



We acknowledge the Traditional Owners of the lands on which this newsletter is produced and distributed. We pay our respects to Elders past, present and emerging. Sovereignty was never ceded.

Winter '19

Issue #11



Welcome to issue 11 of the Inside Out newsletter!

Hi Everyone!

Big hello to all the new people who saw the ad in Just Us and wrote to us for the first time. Welcome to the Inside Out Solidarity Network!

Couple of updates from us; If you haven't seen my handwriting for a while I (Amanda) have moved overseas. I'll be still be putting together the newsletter, reading your letters and keeping up to date with ya's but won't be able to be letter writing. Miranda has moved interstate and we are getting the Inside Out mail re-directed from VIC to NSW so we apologise if things go a little slower than usual.

Some of you may have been getting letters from Libby who has started helping us out, here's a lil intro from them: *"My name's Libby and I've been helping out with Inside Out for a few months now. So far I've mostly been writing letters to new people when they first sign up and helping type up the newsletter submissions. I live south of Sydney and I love bushwalking, swimming, reading and playing with my dog."*

Thanks to everyone who sent it submissions it's our biggest issue yet! An absolute 30 page banger, enjoy!

Here are the upcoming deadlines:

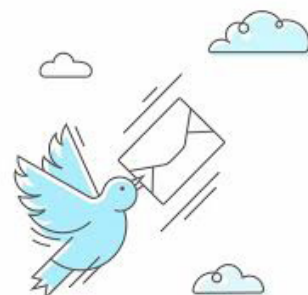
- November 1st Deadline for #12
- November 15th Mailout for #12
- Feb 1st Deadline for #13
- Feb 15th Mailout for #13

Info for people Incarcerated in Queensland

If you are in Queensland and want to contribute to the newsletter, 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.



Letters and Ideas for the newsletter

We will treat all your correspondence as strictly confidential, and will only publish letters if there is very clear permission to do so.



Letter from Kevin

Hi hi everyone. I hope everyone's year has been good so far.

I didn't write in for issue #9 as I've been a lot up and down mentally. My adorable partner is having problems outside and knowing I can't help him eats away at me.

On the positive side, 'Inside out' is now being advertised in June CC via the digital TV channel 101. I recently added the poster design in issue #10, along with the song "I want to break free."

Thanks to those that have written to me and continue to offer support.

Dean Bell – thank you especially for listening and I wish you well *Hugs & Kisses*

The last 4 months, I've been creating a Dungeons and Dragons campaign and I'm almost complete! I'm normally a Huge online gamer (I used to play professionally with DOTA and Command & Conquer) so being inside, I naturally continue to play games to keep busy & enjoy my time before release :) Although I have mental health issues & depression, I'm outgoing and will always try to support and help those who need it.

So for those of you struggling, stay strong, keep your head up and know that life may get better.

Kevin Newton.



Letter from David

To All The Members,

How are you? I am great.

I drew this picture for everyone who reads the Inside Out Solidarity Network Newsletter as a full size A4 poster to put in their cell or on the wall so if they feel down they can look at it and say that life is worth fighting for with the 6 love hearts they can put in what it is life is worth fighting for e.g. family, friends, equality, freedom, relationships, peace.

This is my six things that is why my life is worth fighting for:

Family: My kids. Bein there for them. I got 2 boys and 2 girls. Dave 11yo Amber 9yo Kaitlin 8yo and Jayden 6yo. My Nana looking after me all my life.

Friends: help me supporting me through the hard times with depression, talking to me, telling me to fight, you can do this. I tried to end my life 3 to 4 times back in 2012 and 2013 in jail Dec 14.12.2014 still having time where I was like this is it and to the start of this year I said no to depression no to taking tablets, start listening to music on a CD.

Then 1st of March I went outside just for a walk to talk to a friend. We started to train & saying, I can do this, give myself a chance. Lost 22kg and still going, inviting others to come up and train with me.

Equality: I meet someone in prison from the LGBTQI+ community where everyone should have the rights to feel love and connected.

Freedom: Feeling free back in the community to have a healthy relationship and for world -

Peace: everyone gets along.

There is so much I can go on about my life but we will be here all day reading the letter.

I leave with this I should of start with. I am 32 year old male bisexual looking for a friend and a pen pal very up to talk about anything and a good listener.

Thank you for reading my input to the newsletter. Til next time, take care.

From David Schmidt AKA 1 Tone

P.S. I will be out sept 8,10,2019 will update address in the next newsletter

Letter from Ashleigh

Hello Inside Out team,

I hope you are well. I think it is time to write and publish my story.

