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Welcome to the Fourth Edition of Inside Out!

Dear Inside Out family,
It's been a busy few months for Inside Out. Our mailing list has grown to 65 readers in prisons around Australia. Welcome to all the new Inside Out members! We hope everyone enjoys Issue #4.

We have been having really interesting discussions through letters with many readers, particularly about the Readership Committee. Please let us know if you would like to be involved in this and we can start working together to see how we can organise it!

We are really keen to see more artwork, comics and drawings in the newsletter. We're aware that the newsletter often contains lots of text, and not all folks like to read a lot. So please send us art :)

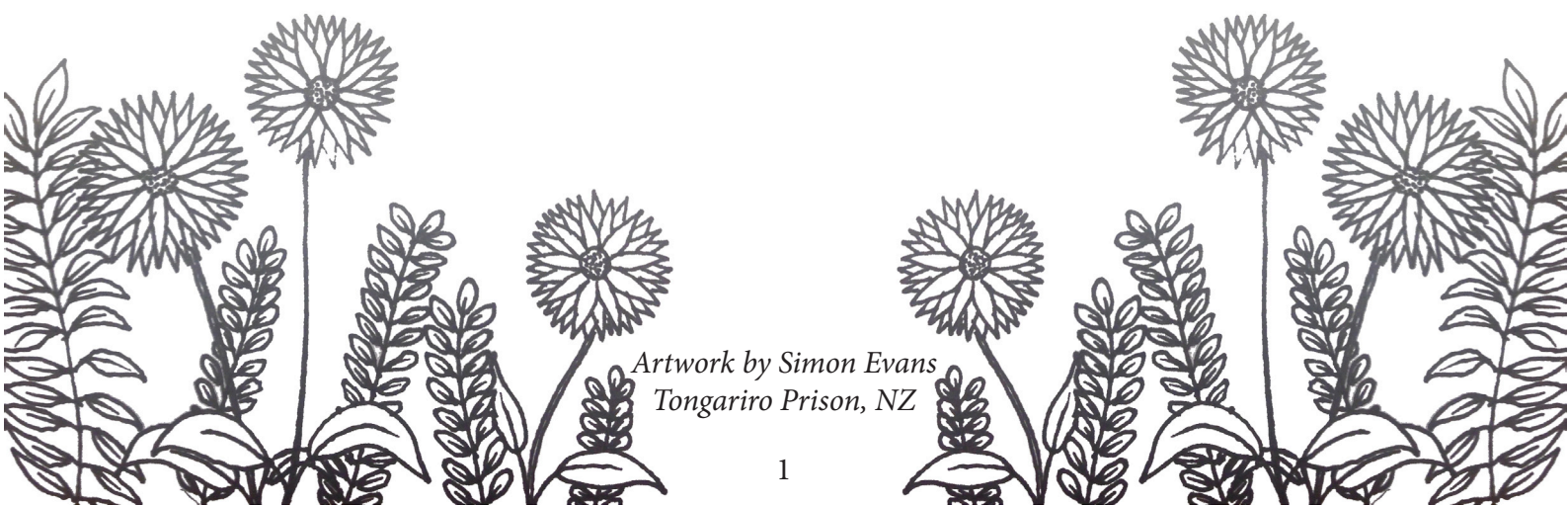
This issue features some new sections! An Editors Column, a What's That Song quiz from Taryn-Michelle. Plus lots of interesting articles, "Dear Inside Out" submissions, great artwork and letters, as always!

Info for people Incarcerated in Queensland

Please note: If you are in Queensland and want to contribute something to the newsletter, you should speak to your parole officer or Queensland Corrective Services first. The QLD Corrective Services Act makes it unlawful to publish a statement from a prisoner (including someone on parole) without the permission of QCS. However, there are protections in the Australian Constitution about freedom of communication, so QCS will need to have a good reason to stop publication. Please send us your article with any correspondence you have permitting publication.

If you want free legal advice to get your voice heard, we recommend you contact Prisoners' Legal Service on the ARUNTA or write to them at PO Box 5162 WEST END QLD 4101

As far as we are aware, other states do not have these restrictions, however if you want to be certain you might want to check with a lawyer first.



Artwork by Simon Evans
Tongariro Prison, NZ

Letters and Ideas for the newsletter

When you write to us, please indicate if you would be happy for parts of

your letter to be published in the newsletter. We will not publish any letter unless you have given us permission to do so, and will treat all correspondence as confidential otherwise.



A letter from Taryn-Michelle,

Dear Inside Out,

Hello :) How is everyone? I received the 3rd edition of the newsletter and it was fantabulous! I made copies for the various departments of the prison in the continuing hope of promoting it. There was a lot more interest from the prisoners in my block as well as some of the prison support systems as well.

I also did received the Trans-prisoner Zine too! I absolutely loved it. Reading the heart-warming stories of the prisoners in other prisons from another country was a real eye opener to the bond that we share in solidarity over gender and sexual orientation oppression. To see so many people from all corners of cultural and ethnic diversity be supportive in a common goal gives me hope for a future with a bright and proud rainbow.

I would like to acknowledge some of the brave and inspirational people of our community who contributed to the 3rd edition of the newsletter:

:) Lanie (VIC) – thank you for your lovely response to my poem “What Am I?” While reading your letter my soul resonated with you and I hope I one day find that someone special too;

:) Troy Walker (NSW) – I found your ‘thoughts, feelings, ideas’ about Incorporation very proactive and as a student of Business, majoring in Management I can see the wisdom in your thoughts for progression;

:) Dean Bell (NSW) - “If these walls could speak,” the emotion and understanding in your words helped me grieve the passing of my good friend of 5 years, Stuart Dugan (RIP),

:) Damien Linnane (NSW) – myself and the J Block Art students would like to thank you for the joy and inspiration your artwork has given us;

:) Kymberlie’s story – I was stunned by the similarities in both our lives as we grew to accept our true selves, please accept this ^hug^ in support. I would also like to thank all the other contributors as well for giving a trans-girl something to believe in.

No matter how mundane or soul crushing my day may become, when I re-read the issues of Inside Out newsletter my spirit is lifted to new heights and I am once again super excited to be a part of this memorable journey we are upon.

In Solidarity We Find Community.
Taryn-Michelle Hislop.

A letter from David

First of all thankyou for another wonderful edition of “Inside Out”, well done.

As an older gay man, I have found it hard to show my sexuality to others in gaol for fear of reprisals to myself from homophobic inmates.

I do take my “hat off” to speak of the courage of Dean, Troy, James, Rory, and Sean for enduring suffering of pain and hate angled towards them from the homophobic inmates that have no tolerance towards LGBTIQ inmates, so take heart my brothers as I feel your pain of non acceptance towards the LGBTIQ community.

I have spent time in other gaols in various part of Sydney with Dean and Troy, both are fine guys and now I’m currently in the same section with Sean, a great lad.

I was in another section that Rory was in but I did not get to know him before he was moved to June, I also knew of James but sadly I did not get to meet him but hopeful in the future I may get that opportunity to do so.

So til then my brothers take care and God bless.
David Elliott (NSW)





A letter from Troy

Hi guys,

Another fantastic edition of Inside Out! It is so encouraging to see some new contributions like Bryan and Sean.

Thank you James (who is in the same wing) for kindly lending me your copy of Inside Out because I had been moved and my mail took sometime to catch up.

It was lovely to read the letter and song Sean sent in. Sean is my partner and even though we are at the same gaol have not seen each other in almost 12 months. Sean is getting out in August and hopefully his parole conditions will not prevent us from having contact. Enjoy your freedom babe :)

Dean is going home too :(! Please be good Dean and do not come back! Don't forget you can stay involved and bring those of us stuck in here news from the outside! Sincerely,
Troy Walker (NSW)



Letters from Paul

03 -06 - 2017

Hi Team,

Yet another newsletter comes out and yet another new location for me! Ha Ha Ha... no actually I have moved to a new facility near Geelong in order to complete a program to address my offending behaviour. I will be here I expect until the beginning of next year where I hope to return to my previous location.

