

# Inside Education

November 2016

WWW.ACEA86.CA

ALBERTA CORRECTIONAL EDUCATION ASSOCIATION  
**CONFERENCE 2017**

**SAVE THE DATE**  
 MARCH 1, 2, & 3, 2017 • BANFF, ALBERTA

JOIN A GROUP OF DEDICATED PROFESSIONALS IN  
 BEAUTIFUL BANFF, ALBERTA FOR THREE DAYS OF  
 SHARING, LEARNING AND EDUCATION



THEME  
 2017 **INSIDE LEARNING FOR  
 OUTSIDE LIVING**

WHO: EVERYBODY IS WELCOME  
 WHERE: BANFF PARK LODGE, BANFF, ALBERTA  
 WHEN: MARCH 1, 2017 (CHECK IN BEGINS AT 4PM, COCKTAILS AT 5:30)  
 MARCH 2, 2017 (ALL DAY)  
 MARCH 3, 2017 (ENDS AFTER LUNCH AT NOON)

REGISTRATION NOW OPEN

FOR MORE DETAILS REGARDING REGISTRATION, THE CONFERENCE AND OUR  
 ORGANIZATION, PLEASE VISIT OUR WEBSITE - WWW.ACEA86.CA

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: \$139.00 (+ 11% tax) per night, Single or Double Occupancy  
 Quote Group ID# 26232 for this rate  
 Note: Accommodation Deadline February 05, 2017  
 Registration forms are available at [www.acea86.ca](http://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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## 2017 Conference Speakers

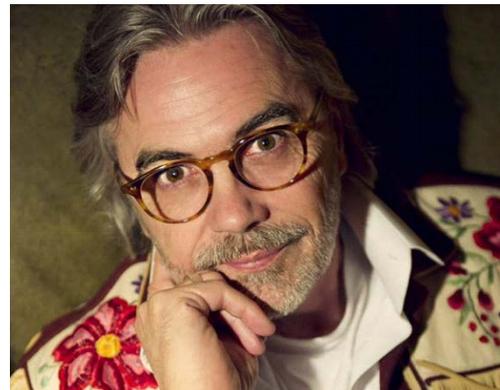
Thursday, March 2, 2017

### David Bouchard

*The Truth About Education - Inside and Out*

Canadian Métis author and literacy advocate David Bouchard has produced more than fifty books for readers of all ages, including two guides on reading for parents and educators. An erstwhile teacher and school principal, he is particularly concerned with Aboriginal-related issues and is a sought-after speaker for conference keynotes and school presentations and on topics of reading, literacy and aboriginal well-being.

David Bouchard's books have won numerous awards, including a Special Mention for Non-Fiction in the 2010 Bologna Ragazzi Awards for *The Drum Calls Softly*, a Gold Medal in the 2008 Moonbeam Award for *I am Raven*, the 2004 Governor General's Award for *The Song Within My Heart*, the 1999 Red Cedar Award for *The Great Race* and the 1997 Lee Bennett Hopkins Poetry Award for *Voices from the Wild*. "An Aboriginal Carol" was included in the 2008 White Ravens Catalogue. In April 2009, Bouchard was named as a Member of the Order of Canada "for his contributions as an author of children's books and an advocate who has championed the cause of reading and writing, and who has shared his pride as a member of the Métis community through his stories." Most recently, David has received a remarkable honour: In 2013, in Oshawa, the David Bouchard Public School opened its doors.



David lives in Victoria, British Columbia, with his wife Vicki and their daughter Victoria.

You can access his web page at [www.davidbouchard.com](http://www.davidbouchard.com)

### Justice Edward J. Kelly

*The Criminal Process and Mental Disorder*

Justice Kelly Graduated from Queen's University (1984) and Osgoode Hall Law School (1988) and was called to Ontario Bar in 1990. He acted as Duty Counsel (Criminal) on behalf of the Ontario Legal Aid Plan in Toronto, Ontario from 1990 to 1992 and then practiced independently as criminal defence counsel in Toronto from 1993 to 2013, specializing in the representation of persons with mental health disabilities at the Ontario Court of Justice, the Ontario Superior Court of Justice and the Ontario Review Board. In 2013, he was appointed as a judge of the Ontario Court of Justice. Judge Kelly currently presides in criminal courts including the Youth Community Reconciliation Court (Youth Mental Health Court) at the Toronto West Courthouse. Justice Kelly is also a member of the Ontario Courts Accessibility Committee. He also works as a lecturer/panelist at various legal education programs sponsored by organizations including Legal Aid Ontario, the Law Society of Upper Canada, the Criminal Lawyers' Association, the Ontario Court of Justice, Health Services Justice Coordinating Committee and the Advocates Society.