I am a twenty-five year old who publicly identifies as a lesbian female.

Secretly since I was 18, I had been diagnosed as Gender Dysphoric and only two people up until now were aware.

Inside Out has been a part of my reading material since the first edition and I have been afraid to tell my story. So here goes.

Born in Qld to parents not so nice with a childhood plagued with abuse. School full of bullies and a world I grew to hate. With a diagnosis of Autism Spectrum Disorder it made it some much harder for school, for home, in life.

Self harm and regular suicide attempts later, my life took a weird but amazing turn.

A beautiful woman told me to turn my wounds into wisdom. Turn the "you will never do, you cannot do" into proving I can and I will and I have.

Completed year 12 with a 2.5 overall position. Went to University with Paramedicine. I have completed multiple Diplomas, Certificates and programs. And now found myself in prison.

For over 4 years now, has been difficult. I have fought and fought for LGBTIQ+ rights, disability rights and have gained so much support from prisoners and staff.

I read this speech at the Prison Liaison meeting to which I was told no with the answer of: if we get a rep, everyone else will want a rep for the group. So I reapproached with having a peer educator who specialises in Gender and Sexuality Issues. Waiting for a reply.

Despite my life being the above and much more, I have adapted and thrived on their disbelief, their 'you cannot do' because of my disability or because of my sexuality and gender identities.

I may be a prisoner but I will never be defined/ bullied/ abused/ told you will never accomplish anything ever again without a battle. Without a little work and little help I never would have got to this point.

I am very proud of myself and what and who I have become.

With all of you beautiful, amazing people sticking together we will accomplish great things.

With love and solidarity,

Ashleigh Chapman

Letter from Toby

Hello readers!

This is my first letter into Inside-Out after being told about it and given a copy of #10 Edition from my dear friends in Parklea c/c (Shoutout to Gavin & Tyron).

I am so glad I found this newsletter and I wish it existed when I was last in jail in 2015/2016.

Anyways, Hey my names Toby but my mates just call me Woodey. I am bisexual and 25 years old from Country NSW – Tamworth/Moree/Mudgee area's. I am currently serving the last 3 months of my 6 month sentence at MSPC 2 Longbay c/c.

I am looking for people to write to so that my time goes quicker and to possibly make friends even when I am released. I am a pretty chilled out kind of guy that is open to anything.

I am not judgemental and I am very loyal. I enjoy music, sports, fitness or anything adventurous.

If you're keen to talk, send me a letter.

Much Love xx Toby (Woodey).

P.S details are below

Toby Woods
min #564379
MSPC 2
Locked Bag 20
Matrville, NSW
2036



Letter from William

Dear Inside Out,

Ok well I have never written to a magazine before and I thought Inside Out is a good place to start.

Ok I will start by writing a little bit about myself.

Well I'm 30 years old and only recently came out as bisexual. I'm from Newcastle and I'm into Doctor Who, Anime and comics so yer I'm a bit of a nerd.

I don't have any kids yet but I hope to be a father one day. Biological or not I don't mind, I was raised in foster care from 6 months old till I was 18 years old. Luckily I only had a single foster family.

What else, well I'm going to be in jail for another 2 years, I get out May 2021.

Ok I will end this letter here, thank you for all the messages you bring to the L.G.B.T. community I'm looking for pen pal, I don't mind if you're male, female or transgender, feel free to write to me.

William Mason,
430192
John Morony C.C.
Locked Bay 655
South Windsor, NSW, 2756

Letters from Tyron

Hello fellow Insiders,

This is my first letter and I recently was just added to the mailing list. Firstly what an amazing job Miranda and Amanda have done in creating such a platform for the LGBTQI community. I commend you guys. This is my first time in Jail, I'm 29 just turned 29 on May 23rd. I've been in for 9 months now and I haven't really found any support until I met Troy Walker, he is my jail father and I thank him for all his support and love he gives me from the other side of the fence!

On the outside I'm quite a scene Queen and I'm a DJ and DJ at lots of the Gay clubs on Oxford St and beyond so I'm really missing all my Queer family. Anyone wanting to chat send me a letter, Chookers to Dean Bell, Troy asked me to drop you a line to cheer you up.

All the best and chin up Guys and Girls and sisters!