You will recall in the first newsletter that I spoke about my own participation in offending behaviour programs. It was due to an unfortunate circumstance that I was unable to finish the program at the time. I am now ready to return 100% attentive to the program and eager to engage.

So happy with the 3rd issue of Inside Out newsletter. Great work as always. I was excited to read articles and letters from readers both new and old. I am thrilled to hear from James that Rory has been released and I genuinely wish you both well for a positive future. I hope to read more interesting articles in the next newsletter, which won't be too far away now that Winter is upon us. My best wishes to everyone and take care out there.

07 - 07 - 2017

Hi Miranda, Amanda & team at Inside Out.,

Greetings from Karreenga Correctional Centre. It seems everytime I write in this year I'm at a different location! Fortunately, I think things can all settle down for me here and staying put will allow me to concentrate on bettering myself in so many areas. To those inside who know me and read this newsletter – all is well my way :)

Miranda, thank you for responding to a letter I sent you asking your interest in starting a newsletter for LGBTIQ prisoners. If I could quote you; "I guess it partly comes from my experience as a queer person and experiencing homophobia on the outside, and hearing from friends about their experiences of homophobia and transphobia inside." It's commendable the work you, Amanda and the team do for prisoners especially with no direct connection to experiencing the prison lifestyle personally. For me, thank you for your interest and understanding.

Now with this in mind, a suggestion for the newsletter: a "personal bio" of the team at Inside Out? Tell us a little about the people behind Inside Out; who you are, what you do, goals for the newsletter, how you got involved, etc, etc, etc. Doesn't have to be a full page spread and could even include a photo if you want to. I know for myself that I have sent and received many letters to Inside Out which makes me feel I've known your team for a long time. I'm sure other readers would love to get to know who you are and how you connect to the newsletter. One or two bio's for each newsletter as well as introducing new people have joined the team as Inside Out grows.

Looking forward to the Winter 2017 newsletter which I assume could be turning up anytime soon. Take care everyone and cuddle up to someone to keep warm on these cold days, inside and out of prison :)
Paul West (Vic)



Image sent in by Michael Neal



A letter from Tristan

In regards to the issues of Inside Out that I received there's a few things I would like to say and hope I am not too late for them to make sense to other readers. I will go issue by issue.

Issue #1

Paul West's "Criminal Mind" article – Your article really spoke to me. I am going to have to do an offenders course while I am in this time and something I was worried about was being bi-sexual and not knowing how to tell other people, especially in a group setting. I was so happy when I read that it can help a lot in the group settings to tell them about my sexuality, and that it can help others. Thank you.

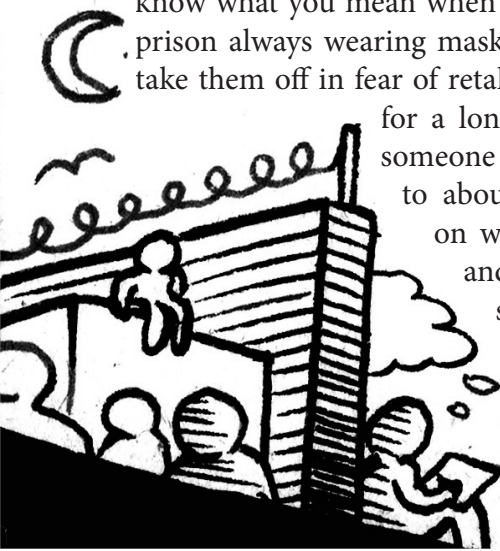
In response to "Rory's Story" - Your story was great to read as well as upsetting when I read some of the sadder bits. Also seeing your story unfold in person was fantastic and empowering as well. (I was in the same sector when you met James). I really hope everything has worked out for you both.

In response to "A letter from Dean" - I was very touched when I read your letter. It is tough to read about how you were treated. Be brave my friend.

Issue #2

In response to "Time in prison can be a waste or an opportunity" by Dusty Shaw – Thankyou so much for what you wrote. I agree with you 100% that you need to invest your energy in things that can improve your own life as well as others. Education is a big thing while in jail as it can make the difference between using your time wisely or wasting it completely. Again Dusty, thank-you.

In response to "The Prison Mask" by Paul West – I know what you mean when it comes to people in prison always wearing masks and being afraid to take them off in fear of retaliation. I wore a mask for a long time. I have found someone who I can always talk to about anything that goes on with my head, feelings and thoughts. He has saved my life more times than I care to admit.



Now I have some feedback. There were a few ideas that I thought would be good to implement for Inside Out. Dean's "Lonely Hearts Pen-Pals" or even just some sort of system where like-minded people can get in contact with each other.

The Comic Strip would be awesome to read. I wish I could draw :) Also the "Dear Inside Out" Column would be a fantastic idea.

Troy's idea about a Readership Committee is another fantastic idea. I would love to be a part of it, if it was started.

Kind regards and much respect,
Tristan (NSW).



A letter from Ellias

Hi there.

My name's Ellias. I'm 33 on remand and I'm straight. Why is a straight guy writing into an LGBTIQ publication? I'm a friend of James Stephens AKA Big Jimmy and thought I'd say Hi and what a fantastic initiative your newsletter is.

Jail is in my humble opinion probably the hardest place on earth to find yourself as a gay person and even harder still to come and be yourself in a place where everyone is putting on a constant front and are too afraid to go against the status quo. As somebody who has owned and managed adult entertainment venues over the years I have met and worked with many gay people who are living out and proud though James is the first I've met in prison who is only too happy to wear his rainbow on his sleeve, come what may. It must be extremely difficult to do this amongst the draconian level of homophobia that is so prevalent in the jail system yet Big Jimmy bravely soldiers on and fights (daily) for gay rights and better conditions for his fellow inmates and LGBTIQ inmates alike.

The solidarity displayed throughout the inmate LGBTIQ community amid negativity is tremendously courageous. This solidarity should be the shining example that is used to determine harmonious results achievable if all of us who are stuck in this hell would simply WAKE THE FUCK UP! Respect always to you Jimmy for your unwavering efforts and for standing up for what you believe in. You're an inspiration to us all.

From Ellias (NSW)



Image sent in by Michael Neal



A letter from Michael

Thank you so very much for edition #3 of our Inside Out newsletter, I curled up on my bed last night and read the issue from front to back, always a wonderfully inspiring read. THANK YOU> Unfortunately the “Open Doors” program that was previously running here, has been discontinued for the foreseeable future until the programmes department find a replacement facilitator after a recent resignation. It has been three months and counting but no news as to when or even if the group will be restarted. Unfortunately, as the group had just begun to expand to a total of 36 inmates turning up for the last meeting.

Shortly after the close of the program every inmate who identified as LGBTIQ or had attended a meeting were summoned to a prison meeting, to be advised that openly gay behaviour is not permitted, and is to be frowned upon, and must only happen behind cell doors, we were told it was for our own protection from str8 inmates. It was a huge blow to our community, as it is impossible for us to meet regularly anywhere as a group, except in the library a common area, which has now been reduced to a total of only 10 visitors at a time. The layout of this prison provides a single street called “main street” which runs the length of the prison, however on Sat & Sun we are not permitted to be on Main Street, due to visits, as they wish to hide prisoners away from the outside world, it is also when for staffing reasons that the library is almost always closed, which compounds our need to socialise with each other.

It is extremely difficult to arrange housing in a unit with your partner as you have been or are identified as being gay, requires that an analysis of the risks to other prisoners, staff and the prison, is undertaken and if you are openly gay your application will more than likely be refused. Strange as it may sound if you are str8 you have a far better chance of having a str8 mate move into the same unit without investigation. I am a firm believer of a saying “it is better to seek forgiveness than it is to ask for permission.”

In fact I have been counselling two such prisoners who are extremely committed to each other but are in different units, and we all have made numerous attempts to request one of them to move to the other’s unit, but our requests have ben refused, now they are trying to move to another unit to circumvent the officer in this unit that appears to be totally against the move. It is such a shame that in an age such as ours that homophobia and condemnation is still rife and alive even in prison. So much for the benefits of having “S.I.L.O’s” their ability to intercede in such matters seems to be extremely limited.