### Ann Wamsley

*Prose and Cons*

Ann Wamsley is the author of *The Prison Book Club* (Penguin Canada), which won the 2016 Edna Staebler Award for Creative Non-Fiction. It was also longlisted for the 2016 RBC Taylor Prize, the 2016 BC National Award for Canadian Non-Fiction and named as best book of 2015 by the National Post. Published also by Oneworld in the UK and Commonwealth, and by Kinokuniya in Japan, the book has a forthcoming edition in China. Ann is a magazine journalist whose work has appeared in *The Globe and Mail*, *Report on Business Magazine*, *Maclean's* and many other publications. She is the recipient of four National Magazine Awards, a Canadian Business Journalism Award and two International Regional Magazine Awards. She started her first book club at age nine.



## The John Howard Society

### Correctional Programming

The John Howard Society of Canada is a federation of provincial and local societies comprised of people whose mission is “effective, just and humane responses to the causes and consequences of crime.” The goal of JHS is to understand and respond to problems of crime; to work with people who have come into conflict with the law; to review, evaluate and advocate for changes in the criminal justice process; and to engage in public education on matters involving prison conditions, criminal law and its application.

## Jessica Thompson - Corrections Transition Team

### The Reality of Re-Integration: Barriers to Successful Transition from Jail to Community

Jessica Thompson is the Clinical Supervisor of the Corrections Transition Team-Calgary with AHS. She received her Master’s in Counselling Psychology at the University of Alberta in 2008 and is a registered psychologist. She has been with the Corrections Transition Team since 2010, initially as a front line clinician then taking on the role of Clinical Supervisor in early 2014. In her role she has sought to understand the barriers offenders face as they transition from the corrections system to the community and has been an advocate for collaboration across systems to enhance success in offender reintegration.



## Walter Whitebear

### Working with First Nations Youth and their Families

Walter White Bear has over 25 years of experience working within the education system-social services sector working with First Nations youth and families. He has earned his BA in General Studies from the University of Calgary and has been following traditional teachings for more than 25 years. Walter brings a wealth of experience and workshop skills that are respectful of all world views. He facilitates in a positive approach and delivers in a highly educational and theatrical style utilizing contemporary as well as traditional music.

Friday, March 3, 2017

## Matthew Hinshaw

### From Custody to Community (And Sometimes Back Again): A Legislative Perspective

Matthew Hinshaw is a Crown Prosecutor with the Alberta Crown Prosecution Service. He received a B.Sc. in Neuroscience from the University of Lethbridge in 1999 and graduated from the University of Calgary Law School in 2003. Between 2004 and 2013, Matthew conducted criminal prosecutions in Calgary, working in a variety of units, including adult pre-trial, trial, summary conviction appeals and youth. Between 2008-2013 Matthew was the team leader of the youth unit in the Calgary Crown Prosecutors office. In 2013, Matthew joined the Appeals, Education and Prosecution Policy Branch of the Alberta Crown Prosecution Service where he currently works in the role of Policy Counsel.



## Pamela Spurvey

### Her Story, Her Journey, Her Success

Pamela has been on a recovery journey for the past 9 years. Having spent many years feeling emotional pain and hopelessness, she believed there was no way out. Her fear of judgement prevented her from seeking help. In time, through self-help groups and guidance from counsellors she was able to gain a sense of hope and access the services she needed to turn her life around. During this session, Pamela will share her story, her journey and her success.

She is a survivor and example of what can happen with the right services, resources, professional intervention, and the dedication and commitment from folks like you.



## Sheilagh McBride and Krystine Nichols

### Engaging Hearts and Minds - Bucharest 2016

Krystine Nichols B.Ed - Krystine began her teaching career at the Edmonton Institution for Women, and is currently an instructor on the woman's unit of the Edmonton Remand Centre.

Sheilagh McBride, B.Sc. (Honours) B.Ed. – Sheilagh currently instructs at the Edmonton Remand Centre. Her teaching career of more than 35 years has involved marginalized learners with histories of trauma, violence and abuse. She taught for four years in inner city Level 3 School (Toronto Board of Education) followed by teaching, coordinator and academic advisor roles at NorQuest College (formerly AVC Edmonton) since 1980. She served on a board working with the needs of inner city residents (Edmonton- E4C) for eight years.