Love Tyron Lucas

 Dear Julian and Team, And Inside Outers,

Thank you for the kind Birthday Wishes. I didn't think I would be spending my 29th B'day in jail :(I hope everyone is staying warm. But it's people such as yourselves and your useful platform to connect with LGBTIQ that gives us hope and comfort. I'm currently at Parklea waiting sentencing. Hopefully I'm looking at time served and I get to go home.

I've been inside now a year and it's my first time in jail. I'm missing my family heaps. I'll fill you in on my result on the 17th July, fingers and toes crossed.

I've very upset my good friend Troy Walker left on escort recently. He was a good friend and we provided support for each other. I hope he's doing OK down in Nowra!

If I get more time to serve I may look into getting a Medical One out because I'm sick of Gronks and being harassed to do sexual favours. Does anyone have any advice for me? How to go about it, what to say?

Below I've included a picture of myself and my beautiful stallion called "Showtime." This is myself and him winning at Nationals in Equestrian 2017 in a professional Dressage / Show Rider and I miss my horses so much!

Anyone interested in contacting me, feel free to do so. Chookers TY

Age: 29
Hair: Blonde Jail: Parklea CC
Min: 446319
Tyron





Letter from Radhun

Dear Amanda, Miranda and IO readers,

It has been very successful edition aite? Even though I did not receive those :p but I read it through Tori-Trueman.

In this edition I would like to talk something about; What Exactly Have We Learnt In Gaol?

Many people have claimed themselves “owh, I have learnt a lot ever since I have been in prison” the question is, do you really? You also still can gain the knowledge and experiences without even having to go through the hardship in prison. But kudos for those who sees the opportunities whilst incarcerated, ‘cause if you look back in the past, MANY wise peoples gained knowledge from self-isolation or prolonged meditations in a cave or forest, such as prophets and legends.

Sadly, normal-people often claim that they’re “wiser or wealthier or stronger” than anybody else in prison or maybe at outside. Well, once you’ve made such comment you are absolutely make the opposite of what you’ve claimed. Truthfully, many people I have seen in this life often says that “I am a University student” or “I had a lot of University assignments have to be done” well I get it! you try to tell the world that you’re academic individual. But the more you over-use the supreme-ultimate-wordy-thinggy, the more it shows that you live in your own world.

Other word means, you are actually not that smart, academically maybe 1/8...but socially or sensibly ideology or mindset perspectives? No way! It’s nothing wrong telling people that you have lots of assignments to be done, but it is so corny just to hear you kept OVER-using the word of University like all the freakin time!

It’s like when people are constantly says to others “I have got 3 houses, 2 Lexus and 1 BMW” or “I have 2 millions in my bank account” owh well, if you that rich would you have dozens of Asics during you freakin 7 years of sentences innit? You know what I mean?

People tends to choose expression more than actions. Well just keep it to yourself okay, cause the last thing you want to ended-up with is, being robbed in the goal. lmao.

Well, nothing wrong to show-off anyway, it’s just not normal to continuously emphasise something that you cannot really prove, especially when you are in prison. Basically, from what I have seen with this particular person is, they are building the weapon within themselves. They tried “to buy” people’s respect and support for their personal gain. Haven’t you guys seen those?

And for those who bullies and tends to intimidate those whom are weak, let me tell you something. You don’t have to constantly tell others that you have bashed many people before for the sake of stood-up-for-yourself. Well dude, you don’t have to impart your words just to show your strength to others. “You talk quietly but when you punch, you do it harder” that is what strong people normally do.

Humans are often making mistakes, and rarely people who have learnt from their mistakes or other people’s pasts or your own pasts.

For me, there are 5 “O’s” that we should not do. Over-judge, Over-confidence, Over-use, Over-reacting and Over-cook (well, you would not want to eat a freakin hard rubbery meat don’t you?) lol. But believe me brothers and sisters, if you avoid these 5 “O’s”, I will guarantee that your path will be a lot better and your mind a lot clearer and your thoughts will be precise.

Ok that’s all from me, for those who wrote me a letter thank you...I will always reply back to you ;)

Yours sincerely -
NAME : Radhun Manha CRN: 201258
ADDRESS: Karreenga Correctional Centre
PO 1044 CORIO
VIC 3214

There are no great tasks, only small tasks done with great love – Mother Teresa

True friendship is when silence between persons is comfortable - Anon

Quotes sent in by Troy Walker

 **Letter from Taryn Michelle**

Hi Everyone!