Comfort in the arms of another person is of particular importance to us, as we need that connection with another person as we are forced into individual isolation by the very nature of prison. May we stand tall and resist moves to silence us and keep us apart. I have been so very fortunate to be allowed to help these two men grow together from a distance, I am proud to be their friend and I hope that I can be to others in the same position. These friends have changed jobs internally just to be able to spend some time together. I still wait for the time when the prison will actually facilitate us to be together, or provide a space where we can meet on a regular basis to chat.

Here are some sayings that mean a great deal to me, some may think as I do that these are profound words of wisdom:

- Understanding is living in a house where every room has a point of view
- Each of us is the source of the other’s river
- My heart knows what my mind only thinks it knows
- Freedom is not the absence of slavery; it is the memory
- Understanding isn’t wisdom but how wisdom is opened
- We can’t hear what’s being said when our fingers are in our ears
- I’m not lost in a dream; I’m dreaming I’m lost.

By Michael Neal (Vic)



A letter from Sean

To Miranda, Amanda and the brothers and sisters of Inside Out. Hey guys, it's awesome to receive this outstanding newsletter, there's so many great stories and talent especially the artwork which I am so amazed by. I would like to say I am amazed and I sincerely love the artwork done in this month's magazine, especially the artwork done by Lisa Autumn (USA), Damien Linnane, WOW youse guys have got some wonderful talent, keep it up!

I would also like to give a huge thankyou to the most amazing guy Troy Walker for getting me connected to Inside Out and I would like to thank him for all of his love and support to me, love you Troy oxox!

So before I end this letter to all of the brothers and sisters of Inside Out, I would like to share one of my recent songs with youse all.

By Shawn Gorman (NSW)

Song: "She'll Be There In Our Hearts"
Copyright S.J.Gorman (12-03-2017)

SHE'LL BE THERE IN OUR HEARTS

INTRO: A, Am, E, F#, B7

VERSE 1:
 Although we can't hear your voice^A
 Aunty Rhonda walks beside us still^{B7}
 She listened to our stories and wipes our tears^A
 She always helps us understand our fears^{B7}

CHORUS:
 I STILL FEEL THE LOVE SHE HAS FOR ME^{Am}
 AND SHE'LL ALWAYS BE THERE IN OUR HEARTS^E
 OH SHE'S GONE, LEFT US IN THIS WORLD^{Am}
 BUT OUR SOULS WILL NEVER BE APART^{B7}

VERSE 2:
 Now she's resting in peace, with the angels^A
 Knowing she's in heaven makes me smile^{B7}
 She always taught us, to follow our dreams^A
 And that life's not like it seems^{B7}

REPEAT CHORUS x1

VERSE 3:
 We will feel the love she has for us^A
 We will hear her in our hearts^{B7}
 You have left your human body^A
 But our souls will never part^{B7}

REPEAT CHORUS x1

OUTRO:
 Oh she's gone, left us in this world^{Am}
 But our souls will never be apart^{B7}



A letter from Jon

My name is Jon. I'm 29 years old and I'm currently serving a 3 years and 9 months jail sentence with



23 months to go. I recently came out as gay not that long ago. Ever since I have come out, I felt like I can be myself. It's good to hear other people's stories and to have somewhere to express yourself in confidence.

Jon

Artwork by Lamant



A letter from Malcom

Hey Team @ Inside Out,

What an awesome initiative! I just read edition 3 (via a friend) and came across such awesome-ness! I thought I would say "G-DAY" and put it out there to anyone LGBTIQ and friends to come and say G'Day to myself and my fabulous cellie here at cell-block-9 @ Kirkconnell CC. After doing time @ MRRC and Windsor, I've ended up @ Kirk which is by far the most gay-friendly to me so far.

I hope everyone had a fab time watching eurovision!
Malcom F



A letter from Peter

Dear Inside Out,

I was given your First 3 editions by another inmate a few days ago. I think that its a great idea. Well done and congratulations!

I have read all the stories that everyone has been so brave in writing. I found incredibly brave how Paul wrote about his Program experience in such a positive way, many guys I have met look at their programs as a negative thing they have to do in which can lead to their Parole taking a little more time to come their way!

I myself have to partake in a small change on the inside program and also looking forward to starting it!

I also read Rory's story about how he found James in prison and how they have formed a relationship. What a wonderful story. Wouldn't it be great to find that in here if we could!

For me I have been in for 10mnths now. This is my first time in prison (AND LAST). I'm hopefully only serving a 3 year sentence. I'm currently in Karrenga CC in Victoria.

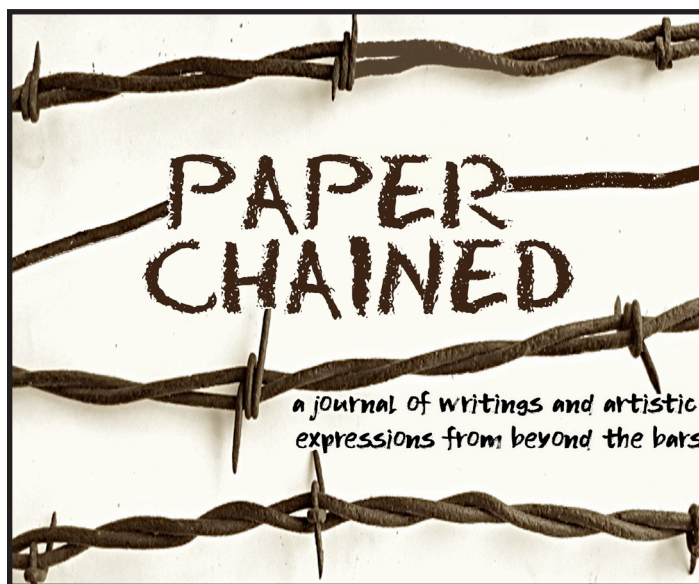
As most of us have experienced, I was petrified when I was sentenced to gaol, as I was expecting to only receive a CCO. However I have tried to make the best of a bad situation. I worked as a volunteer for many LGBTIQ services on the outside. I found a certain type of pleasure and reward from helping people, listening to some of their stories about their struggles has helped me a lot over the last 10 months.

Within 2 months in, I applied for a PSW position in the Education Dept. I was lucky enough to get it. I thought this is the perfect way to continue helping people in prison.

So many Inmates are inside prison because they have not had the same opportunities many of us have had. They can't read or write, spell or grammar. They can't even write a letter home to Mum or Dad! I can not believe the joy I have from my prison job. Its extremely hard at times but I fel as if I have gottten a postive out of a negative situation.

Thank you,
Peter Carr

Community News



"Paper Chained" is a new journal of writing and artwork from people affected by incarceration. If you are currently or have been in prison or have a loved one in prison, your contributions are welcome.

Deadline for first edition is: August 31st, 2017
PO Box 1989, Armidale, NSW 2350

What to send in

Artwork or writing (1,500 words or less).

You are also welcome to include the following, which would never be published or shared:

An address for you to receive a copy of the published journal (this could either be your address in prison or an address on the outside you can access at a later date).
A return address if you would like us to let you know we have received your contribution.

Contributions may be anonymous.

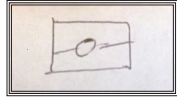
Terms of publication

Handwritten contributions will be typed unless the author requests to have a scan of the original text presented in the journal. Contributions will be typed exactly as the original is written unless the contributor indicates "Please Edit" in their entry. (Spelling or grammar errors will then be corrected, however we do not feel that perfect spelling and grammar are in any way necessary to meaningful communication).

Paper Chained will not publish any contributions that directly or indirectly contain: racism, sexism, transphobia, nationalism, xenophobia, ableism or any other form of oppressive language."