## Maria Illes, PhD, GDMI

### Dogs with Wings

Dr. Illes holds a Masters degree in Educational Programming and a PhD in History from the University of Comenius. Following a teaching career of 12 years in Slovakia, Maria qualified as a Guide Dog Mobility Instructor. She worked in the field in Slovakia prior to relocating to Edmonton with her family in 1999. Since her arrival, Maria has been training and placing dogs in all of the program areas offered by DWW. She has also conducted Puppy Class, working with volunteers. Maria is fluent in 4 languages.



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It is during our darkest moments that we must focus to see the light  
Aristotle Onassis

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## Message from the President

Welcome Colleagues and Friends.

I am very privileged to be the Alberta Correctional Education Association President and honored to be part of such an amazing group. The ACEA 2017 conference "Inside Learning for Outside Living" will demonstrate that every person has the potential to learn and that education contributes to the growth and development of those incarcerated.

Once again, we are proud to present several dynamic speakers who will share their thoughts and personal stories that I hope will challenge and also engage you.

What can we achieve when we put our minds to it? Change can happen; you just need the tools, support and the belief that change is possible. If we want those in custody to be successful upon release, it is essential that we provide learning opportunities while they are incarcerated. A good educator, service worker and/or correctional officer can help change lives for the better. Learning opportunities stimulate intellectual curiosity, promote moral, social and personal skills and give a sense of responsibility. By giving people and opportunity to learn and grow, we can make a difference.

We have all made poor choices and mistakes at some point in our lives. We can all agree that inmates, on average, tend to have lower levels of education, struggle with addiction and mental health issues and lack family and community support. The collaboration between institutional staff and our educators is an exciting area of innovation that will ultimately give the best guidance and support for those being reintroduced back into the community.

The research is clear, correctional education and programming is cost effective and it works. They play a significant role in reducing recidivism, thereby keeping our communities safe and ensuring those that are released have a better opportunity to become productive citizens. Human potential should not be wasted.

I look forward to seeing you all in March. If you have any questions, suggestions or general feedback, please feel free to email me at [jamie.barrow@gov.ab.ca](mailto:jamie.barrow@gov.ab.ca).

Sincerely,  
Jamie Barrow  
ACEA President

## 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.

President	Jamie Barrow <a href="mailto:jamie.barrow@gov.ab.ca">jamie.barrow@gov.ab.ca</a>
Vice President	Krystine Nichols <a href="mailto:krystine.nichols@norquest.ca">krystine.nichols@norquest.ca</a>
Secretary	Shannon Middlemiss <a href="mailto:shannon.middlemiss@albertahealthservices.ca">shannon.middlemiss@albertahealthservices.ca</a>
Treasurer	Kris Reinhardt <a href="mailto:klriendhardt@cbe.ab.ca">klriendhardt@cbe.ab.ca</a>
Newsletter	Cobern Whitehead <a href="mailto:cwhitehead@bowvalleycollege.ca">cwhitehead@bowvalleycollege.ca</a>
Regional Rep.	Charlotte MacDonald-Allan <a href="mailto:charlotte.macdonald-allan@gov.ab.ca">charlotte.macdonald-allan@gov.ab.ca</a>
	Jeff Korchinski <a href="mailto:jwkorchinski@cbe.ab.ca">jwkorchinski@cbe.ab.ca</a>
	Joshua Clarke <a href="mailto:jclarke@enviros.org">jclarke@enviros.org</a>
	Lorell Thoms <a href="mailto:lorell.thoms@gov.ab.ca">lorell.thoms@gov.ab.ca</a>
	Lori Allen <a href="mailto:lori.allen@gov.ab.ca">lori.allen@gov.ab.ca</a>
	Shaunna Smith <a href="mailto:ssmith@bowvalleycollege.ca">ssmith@bowvalleycollege.ca</a>
	Sheilagh McBride <a href="mailto:sheilagh.mcbride@norquest.ca">sheilagh.mcbride@norquest.ca</a>

## Message from the Editor

Maybe it's just me, but doesn't seem possible that almost a year has passed since we celebrated the ACEA's 30th annual conference in Banff last March. Say what you'd like about 2016, but it certainly hasn't been boring. Since we last met, Alberta experienced a devastating wild fire, we lost several music legends, and depending on your political stripes, the USA either saved or doomed itself.

Your ACEA board has been hard at work this whole time getting things set for our next meeting in March of the new year. We're happy to announce that we've finalized our speaker list and are in the final stages of conference planning. As I'm sure you've already noticed, we've secured an excellent variety of speakers from a range of educational and personal backgrounds. This year we've made a concentrated effort to change up the conference structure by offering more speakers and slightly shorter session lengths. This should keep the day moving and the presentations fresh.