I hope you are doing well! Holy moly we are half way through the year! Sometimes I get so focused with my uni degree and other subsequent studies that when I come up for air, life in general has passed me by. Not a bad way to pass a prison sentence and don't get me wrong, the academic results are affirming though I must say my fellow brothers and sisters of the rainbow it is ever-presently important to stop and acknowledge the warm feel of the sun on the skin, or the gentle breeze lightly brushing over your face.

With all that said and done I have created a new eLGee BeeTeeQ encounter and provided a new song Quiz as well. All feedback is welcome. I have also included a kind of how-to-guide on getting a support group, LGBTIQ or more specific if necessary, in your prison. It may not work exactly for everyone and/or it may give you some ideas of your own, if so please share them. Oh, and please be sure to ascertain whether attempting such a support group is subjective to difficulty due to Policy and Procedure.

A big thank you to those who sent me letters inviting me to penpal with them. I have and am replying to all letters in a timely manner although if it seems like my reply is taking a while please understand that the prison I'm in has a letter quota for outgoing mail per month and sometimes correspondence with outside department/organisations take priority.

Subject changes, do any readers play Dungeons and Dragons? And it so, have you transposed your personal identity onto your character in any way? The reason I am asking is because I joined a D&D clan and my first instinct was to include in my charatcers back story was that she is transgender however I balked because I realised it is yet another facet of my life that requires navigating. My character is a Half-Elf names Shanairra Nightbreeze. I'd love to read your responses in the next newsletter and feel free to write to me too.

I'd like to say hello to Ash, Chrisitan, Amber-Rose, Alex and Marcus; I hope you are all doing well and staying strong my friends. To all I wish you happiness and may you find community in solidarity.

Taryn-Michelle Hislop

(Tazz)

 **Letter from Belly**

G'day Mob

I seen your Article in "Just US" news paper and decided I would like to sign up for your free News letter.

My Name is Lance and I'm a Wiwradjiri Man, though I grew up in Wollongong – Wodi Wodi Country. I prefer my mates to call me Belly, infact I prefer Every one to call me Belly HaHaHa.

Here is a short poem.

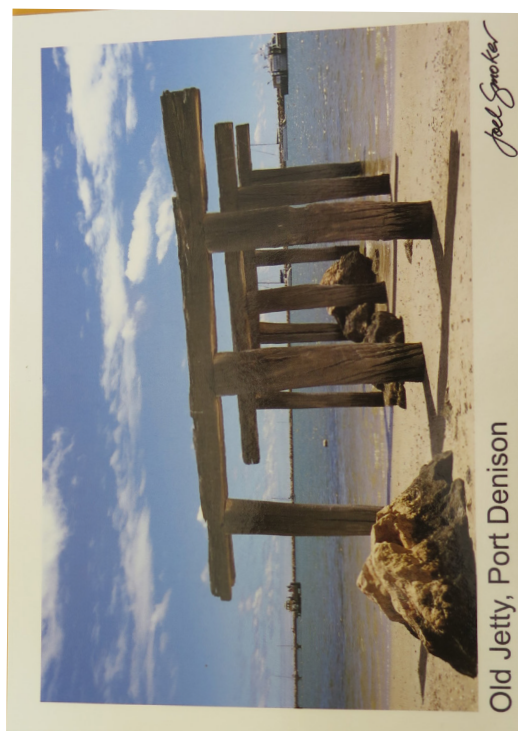
*Glistening almost Lustrously
A bright burnished beam
Utmost uttermost
Excessive Extreme*

*it's the Razor wire
Fiasco
I'm watching from
My Brasco.....*

By Belly

Hunter CC
NSW 2019

Lance Bell
min#326307
Cessnock NSW
2325



Postcard from Ashley Markey



Letter from Chris

Dear Amanda/Miranda,

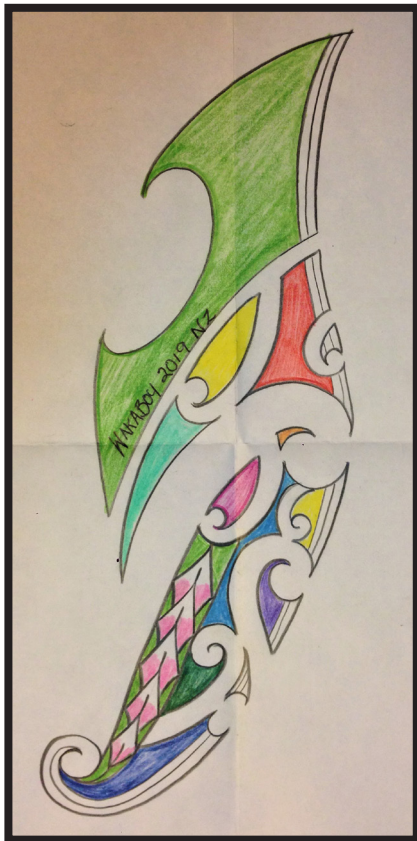
Hey there and how are you both? How's the rest of the INSIDE OUT "Family"?