Writing and Artwork from the Inside

The Price of A Smile



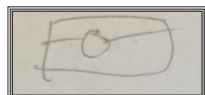
A smile costs nothing, but gives much.
It enriches those who receive, without poorer those
who give.
It takes a moment, but the memory of it sometimes
lasts forever.
No one is so rich or mighty that he can get along
without it,
And no is so poor, but that he can be made rich by it.
A smile creates happiness in the home,
Fosters goodwill in business, and is the countersign
of friendship.
It brings rest to the weary, cheer to the discouraged,
Sunshine to the sad, and is nature's best antidote for
trouble.
Yet it cannot be bought, begged, borrowed, or stolen,
For it is something that is of no value to anyone
Until it is given away.
Some people are too tired to give a smile, give them
one of yours,
Because no one needs a smile so much as he/she has
none to give.

Black BrotherBoy
Geoffrey Sylvester Hay

Are you keeping young?

You no longer make friends?
You begin to think the younger ones is going to the
dogs?
You find yourself talking wistfully about "the good
old days"?
You enjoy discussing your operation more than any
other subjects?
You find yourself developing petty prejudices?
You become increasingly selfish?
You begin to find life dull?
You are annoyed if a favourite chair is moved?
You begin to think other folk are more stupid than
they used to be?

Black Brother Boy-
Geoffrey Sylvester Hay
(VIC)



I'm very well thank you

There is nothing the matter with me,
I'm healthy as I can be,
I have arthritis in both my knees,
And when I talk, I talk with a wheeze,
My pulse is weak, and my blood is thin,
But I'm awfully well for the shape I'm in.
Arch supports I have for my feet
Or I wouldn't be able to be on the street.
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin,
But I'm awfully well for the shape I'm in.
My moral is this, as my tale I unfold:
That for you and me who are growing old,
It's better to say "I'm fine" with a grin
Than to let folk know the shape we are in.
How do I know that my youth is all spent?
Well, my "get-up-and-go" has got up, and went!
But I really don't mind when I think with a grin of all
the grand places my "get up" has been.
Old age is golden, I've heard it said,
But sometimes I wonder as I get into bed -
With my "ears" in the drawer, my teeth in a cup, my
"eyes" on the table until I get up.
Ere sleep overtakes me I say to myself
Is there anything else I can lay on the shelf?
When I was young my slippers were red,
I could kick my heels right over my head,
When I am older my slippers were blue,
But still I could dance the whole night.
Now I am old and my slippers are black,
I walk to the store, and puff my way back.
I get up each morning and dust off my wits,
And pick up the paper to read the "obits",
If my name is still missing I know I'm not dead,
I have a good breakfast, and go back to bed.

Geoffrey Sylvester Hay (VIC)





Physical violence towards inmates directly at the hands of prison officers

A subject rarely discussed, yet a scenario we all face daily. I am well into my 11th year of an 18 year jail sentence now. I have been in jail since the age of 18 and unfortunately no longer remember what it is to be part of "Normal Society." I have learnt all my life's lessons as an adult behind bars, many the hard way. You could imagine the violence I have witnessed, some so horrifying it still haunts my dreams. I have witnessed strong willed men become junkies, smart intelligent men go insane and happy, funny, infectious men commit suicide. I have lived through a lot of pain, torment and sadness! I count myself as one of the lucky ones, as I believe I have not "completely" succumbed to institutionalisation. All of these issues, along with declining mental health are all part of the life we all lead as prisoners in the NSW Corrections system. One rampant problem our system is infected with is the high rate of inmate assaults from corrective services officers. I have many stories I could tell of fellow inmates suffering assaults by prison staff, but I believe I must share a particular story, it involves myself and has directly resulted in the development of some serious mental health issues I struggle with to this very day. November 25th 2016, it was a Friday night, approx 9:30pm. Random cells are being opened and inmates can be heard pleading, screaming... HELP. The doors opening get closer, and soon it was my turn. 4 huge gorillas, decked out in all the gear enter, No Questions were asked, only fists flying! As I curl in the foetal position I am kicked, resulting in 3 broken ribs. The only words I can make out amongst the Fuck You's, is Faggot! The smell of alcohol was a strong as the blows and it was over as quick as it began.

In the aftermath, I made the "mistake" of speaking up, subsequently placing me in segregation, naked and stripped of all dignity. Although this attack wasn't strictly a Homophobic one, the chance to drop the F bomb was too juicy for a bunch of testosterone filled macho men! I am still fighting the losing battle to have those officers reprimanded, but each time I make inroads I find life coincidentally becomes harder for me. This story is one of thousands. Much more I have experienced and witnessed. I have no answer or quick fix for this ongoing problem. I completely understand that physicality is essential for officers who at times are outnumbered 30 - 1, but unprovoked, blood thirsty violence in any circumstances is not on, in fact, it is illegal. Like I mentioned earlier, we prisoners create most of the havoc in our lives, but it is us who live those consequences. Prisons are an extremely violent and dangerous place. Getting locked in at days end is the safest time for any prisoner... not anymore. The paranoia, fear and anxiety this last late night bashing has caused in me is relentless. I cry every night as my "fortress" has been taken away. The sound of keys make me jump, ALL NIGHT! The truth is, we have no rights - well, none we can enforce. Don't ever forget the fucked up shit you see in this place! Why? Because it must stay with you every day to remind you to never come back to live this wasted existence! We cannot run away from the horrors of jail, we cannot change the abuse of power by corrupt officers and we cannot unsee what we all wish we hadn't. But each day gone is one closer to freedom. Please do not let this unreal world become a life-long reality for yourself. Yes, we made our own beds, but I'll be damned if I don't change the sheets from time to time. This isn't FOREVER!

By James (NSW).



Envelope artwork by James



I need your assistance

I have taken great interest in programs of support for our LGBTIQ prison community and the difficulty of establishing such a program at the different locations.

A sexuality support group is a great asset to assist those who are new to prison, experience bullying, supporting other LGBTIQ group participants, discuss LGBTIQ conflicts in relation to LOPs, C.Is, DCIs, and to provide information on physical and mental health of LGBTIQ prisoners.

Although such a group seems highly desired by many through my enquires with staff and prisoners, the actual establishment of a sexuality support group doesn't seem straight forward. It can be frustrating and often feels as if no one cares as the wheels of motion seem to stop.

I would like to hear from anyone who reads this newsletter and actually has a sexuality support group operating at their location – any prison, any state. Who facilitates the program? Which prison department runs the program? (Programs, prison officers, peer listeners/ mentors, etc). How long has the program been running? How often are the meetings? Any information you can supply will be of benefit.

Please send this information to the team @ Inside Out who will be able to pass it onto me.

I thank you for all your assistance and may the information received help the future of LGBTIQ prisoners in Australia.

Paul West (Vic).



Artwork by Lamant



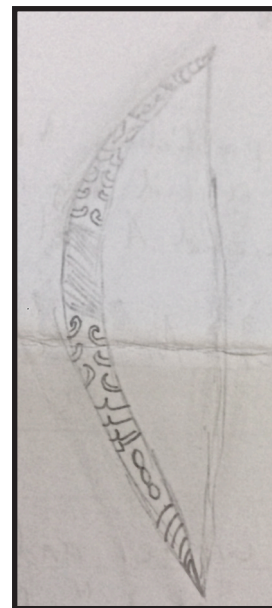
No need to lament the loss of...

No need to Lament the loss of good food.

Coming from a food background (job wise) I can say with an expert opinion that jail food sucks proverbials (at least at CSI jails).

Now I can understand why it's so bad (low budget, high output and re-heatability make a very bad combination).

So there are a number of things you can do (Now I'm in NSW so I can only write about the situation there).



1) Salvage. Most of the things in the meals can be "salvaged" (some can even be eaten straight away: Rice, potatoes, vegetables) and used to make decent food. Most things taste better when butter/ oil is added, either by melting it or frying with it (Butter and Oil has fat and fat is flavour). Others just add a bit of salt and pop it in the microwave and it's good to go. Other things require more work but the main principle is add Heat, Fat and Salt.