For more information about our conference, check out our save the date notice on page one of this edition. The following three pages feature speaker bios. Also remember that you can find us online at [www.acea86.ca](http://www.acea86.ca), like us on Facebook at Alberta Correctional Education Association, or follow us on Twitter at @ACEACanada. Conference registrations are now open. If you'd like to come, you either send in the form included with this newsletter or get the forms online at [www.acea86.ca](http://www.acea86.ca).

This edition of Inside Education features a few student contributions from the Calgary Correctional Centre. For "Advice for Future Students", instructor Shaunna Smith asked a few of her students who showed leadership potential to write out a short recap of their experiences with school during their incarceration and to offer advice for those who might be thinking of furthering their education. I selected three articles from students at very different educational levels. I found it interesting that they all stress the fact that this was a conscious choice they made to better their lives, and that they acknowledge that in order to improve their lives they needed to make active positive choices.

As always, I am looking for contributions for the next newsletter. If you have any student work or come across any articles related to correctional education, please consider becoming an Inside Education contributor.

Cobern Whitehead

## Advice to Future Students

The following submissions come from former students who attended classes with Shaunna Smith at the Calgary Correctional Centre. She says that students will often take a positive leadership role in her classroom by offering encouragement and help to others who are either unsure about attending or thinking about quitting. Shaunna asked a few of these learners to share their thoughts on attending classes while they were incarcerated and explain what education means to them.

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### My Right Choice Anonymous - CCC

There I was, two months in on a twelve month bit. I was bored out of my mind and not feeling good about things... I noticed some of the guys on the dorm were going to school and figured it was a brilliant idea. What a perfect way to better myself while doing my time.

I'd already been at the job I do for over twenty years, and I've always had an empty feeling of inadequacy of a sort. It was time to bite the bullet and give school another shot!

I filled in a request form and addressed it to the teacher. About a week later, she called me out of the dorm for a quick interview and asked me what kind of courses I would be interested in. I was lost for answers at that moment, but she was really good at finding the right starting point. We decided that my GED was the best place to start, and we took it from there. The following Monday, I had started school again, the first time I had been back in twenty years. I was nervous, and I think she noticed it, but she made me feel comfortable. It wasn't long before I was at ease in the classroom.

It took me around four months or so for me to be ready to write the exam, and I felt like I still wasn't quite ready yet. The teacher gave me all kinds of help and answered any and all the questions I had, and she felt I was ready. She said that it was just "cold feet" that I was feeling and that I shouldn't feel so nervous about the exam because I really was ready. She also explained that if I didn't do so well on one of the subjects that I could rewrite that part of the exam if need be. It ends up that she was right as rain, and that I really was ready. It wasn't long before I got the results back, and I passed all the courses on the GED exam. I was stoked! I had finally achieved my grade 12! What a sense of accomplishment and fulfillment that was! It was the boost that sent me on a learning path of a whole new me!

Some of the other courses I took were a bit lengthy as well and ended up taking time from going to gym or hobbies, but all said and done, I don't regret it. I was exercising my mind and feel I was better rewarded for it with the certificates and acknowledgements I have earned.

I've accomplished a lot in school, and I've had a lot of help from the truly awesome teachers here! If you think you might want to course up, there is only one way to look at it: You can do your own time doing nothing and not changing anything, or you can do something and change everything. That choice is yours to make. I'm glad I chose my right choice.

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### My Class Experience Anonymous - CCC

I found that when it came time to go to class that I was excited to get out of my dorm. I had forgotten how much I didn't learn when I was in high school, but putting that aside, I came to class as much as I could. It felt like a good challenge that I was up for. Although I was not up to the GED level, I was determined to take whatever I learned out of class with me. Even though I might have to hear something more than once, then it's in my head and there is no forgetting it.

When it came time for class, I found it to be a good experience for me because all my fellow classmates came in with the same mindset as myself. They came to learn. My teacher was one of those teachers who never made you feel unwelcome. She was very helpful with all my class time. I know that I have some learning disabilities, so we went back to where I felt comfortable with my language arts, and I moved forward from there.

My time in class was appreciated, and I feel grateful for all the help, so much that I have decided after my release to take some night classes to better my education.

## My Class Experience Anonymous - CCC

Just like anything in life, making the most of a difficult situation is a personal choice. After making a few consecutive poor choices, I found myself in jail. I quickly realized that time passed very slowly, and I needed to find a way to occupy my hands and mind. Carpentry was a perfect fit for the first three or four months of my stay, but all things end. School seemed like the next logical step to keep occupied.