I hope all is well for everyone :)!

I'm not doing so well at the moment, as I'm constantly having run ins with homophobic officers and the discrimination that goes with it :(!

Well thanks heaps for your awesome letter (written by Amanda), it was absolutely awesome to hear from you's once again :)! I received your letter yesterday and I'm replying to it now :)! So what's been happening at INSIDE OUT?

Well not a great deal has been happening here, since I last wrote to you's :)! On the 5th of May it was my Nan's B'day and she turned a whole 99 yrs young :)!



Artwork by Sonny Smith

I'm really close with my Nan, as her and Pop were basically my parents when I was a kid! I can't wait to get out and see her, as she's been really sick this year on and off!

On the 7th of May I spoke to the Area manager about my issues with certain Staff and their homophobic views! Although I didn't really get anywhere Because when I told him a few things that happened, he said

oh my officers wouldn't do that!

So I asked him if I could see the operations manager and he said he'd get me up there when the Ops manager wasn't Busy! On the 14th of May, I got to see the operations manager about what had Been Bothering me!

He actually Listened to what I had to say, instead of Just saying my officers wouldn't do that! He said he'll Look into and try to keep an eye on it, so it doesn't continue to happen! He also said If I continue to have issues, just tell the staff I'd Like to see him and tell him What happened! I thanked him for his time and that was that, so we'll see What happens!

Apart From that I've Been Busy, recreating and writing more, From/to my mates in jail and the ones I've met through Inside Out :)! I haven't wrote any poetry or anything For ages, as I haven't Been in the mood! Although I've already sent you stuff to go in the next issue (No 10) and I'll get something to you For Issue 11 Before the closing date arrives!

Apart From that, I've Just been doing my own thing and trying to relax :)! Now to Reply to YOUR awesome Letter, dated 10th of May :)! As I Said earlier, I'm not doing real well because of all the homophobic crap that goes on here! Although, apart from that, I'm doing Fine. Physically and health wise :)! I'll Be a lot Better in 3 weeks time though, as I'll be doing my Last day For this sentence and hopefully Last day in Jail all together!

Thanks For asking about how I was, I really appreciate it :)! There's no need to thank me For my Letters, I love writing to "INSIDE OUT" and contributing to the Newsletter :)! Thanks heaps for adding my 2 Freinds to the mailing List :)! I really appreciate it and so do they :)!

That's great that you're going to publish my last Letter and poem in the next issue of the Newsletter, thank You so much! Having my stuff printed in the newsletter is a Real thrill For me, Like I've contributed to something that I'm so passionate about :)! That'll Be awesome if Issue 10 comes out in the next week or so, I can't wait to receive it :)!

I Love all my Newsletters, they're absolutely awesome :)! Thanks For Your Support towards my idea of starting a support/social group when I get out :)! I would never of thought about doing anything Like that in the past But since I've "Come-out", LGBTIQ Welfare and anti-discrimination is something I've Become very passionate about!

Sometimes that's a really good thing But other times, it's not so good and gets me in trouble, Like with my arguments with Staff here!

I hope your Right about a Bunch of Inside Outers Responding to my Letter, asking For advice :)! I'd Love every bit of help I can get :)!

Yeah, I going to Become a part of QLIFE when I get out and Be a user of their web page and chat Forum :)! I may even Volunteer at Places Like that, ACON, Twenty10 etc, If I Can't get my own thing up and running! Thanks For Your advice that QLIFE might be able to help me out with Information!

Thanks For answering my question and telling me how You's went about starting up "INSIDE OUT" :)! Oh wow, I didn't know they had similar things in other countries, that's awesome :)!

Oh wow, I didn't Realise "INSIDE OUT" had so many supporters/subscribers But to have over 130 people, in 3 yrs is absolutely amazing :)! Please Continue with the hard work you's do and produce an awesome Newsletter, that helps sooo many people :)! That's great that You don't need any formal training/ qualifications to run Something like "INSIDE OUT" :)! Well, however you went about the Newsletter and what You put in it, it's worked and You's Both have done an absolute awesome job :)!