2) Buy-up. Quite a lot of basic foods (Rice, cream, tomatoes, cream cheese, nuts) can be purchased on buy-up (as well as instant pastas, rice and soups which can be used to add instant flavour). (Like I said earlier, I have only been incarcerated in NSW jails and don't know about jail in other states). Some things that you can do with buy-up. Make Butter. That's right, using the Devondale long life cream you can make butter. How? 1. Make a whisk by bending the prongs of a fork in alternating directions. 2. Pour cream into a container with high sides (to avoid spillage). 3. Whisk until the curds separate from the way (the solids and the liquids). 4. Transfer the solids to another container, discarding the liquid (or drink it, it won't kill you). 5. With a regular fork mix the solids, pour the liquid out as it appears, until it turns yellow and becomes smoother. 6. Use (It's not exactly butter).

I've meet a lot of inmates who have recipes like this, I call them Jail-hacks. If you have a Jail-hack (something that makes jail quicker or easier) send them in.

Remember to love yourself.

Lamant (NSW).



A quote from Cameron

To Inside Out

Here is a positive quote I like to Share.

From Cameron Bloomfield (Vic)



again, twisting it seeing how the fire light made it shine with a dark light, following the twisting bands he noticed that the bands had etchings. He squinted, holding the ring close, he made them out. Wolves were bounding round the bands at one point, where the three bands crossed over a wolf stood howling.

Suddenly he felt as if the walls were closing in, that the room was too small, he needed to get out. He rushed to the door and burst through it out into the night. Even though he could see his breath misting in the cold air, he felt hot, too hot. He was burning up. He started to claw his clothes, tearing them in his quest to be cool. Before long he was naked, even his boots had been discarded, but he was still too hot, if not hotter. Soon the heat was all that he could feel, all he could think and then there was nothing.

The Wolf stood up from where it lay panting on the ground, it regarded the glowing space before bounding off, hours later, after catching a meal, she howled into the night.

By Lamant (NSW).



Artwork by Lamant



Garith's Folly

He was toiling in the lower field when he found it. While wiping the sweat from his brow, he noticed a gleam in the soil near his feet. He bent and picked up the object and examined it.

It was a ring.

It was three bands of a dark metal, crossing over each other. Turning it he could see no join.

After his examination, he tried to fit it on a finger. At first it seemed to be too small, but with a twist, it slipped on. As it reached the base of his finger he lifted his head as he heard a faint Howling. He disregarded the sound, thinking it was his imagination, and returned to work.

Later after he had returned to his cabin, with his evening meal heating on the fire, he studied the ring

Let's Play, What's That Song?!

Submission from Taryn-Michelle.

How to play: Guess the missing word for the "Chorus Line" and write the Title and Singer/Band in the space provided :) Answers on page 17. No Peeking!

1) "We are one but we are _____, and from all the _____ on earth we come"

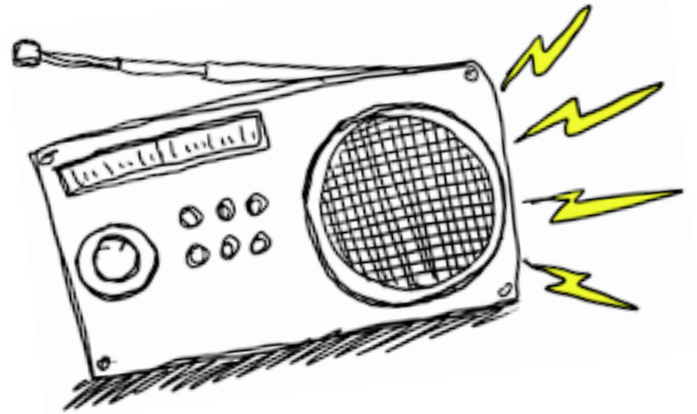
Title: _____

Band / Singer: _____ & _____

2) "And I won't put my _____ up and surrender"

Title: _____

Band / Singer: _____



3) "The boys light up, then the boys _____ up"

Title: _____

Band / Singer: _____

4) "Oooh, baby, baby, it's a _____ world"

Title: _____

Band / Singer: _____

5) "Suddenly I see... This is what I _____ be"

Title: _____

Band / Singer: _____

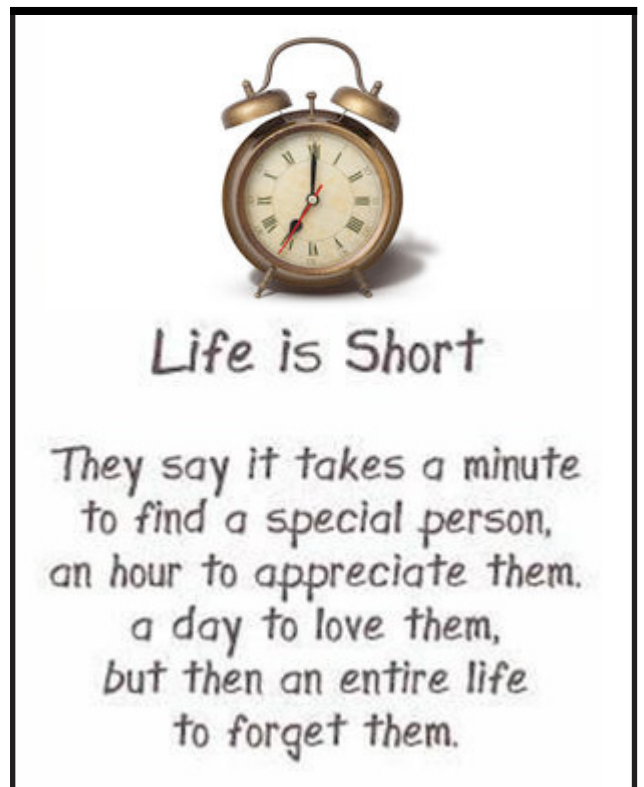


Image sent in by Michael Neal



Dear Inside Out

This section is a chance for readers to ask the Inside Out community questions for feedback. You can also write questions that the Inside Out team can seek answers for from professionals such as doctors, lawyers or other resources available on the outside.



Prison policies and LGBTIQ awareness

Hi all!

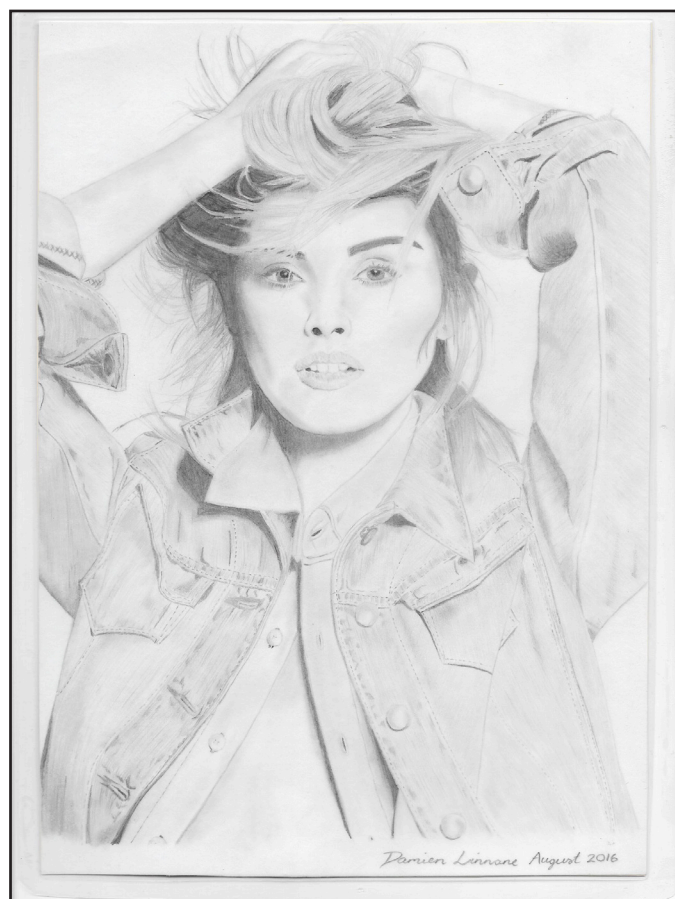
In a previous edition of Inside Out, there had been mention of an LGBTIQ support and discussion group we had here at Hopkins Correctional Centre. It was called “Open Doors” (kind of an oxymoron for a prison group!) which gave us the opportunity to openly discuss the trials and tribulations of being LGBTIQ in prison, and after humble beginnings, had blown out to 40 participants. Due to the loss of the facilitator, the much-needed group has now been disbanded, and there has been no talk of its return. To make matters worse, as of 1st July, we will no longer be allowed to buy/ possess in our cells People/ Picture/ 100% Home Girls/ DNA/ Star Observer/ Maxim etc magazines. So we now have no connection whatsoever to any of our community/ resources, apart from Inside Out newsletter, so I’d say there is a risk days are numbered there too. Supposedly the ban of these magazines was because the powers-that-be saw it as an apparent co-operation/ compliance with current “Family Domestic Violence” policy with prisons, and while from a moral standpoint I wholeheartedly support any policy that addresses Family Domestic Violence, I (and many others here at Hopkins) fail to understand how these magazines come within such a policy. I can’t say for sure because I haven’t had any opinions from the powers-that-be, but in light of the fact this has been within a couple of months of the demise of “Open Doors,” and a meeting held here at our visitor’s centre to address issues relating to a couple of our gay brethren supposedly seen to be behaving inappropriately, potentially risking the safety and security of it’s members being compromised as a result of intimidation and intolerance, it would seem to be ironically timely. Being that Hopkins Correctional Centre is the type of prison where, while it presents a facade portraying a diverse, tolerant and progressive public persona to all here, the reality is, whilst discrimination isn’t manifest for all to see, unfortunately it is still alive and spawning, in hushed tones behind the backs of those of us that do identify as LGBTIQ, both by blue and