At first, I didn't have a clear path of what to learn, just an idea of what career I hoped to do. With the guidance of the teacher, I quickly narrowed down to a few classes to maximize my time. My path was high school upgrading, but some people took computer based programs. Overall, I found the experience enjoyable. The drive to continue working on school came from within, but the atmosphere was enjoyable, and assistance was readily available. Before I knew it, I had completed Math 20-1 and 30-1.

There will always be hurdles and unforeseen bumps in life. If you choose to make the most of it, good can come out of it. I personally am grateful for having the opportunity to attend school while stuck in jail. It is more than filling time; it is actually making good use of my time.

I chose to do the work for myself. Now I'm done  $\frac{3}{4}$  of my planned schooling and most of my incarceration. Because of school, I'm satisfied that I have made good of my time.

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## Cooking in the Klink Cobern Whitehead - Instructor, CCC

The fabled jailhouse burrito - If you've spent any amount of time in or around a correctional facility, you've likely heard of this breathtaking handmade dish. One of my students was kind enough to share his version of this legendary recipe with me.

### Ingredients:

- 1 Packet of Kimchi Instant Noodles (or similar)
- 1 Bag Cheetos (or similar)
- 1 Bag Doritos (or similar)
- 2 Squeeze Packets of Hot Sauce
- 1 Packet of Cheeze Whiz
- 4-6oz Chopped Meat from Dinner Tray (optional)

### Step 1:

Crush noodles, and add seasoning mix.

### Step 2:

Place Cheeze Whiz in hot water to soften..

### Step 3:

Crush Cheetos and Doritos

### Step 4:

Pour noodles into a garbage bag and add just enough water to cook noodles. Don't add too much - We are not making soup.

### Step 5:

Once noodles are soft, add Cheetos, Doritos and meat (if you have it). Mix ingredients well and form into burrito shape. Tie bag shut, and place it in hot water for 5-10 minutes.

### Step 6:

Carefully remove burrito from bag and spread melted Cheeze Whiz over the top. Sprinkle entire dish with hot sauce

Enjoy!



Photo Credit: [www.therooster.com](http://www.therooster.com)



## **“Inside Learning for Outside Living”**

*Banff Park Lodge, March 1<sup>st</sup>–3<sup>rd</sup>, 2017*

**NAME** \_\_\_\_\_

**POSITION** \_\_\_\_\_

**WORKPLACE** \_\_\_\_\_

**SPONSORING ORGANIZATION** \_\_\_\_\_

**MAILING ADDRESS** \_\_\_\_\_

**CITY/TOWN** \_\_\_\_\_ **POSTAL CODE** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **FAX** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

***Conference Registration Fee: \$385.00 CAD per person***  
***(For every 6 registrations from the same work site, the 7<sup>th</sup> is free)***

***Includes meals (except Thursday evening) and***  
***ACEA Membership of \$30.00***

***Send completed registration forms and payment of cheque or money order***  
***made payable to “Alberta Correctional Education Association” to:***

***Kris Reinhardt***  
***West View School***  
***12626 – 85 Street NW***  
***Calgary, AB T3R 1J3***

**CONFERENCE CONTACT: *Kris Reinhardt***  
***Phone: (403) 662-3547 Fax: (403) 777-7629***  
***Email: [KLReinhardt@cbe.ab.ca](mailto:KLReinhardt@cbe.ab.ca)***



**Accommodation:**

Location: BANFF PARK LODGE

Phone: **1-800-661-9266**

Rate: \$139.00 (+ 11% tax) per night – Single OR Double Occupancy

➤ Mention **Group ID# 26232** for this rate.

**Note: Accommodation Reservation Deadline – Feb. 5, 2017**

**Alternative Accommodation:**

Location: BOW VIEW LODGE

Phone: **1-800-661-1565**

**Additional Meal Requirements:**

Indicate any **ADDITIONAL** meals required by your guests:

Wednesday Banquet \$52.00 ea \_\_\_\_\_

Thursday Breakfast \$20.00 ea \_\_\_\_\_ Friday Breakfast \$20.00 ea \_\_\_\_\_

Thursday Lunch \$28.00 ea \_\_\_\_\_ Friday Lunch \$28.00 ea \_\_\_\_\_

**Where Did You Learn About This Conference?**

Previous Attendance \_\_\_\_\_ Website \_\_\_\_\_

Newsletter \_\_\_\_\_ Other \_\_\_\_\_

Name of Referrer \_\_\_\_\_