Yeah, You done a great job at answering my questions, so thanks sooo much, You's are awesome :)! That's great that You's Like to stay in touch with people once they're out and I'll definitely Remain part of INSIDE OUT upon my Release :)!

Thanks for answering my question about extending Inside Out to NSW :)! That's Ok that you don't think You's have the capacity to do that! I know a few people on the outside that could Be interested in working something out, I'll discuss with them and could Be in contact with you both in the Future, about all working together to expand INSIDE OUT to NSW :)!

Well that's the end of Your awesome Letter! So until next time, write soon, I eagerly await Issue 10, keep up the awesome work and take care!

LOTSA LOVE
CHRIS
xoxoxo

Christian Keech 266143
June Correctional Centre
PO BOX 197, June
NSW 2663



Artwork by Sonny Smith



Letter from Troy

Well #10 is amazing – so many amazing talented people in our group – thank you for all the poems, stories, artwork and letters. Good to see new people joining as well, thank you to all who promote our wonderful publication.

Taryn-Michelle - How are you enjoying the farm life?
Dean – So you're back again? Be strong and remember "THIS TOO SHALL PASS: - good to chat through the fence.

Matt Armstrong – In your letter in #9 you mentioned Dean and Troy – is this me, or another Troy? Sorry if it is me – can you drop me a line and tell me where we met? After 5 years of being in here – the memory is not good.

Simon Evans – your art work as always is amazing.
Kevin Newton – How's June? How's the library? Thanks for your help with the book trolley when I was there.

With regards to Azura's letter, her boyfriend wrote to me and the letters I helped him and her write worked, she has been granted a VISA and can remain in Australia, and not have to suffer what awaited her if she was forced to return to Malaysia!

Much love,
Troy Walker.



Letter from Micheal

Hi Inside Out,
I am seeking pen pals. Female or Feminine people. I am interested in a variety of subject matter, LGBTIQ is also of great interest. I get lonely in jail and I enjoy writing to get my mind out of here.

Michael.

Micheal McGarry
Acacia Prison
Locked Bag 1, Wooroloo WA 6558

*Life is shortBreak the rules
Forgive quickly
Kiss slowly
Love truly
Laugh uncontrollably
And NEVER regret anything that made you smile.*

Quote sent in by Troy Walker



Letter from Graham

Amanda, Miranda and the Inside Out Team,

Thank you for the #9 of "InsideOut". I enjoy reading all the stories and letters sent into you. It is always great to read a story from someone that I actually know, like Troy Walker, Dean Bell and others.

I enjoy short stories, before ending up inside, I used to download gay short stories. It would be good if readers would write short stories and they were put in the newsletter, or even if another small book (A4 folded) was done with short stories.

A real good mate of mine, who I met a Nowra CC was granted parole at the end of last year, the mate's name is Justin. Justin put me onto "InsideOut", if Justin still gets "InsideOut", I wish him all the best. Love you heaps.

Anyway thanks again
Love Graham

Graham Catterall
min: 499579
Hunter CC, Cessnock, NSW 2325



Artwork by Sonny Smith



Letter from Nellah

Dearest Inside Out,

I'm Nellah, 31 yo, Polynesian T-Girl (M-F), currently residing at South Coast CC, Nowra.

I am the only trans in this goal, so I am housed in a medical one-out cell! This can be very lonely and challenging. Like any queen I love a good juicy gossip shesh/ chin wag... but due to being a trans, I am not allowed to be housed with another inmate unless they are also trans.

In this pod there has been two openly gay guys who prance around in make shift dresses LOL (made of bed sheets)... they so need to go to Mardi Gras, they are even more fem than me and I wonder why, even though they are not trans, why they could not share a cell? Are there any other trans inmates, at other gaols in NSW or even other states who have been housed with inmates not trans?

I find it hard, like I don't fit in being in a one out cell, I have spoken to a psych about it, as there are not many things to do in gaol, especially in protection There is not a lot to distract me - they do not have TVs for rent here, you have to buy them for \$290 - if you cannot afford it, tough tim-tams! This is where a cell mates would come in handy, someone to talk to, play cards with (or even "watch soccer" - hey Troy :)). So basically I am bored out of my brains... so any girls or boys who want to write me and help break the boredom, please do, as I have heaps of time to reply - being locked in 18 hours a day!

I'll put the address here at the end, but I may get out soon - so if mail is returned, perhaps you can write to Inside Out and I can let the lovely people know where I am, as I will still want to get Inside Out to stay in touch when I am out.