green. Having access to Inside Out, both the newsletter and the care and support offered by the Inside Out team, gives those of us that remain marginalised an opportunity to be informed as to what is going on with the rest of our LGBTIQ community, both inside and outside the prison environment. It would seem Hopkins Correctional Centre has become more LTBTIQ-phobic, rather than less-so, implementing such a manipulation as excluding our access to magazines, information and literature, denying us our support and discussion group, or any other form of appropriate endorsement for that matter. If we were an organised and acknowledged religion or faith or some alternate cultural entity, rather than being defined, defamed, defiled labelled and pigeonholed for our sexuality and gender identity, and obstinate in defending the rights of such, these measures would be unconscionable. I’m sure we would all be interested to hear what is happening with prison policy elsewhere, both regarding what magazines/ literature/ resources are still available to you, whether LGBTIQ awareness and tolerance is becoming better or worse addressed/ managed at your location, and maybe some examples, in the interests of advancing understanding and acceptance.

In solidarity,

Blessed Be!

Kymberlie (VIC)



Artwork by Damien Linnane

LGBTIQ Awareness Day

Taryn-Michelle here :)

I was wondering if there is a LGBTIQ awareness day for the prisons of Australia? I've never heard of any given day outside of 'Mardi Gras' day. I was recently watching ep 4 of 'Gaycation' which covered an awareness day in a sleepy town in southern America, and then I watched an episode of 'Balls Deep' titled 'T-Girls' which also mentioned difficulty in an open awareness day. It got me thinking if we had a universal awareness day in prisons of Australia then it would reduce the level of fear and uncertainty about the LGBTIQ community allowing room for understanding, if not acceptance.

Such an endeavour would open up a range of possibilities for people who want to find out more about themselves and what help and support is available for them. As well as reduce some of the stigmas that mainstream society may have developed about people in the LGBTIQ community. We could call it 'Rainbow Day' or 'Open Drawers Day,' maybe not :), or 'Solidarity Day.' There is too much phobia due to the mysticism of stigma, lets flip it, and create understanding due to awareness.

In Solidarity,

Tayrn-Michelle (WA).

Sharing documents on prison policies

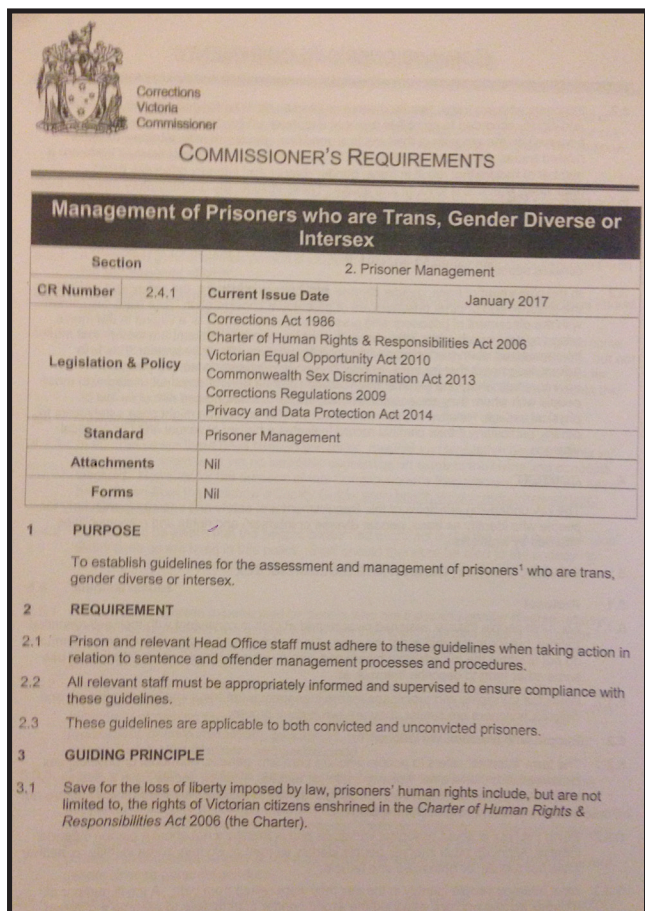
Hi, all! Just a quick letter to accompany an excerpt from the recently released (January 2017) update to the Commissioner's Requirements here in Victoria, which is a document that decides how Corrections and prisoners who are Trans, Gender Diverse and Intersex are "managed" while in Victorian prisons.

I have asked the Inside Out team to make the full 18 page document available to those who ask, regardless of where you come from/ are imprisoned. And I ask if you would also be willing to provide copies of your relevant Corrections Commissioner's or other similar State/ Federal government/ authority policies so those interested such as myself can use these in an attempt to continue to fight for fairer/ more just policy.

I would like to thank Taryn-Michelle (WA), page 6 of Issue #3, for the excerpt from the Journal Article from the Institute of Criminology about incarcerated transgender persons, leading the way, and has inspired me to make my document copy available, and to seek others to also contribute.

In solidarity, Blessed Be!

Kymberlie (Vic)



Commissioner's Requirements

Management of Prisoners who are Trans, Gender Diverse or Intersex

Section	2. Prisoner Management
CR Number	2.4.1
Current Issue Date	January 2017
Legislation & Policy	Corrections Act 1986 Charter of Human Rights & Responsibilities Act 2006 Victorian Equal Opportunity Act 2010 Commonwealth Sex Discrimination Act 2013 Corrections Regulations 2009 Privacy and Data Protection Act 2014
Standard	Prisoner Management
Attachments	Nil
Forms	Nil

1 PURPOSE

To establish guidelines for the assessment and management of prisoners¹ who are trans, gender diverse or intersex.

2 REQUIREMENT

2.1 Prison and relevant Head Office staff must adhere to these guidelines when taking action in relation to sentence and offender management processes and procedures.

2.2 All relevant staff must be appropriately informed and supervised to ensure compliance with these guidelines.

2.3 These guidelines are applicable to both convicted and unconvicted prisoners.

3 GUIDING PRINCIPLE

3.1 Save for the loss of liberty imposed by law, prisoners' human rights include, but are not limited to, the rights of Victorian citizens enshrined in the Charter of Human Rights & Responsibilities Act 2006 (the Charter).

Excerpt from:

Commissioner's Requirements

The law requires that prisons and prison staff should not treat trans, gender diverse and intersex prisoners unfavourably because of their gender identity or intersex status and should act compatibly with the Charter. A limited number of exceptions may exist in order to ensure their or others safety and security. These decisions are to be made on a cases by case basis following an individual assesement of the reasonableness of the actions that are contemplated and in accordance with our obligations under the Corrections Act to ensure good order and security of the prision and the saftey and wellbeing of prisoners.

