan ni tēhīh ekwa ni
ahchāhk. Ni nāskomtin ni Mantōm kāhkēyow kiykway.

Leo Jr. Ranford Alook

Pronunciation

Marked vowels ā, ē, ī and ō have a long sound
ā as in all, call, fall and naa –eg. Man-Nāpew = Naa-pew
ē as in me, we, see and Cree –eg. Me Nēya = Nee-ya
ī as in I, my, cry, and I'm –eg. Aiyimihīyan = Aiy-mi-hī-yan
ō as in who, blue, too and moon –eg. No-Mōya = Moo-ya

Encouraged

I thank you Lord for everything good that
you have created in this world.
I pray that I start to live different and to
be happy I get to see another day.
And I ask you as I pray that I'd be encouraged
when I feel like giving up in the future, and
not to quit on this life you have given me.
I pray that I'd be strong at heart and as well
as my spirit. I thank you my God for everything.

Leo Jr. Ranford Alook

Unmarked vowels a, e, i, and o have a short sound
a as in about, a, aloud, and achieve –eg. You-Kēya = Kē-ya
e as in when, end, send and friend –eg. And-Ekwa = Ek-wa
i as in win, sin, bin and inl –eg. Nāskomtin = Nā-skom-tin
o as in of, above and obtain –eg. Quit – Pōyo = Pō-yo

Discipline, Structure, Pride, Confidence and Education: A Look Inside Unit 1B

Stephen Salloum
Instructor, NorQuest College
Edmonton Remand Centre (ERC)

The "Boot Camp" program is intended to create structure and discipline in the lives of inmates who have expressed a desire for positive change. However, once in, it can be a challenge and a culture shock for many of them. In addition to military-type drill activities and physical training, they are required to adhere to the strict behavioural rules of the unit and to fulfill daily responsibilities such as making their beds, cleaning their rooms, and ensuring the unit's cleanliness. Some attend classes, and others work in the Inmate Laundry area for a small payment.

Similar to being in general society, they are rewarded for their work with extra privileges. Certain privileges may be material such as a basketball and net, but other privileges may be less tangible such as being in a more mature environment or the feeling of increased empowerment.

Education has the ability to transform and enable them to make choices different than those which may have previously defined their lives. As my students progress in their knowledge and understanding of course subject matter, their self-efficacy seems to increase. Learning and progression in that learning are crucial elements in their transformation. It is through this learning process that they better understand their own skills, passions, and about what opportunities are available to them.

The more each student accomplishes (inside and outside the unit), the more proud they are. They tell me about their accomplishments with work on the unit, and they tell the officers on the unit about their accomplishments in class. Through their discussions with each other and through my discussions with them, it is evident that success in their struggles gives them confidence. I believe that the conjunction of unit work and school work creates an atmosphere which nurtures each other; we just have to show them we care and keep providing them with support.

Life Inside Unit One Bravo

Jonathan Shaw
Edmonton Remand Centre

I was sitting in a court holding cell when I first heard of "bootcamp". There were heated words which included change, "rats", privileges, "skinner", and "hideouts". The general consensus was that One Bravo was not the place for a "solid" inmate to go. The ensuing mental battle was private and very difficult. No inmate wants to be associated with those kinds of labels. Thinking that as a father, a positive change was worth giving anything a shot, I made the decision to go even though I would be alienating myself from my "bro's" and be ostracized by the rest of the inmate population.

Four days later, I came onto the unit and met Mr. Wilson and Mr. Stone. My ego took some heavy hits of perceived disrespect, and I had to fight off the incredible urge to commit violence against one or both of them. I was livid when we finished our orientation and came through the door separating the main common area from the enclosed courtyard. I was immediately hit with a wall of applause. Feeling slightly surprised and embarrassed at the attention, it took me a few seconds to realize that every single guy in the unit understood what I was and had been feeling. They were applauding my efforts by making it to this particular point. This was very powerful and moving encouragement.

Over the next few months, I followed the rules and strict cleanliness and did the physical training. I enrolled in programs and upgrading through NorQuest College. The multiple programs I completed gave me the tools I needed for the first positive steps. I don't know exactly when it happened, but I realized that I had finally overcome some of the bad habits I've been trying to break for years. This feeling of accomplishment has empowered me dramatically for survival. I am proud to be regarded as one of the unit leaders and feel great whenever I get an opportunity to assist anyone on our "team". Staff and guys I've come to consider true friends continue to evolve my thinking process. I feel great as a person and confident as a father, that I will make the right decisions when I leave.

I've found challenge, success, and freedom in this place of concrete, locks, cameras and razor wire. One of the best decisions I've ever made was to come to One Bravo. Thank you for this opportunity.

If you don't like something, change it. If you can't change it, change your attitude.
- Maya Angelou

Change from the “Inside”

Hello,

My name is Perry Anderson, and I am writing on behalf of myself and others like me. You see, we are trying to change.

Change comes from within. It is very difficult. I know; I have been trying for quite some time now. There have been many trials by tribulation, and I have ended back (in jail) more times than I can remember. I see the same faces every time, it seems; I know I'm not alone. I do not believe we are inherently bad. Rather, we just have some issues. We need more rehabilitation - bottom line.

Currently, I am living at the Edmonton Remand Centre (ERC). We do things different here on Unit 1B. It is called the “Boot-Camp Unit”. It has a military type structure. We have drill practice which includes standing at attention and standing off for formation. Some of us are enrolled in school while others maintain employment conducting centre laundry duties, and some do both. We are a unit...a team.

I really enjoy the military type structure. It motivates me to strive to do better for myself. It gives me a sense of self-worth and builds my self-esteem. I have learned to talk about my issues and concerns and how to deal with them as a whole. Self-discipline is taught daily through physical training (PT). Every morning, at 8:30 a.m., we do our daily exercises like push-ups, burpees, jumping jacks, lunges, squats, and more. Also, daily chores are mandatory, and if the unit is not up to standards, the whole unit suffers by having to do push-ups or standing at attention, in formation, for long periods of time, so we make sure to help each other.

As a whole, we are the same. This unit shows us how to be real: authentic; thus, our integrity blossoms. We gather faith from the strength of the unit. Meaning, if one falls, we all fall, and if one shines, the whole unit grows. It is a pay-forward system in a military structure.

If we could facilitate a military-type structured program into the community, I believe it would cut back on a lot of recidivism from us because dysfunctional lifestyles often stem from the community. If the individual truly wants change after he/she is arrested, then put him or her on the Boot Camp Unit. Let him or her go through a three month intensive program while remanded. Depending on their progress, each individual should spend one month per tier/floor (three tiers/floors total), minimum before progressing up. After graduating from here, then take the individual out into the community to some sort of managed home/apartment setting. This is where he/she will learn how to live and manage as a productive member of the community/society. This would also be a probationary period; discipline. The military concept would still be there and helping each other; the pay-forward system.

How can we succeed in not returning back to failure? A lot of us (prisoners) want change, but we need help. Not everything that is faced can be changed, but nothing can be changed until it is faced. This is why I believe in the boot camp structure; because if there is no struggle, there is no progress.

Thank you,

Perry Anderson

And in my own life, in my own small way, I've tried to give back to this country that has given me so much...Because I believe that each of us
- no matter what our age or background or walk of life -
each of us has something to contribute to the life of this nation.
-Michelle Obama