Have been tempted to sign off being transgender just so I can fit in. I have made wonderful friends here who are in 2 outs or 3 outs, they have asked me to move in with them as they have radios or TVs, and understand why I am doing it so hard when I come out in the morning, they try to comfort me and ask how I am doing, and ask how I do it being locked in all alone.... I put on my big girl pants and smile and joke "It's gaol, what do you expect," but really I am doing dead miles from 3:00pm til 12am - 1am everyday when I have to force myself to sleep, just to wake up and put on a brave face and do it all again.

Save me from my boredom please and write to me. I'm single and ready to mingle... I need a gaol husband and Troy tells me there is hope for me LOL.

Love to all

Mafoeata "Nellah" Filimoehala

MIN 618896
South Coast CC
PO Box 538
Nowra NSW 2541



Letter from Jaely

Hey Inside Out team & Readers,

I would like to say thanks to everyone who has written to me as I find it really good to hear from new people.

I would like to say hello to Cody J, Rei Rei, Katelyn R, Red, Peter Carr, Paul West, and everyone else that I know from Victorian prisons.

I am doing very well now, staying strong and staying proud and learning from all my past mistakes. The only different thing at the moment is the relationship I thought I had, isn't happening anymore as I have not heard from him in two months plus his family has stopped talking to me which saddens me because I really started to develop strong feelings.

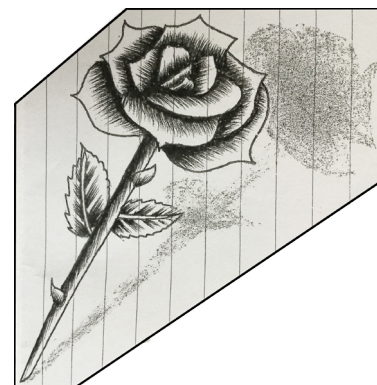
What I've learnt is to not have relationships in gaol.

Here's a positive, my security rating is getting dropped to B in a couple weeks.

Okay that's all from me now.

:) Love You All

James (Jaely) Rose
- 209087
Ravenhall C.C.
97 Riding Boundary Rd,
Ravenall, VIC, 3023





Artwork by Bill Buenen



Letter from Ash

Ladies, Gentleman & those who are still to decide,

Big hugs & a massive hello xoxo

Wow, we're now up to Issue #11, & now so many people writing in & sharing parts of their lives with us all...

This has become such a beautiful community for us all. Supportive, emphatic & safe.

However, some people out there, for whatever reason, are working hard to sabotage the safety of our newsletter. For sometime now, I've known of a few people (mainly @ Acacia) who get ahold of our newsletter & use our heartfelt stories as jokes. Stories to laugh at & information to use as weapons against us.

Now I'm not suggesting we keep our newsletter secretive, not at all, but we need to be careful who we share out info with. Giving hateful, phobic Turds or Trolls our very personal & vulnerable info just is not wise.

Personally I don't care what or who reads my submission. I've spent too long hiding who I am & am done with that...I am who I am! & I don't care what negative things turds have to say about me. But...It is not wise to share your pearls with swine.

See, I'm so pissy about this I'm even quoting the bible. WTF?

Lucky enough I didn't burst into flames while doing so. Phew...

I feel we have to be careful we don't compromise the safety of our community by knowingly allowing turds to treat our newsletter as a laughing joke.

What we have here is so very precious. I truly value our little community so much, & I want this to stay a safe space, for us all. This is our community! & I'm proud and honoured to be apart of it.

Ok, ok,

Rant over, steps down from soap box...

So as predicted I've moved again.. 3rd move since April. :(So don't deal with the change to well these days. Now in Bunbury Regional Prison, south of Perth & in a minimum pre-release unit (PRU)

Hmmm it's ok, minimum? Meh, no lockdown? Blar blar blar...

So miss the security of being locked in my single room 50% of the day. Still not comfortable or settled here, but time will tell how that goes. On the plus side medical here seem a lot more supportive when it comes to talking about Meds...nothing yet, but they at least seem open to helping me get to where I need to be...so hopefully 1 day...fingers crossed x

Obviously with all the moves this year my mail has been a little hit & miss, so if anyone has written to me & not had a reply, so sorry, don't be afraid to write again. I appreciate all my lovely pen-pals so much. You guys (& girls) help so much in keeping me sane.