As a guiding principle, a person should be imprisoned in the prison of their gender rather than their sex assigned or assumed at birth.

In addition to those factors that the Security, Department of Justice and Regulation must have regard to in the placement of trans, gender diverse and intersex prisoners, the person's preference must be considered.



Artwork by Damien Linnane (NSW)

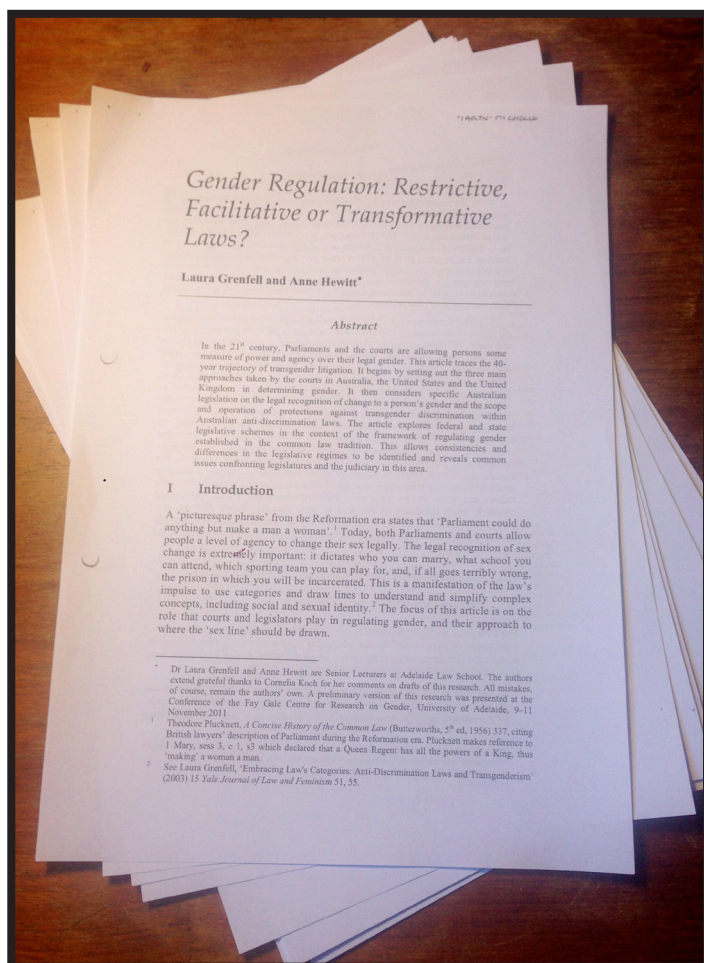


Journal Article on Anti-discrimination Laws

I recently came across another Journal Article which is about Australian legislation and Australian anti-Discrimination laws. It discusses the viewpoints of each state and territory as well as a number of sensitive and pressing issues. It also cites references to information about the placement of transgender inmates in accordance with our gender identity and not the sex we were born into. I hope it proves to be as useful as I've found it to be.

Taryn-Michelle (WA)

Editors note: We can photocopy and post you this document and/ or the Commissioner's Report that Kymberlie sent in.

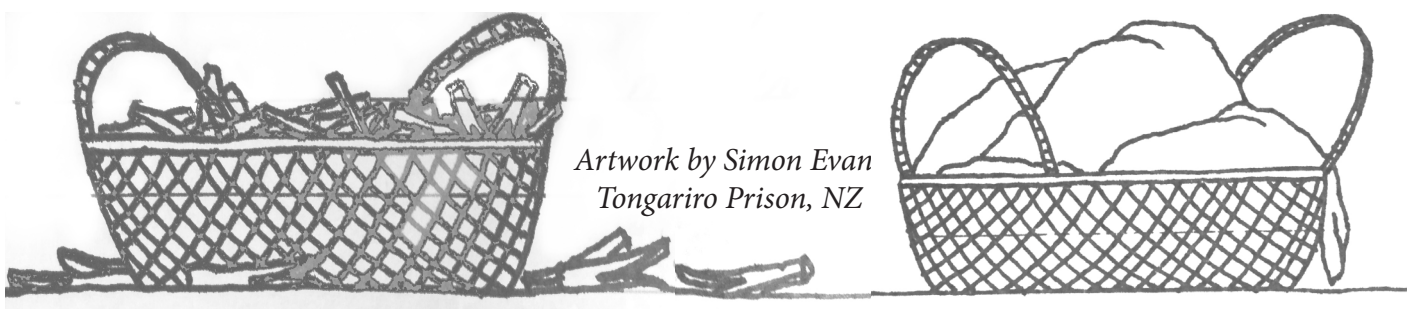


Excerpt from article -

Gender Regulation: Restrictive, Facilitative or Transformative Laws?

By Laura Grenfell and Anne Hewitt

Abstract: In the 21st Century, Parliaments and the courts are allowing persons some measure of power and agency over their legal gender. This article traces the 40-year trajectory of transgender litigation. It begins by setting out the main three approaches taken by courts in Australia, the United States and the United Kingdom in determining gender. It then considers specific Australian legislation on the legal recognition of change to a person's gender and the scope of operation of protections against transgender discrimination within Australian anti-discrimination laws. The article explores federal and state legislative schemes in the context of the framework of regulating gender established in the common law tradition. This allows consistencies and differences in the legislative regimes to be identified and reveals common issues confronting legislatures and the judiciary in this area.



Artwork by Simon Evan
Tongariro Prison, NZ

The eLGee BeeTeeQ's

Comic Strip

My hope is that the comic can become a part of the community and all subscribers can contribute their own story boards and improve upon characters design and personalities so that it may evolve into an extension of ourselves.

The eLGee BeeTeeQ's are a group of geometrically shaped personifications of the sexual and gender orientated minorities for which the acronym represents. This first panel is an introduction to the characters who will hopefully make future appearances in future Inside Out newsletters.

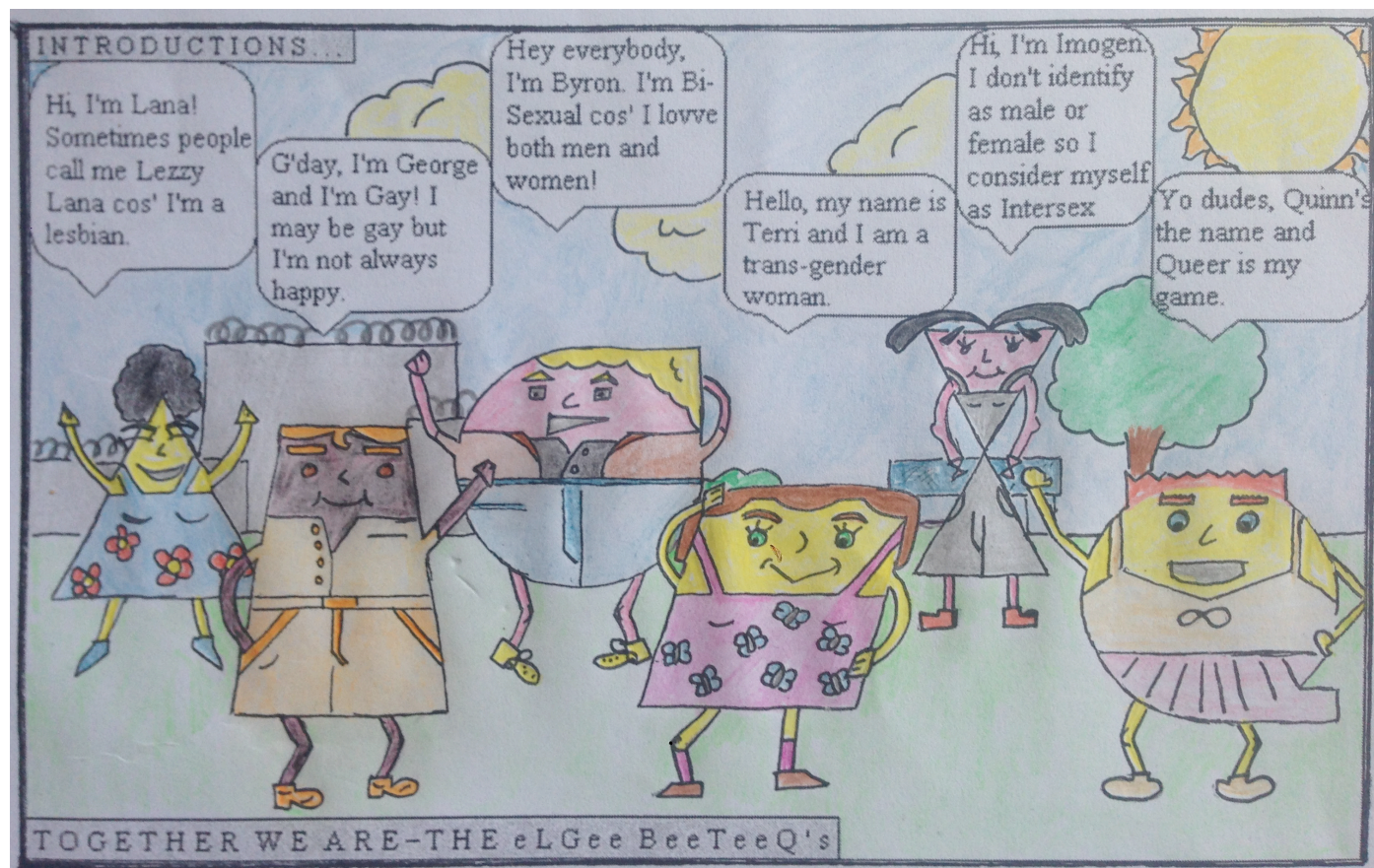
With their help I will endeavour to bring awareness to the various occasions and moments in our lives when we experience happiness, confusion, judgement, misunderstanding, ridicule, joy, love and sadness to name a few.

I always enjoyed drawing in all forms and turned my hobby towards comics a few years before being incarcerated. I've never felt the compunction to put together story boards once again until I came out as transgender and experienced first hand the struggles that I was to encounter.

One thing I have noticed is that it doesn't matter whether a person is an inmate, an officer, a visitor, a family member or friend, the social indifference and lack of awareness of others does not discriminate between social class or status.

These are just some of the issues I would like to share with you over time. I welcome and encourage any feedback or suggestions readers would like to share on past or future comics. It is my hope to one day publish an ongoing comic book publication with the aim of strengthening the awareness of the wider community.

By Taryn-Michelle



Editors column

Hey there Inside Out family! Miranda and Amanda here! This new section of the newsletter is a chance to let you know how things are going with the Inside Out team and for us to ask you questions and seek ideas!

Thanks to everyone who has been writing to us lately. It's always so exciting to go to the Post Box and find a pile of letters! So keep the correspondence coming :)

It sounds like people are keen to get the **Readership Committee** up and running. So anyone who would like to be involved, let us know. We would love to hear from you about ways that it can work in terms of how everyone might be able to communicate to each other.

We also wanted to update you on the **Lonely Hearts Pen-Pal Program**. Lots of people have been asking about it. We are currently investigating different prison policies in all of the states and territories, to see how we can go about it. If you know of any policies in your prison/ state regarding this, let us know.

Happy Birthday to everyone who has a birthday coming up! If you want to receive a birthday card, let us know when your birthday is. If anyone wants to design a birthday card, then send us your design/ artwork and we can print these to use for cards for other readers!

Thanks to Paul for the suggestion that the Inside Out team include a bio about ourselves in the newsletter! Great idea! We'll include a special section in the next newsletter about us :)

Another update we have is about the **radio show** we are putting together. Some of you will already know about this. In conjunction with Jail-Break radio in NSW we are going to produce a radio story all about Inside Out. We've received about 5 radio scripts from readers about what Inside Out means to them. Any other readers on the inside who want to submit something, it's not too late. We are also going to do a radio program for Koori Radio, so anyone who is First Nations, Aboriginal and/or Torres Strait Islander, we would really love to hear from you if you'd like to have a script included on that show. People who work at the radio station will be helping us by reading out the scripts and recording them. Once we have the shows ready, we want to play them on different radio stations around the country. We'd love to hear your ideas about which stations we should ask. Are there any radio stations you listen to inside? Or that you know other prisoners often listen to?

We also want to spread the word further about Inside Out. Currently we don't have any readers in NT, Tasmania or South Australia. And we also don't have many readers in women's prisons. Does anyone have ideas about how we could reach out to more people in different prisons?

Thanks again for all your letters. We hope you enjoyed Issue #4 and can't wait to get started on the next issue!
From Miranda & Amanda :)

Answers to "What's That Song" (From Page 11)
(1) "many", "lands" I Am Australian by Brue Woodley & Dove Newton. (2) "hands" White Flag, by Dido. (3) "light" Boys Light Up, by Australian Crawl. (4) "wild" Wild World, by Cat Stevens. (5) "wanna" Suddenly I See, by K T Tunstall

Inside Out Newsletter Feedback Form

Name (optional):

What did you like about the newsletter?

.....

.....

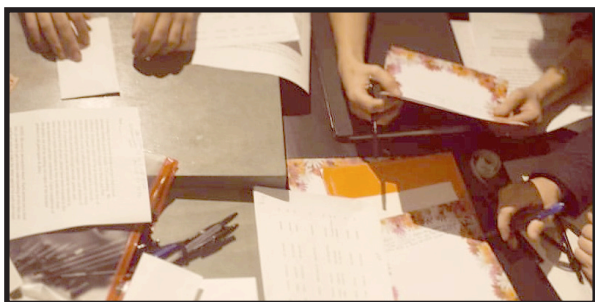
Anything you didn't like or think could be different?.....

.....

.....

More about Inside Out

Who is this newsletter for?



Inside Out is primarily for people who are or have been incarcerated. This includes prison, juvenile detention centres and immigration detention (on-shore and off-shore detention). It is for lesbian, gay, bisexual, transgender, intersex, queer, sistergirl, brotherboy, 2spirit, takatapui, fafafine, asexual and many other diverse gender and sexual identities. You don't have to identify as one of these to receive the newsletter. You might be curious or questioning your gender or sexuality. You might just support the LGBTIQ+ community. You might have loved ones who identify as gender or sexually diverse. This is an inclusive newsletter! Going on our mailing list doesn't mean having to identify in any particular way. The newsletter will also be available to those in the community on the outside. However, the focus is in providing a voice for, and giving access to information to people in prison or those who have experienced incarceration.

Email: info@insideoutaustralia.org
Website: www.insideoutaustralia.org

What do you want Inside Out to be?

We want Inside Out to be first and foremost lead by prisoners. If you have ideas about what the newsletter should include or ideas about what the Inside Out network should be, we would love to hear from you. Please let us know if you want us to publish your ideas so that we can create a discussion and build this project together.

Right now the newsletter is the main focus of the group. However, as we build more capacity we might be able to take on other projects. Please be aware that Inside Out does not currently have the capacity to provide support in terms of individual advocacy, legal advice, financial support or counselling. However the newsletter will always include a resource list outlining services in your state that can help with these matters.

Go on the mailing list

Let us know if you are not already on our mailing list and you want to receive this free newsletter. Or if you know anyone else who wants to. We will send you out a new edition every 3 months.

Contribute your artwork or writing

If you want to have your writing, articles, poetry, letters or artwork featured in the next edition of the newsletter, please send it to us at:

Inside Out
Po Box 2446
Footscray
Vic, 3011



Feedback Form continued

What else would you like to see in the newsletter?

.....

Any other comments/ feedback?

.....

Please add my friend to the mailing list.....

☐ I would like to be on the Birthday Card list. My birthday is

☐ I'd like to receive the newsletter.
My address is

.....
.....

☐ I'm being released on this date:.....and I would like to keep receiving the newsletter after that. My post-release address:

.....