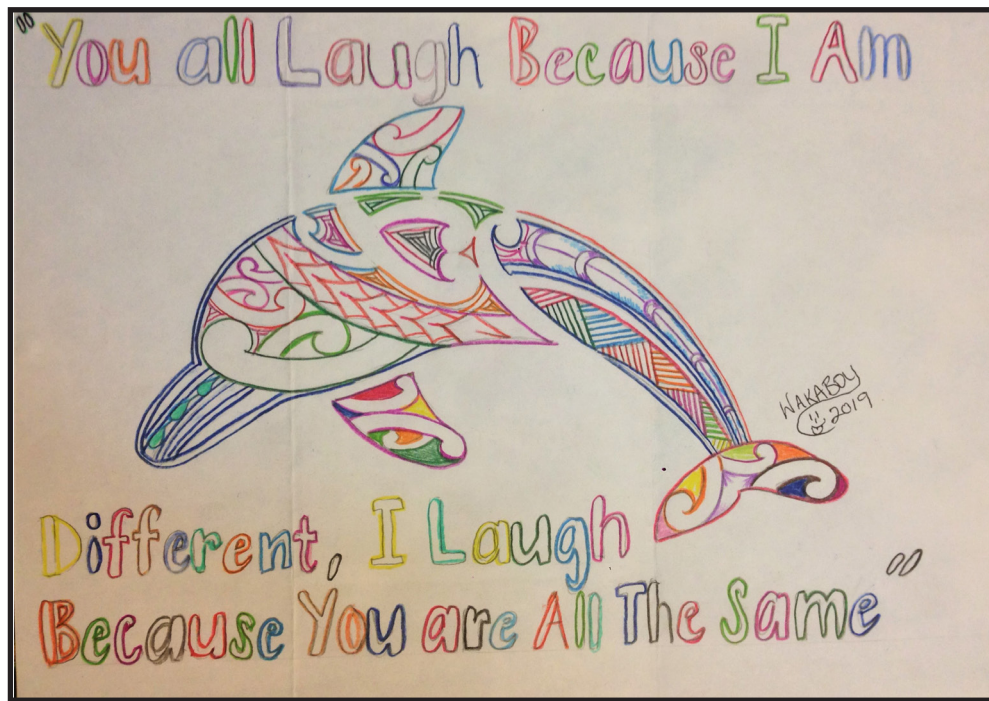
Thanks to all of you <3

To anyone new to Inside Out, of course hello & welcome, to all the wonderful friends I've already made – Supp! (Cheeky face – cute grin)

So for now my deets are:

Ash Markey
PO BOX 444
Bunbury
WA 6231

Don't be afraid to say hi, as always I love a good chat. Ok friends, take care, stay safe & never be afraid to be yourself <3



Artwork by Sonny Smith



Letter from Bill

Dear Amanda, Miranda & team at IS.O.
 My name is Bill and I have been in jail now for 3.5 years, with still a couple to go.
 A friend of mine sent me a copy of IS.O last week, it was the first time I had heard of your publication, and I was excited to have a read and admire the great artworks, poetry and contributions from others inside. Keep up the great work.
 Me, I'm a young 50 y/o. I have kids + grandkids, not a grey hair on my head and reckon that no matter what your age, it's never too late to do whatever it is you've always dreamt of.
 I was never a reader before I came to jail, but in the last 3.5 years I have read well over 200 books. I've fallen in love with books, and am halfway through writing my own novel.
 I also love to draw, and hope to one day get into fine arts, be hung in galleries around the world - Well, I can dream anyway.
 I'm a bit of an introvert, and keep mostly to myself. I'm bi, but have never dated a guy or had a real relationship with a guy. I hope to meet a nice younger guy when I'm out of this place.
 I've enclosed a couple of my pictures that I hope you like.
 Thanks for your publication.
 God bless, Bill

Bill Buenen
 565317
 P.O. Box 666
 Lithgow NSW 2790



Letter from Andre

Parklea Officers Stole my Apple Tree.
 I can't believe it, my apple tree was taken out of my cell. I had my beautiful apple tree for 6 months without any problems with CEO. Now MTC take over and stole my prized tree. I was going to turn it into a bonsai tree and take it with me even when I go. What has my poor apple tree done to deserve the rubbish bin. I told the officers on lock-n that the Governor is going to hear about this destruction.
 Looks like I need an approval certificate for a small apple tree. Even on the inside our beautiful trees are being destroyed by rules and regulations. Let's get a lobby group going to allow all inmates to grow small apple trees (bonsai) in our cells. Let's make our cells great again. We are in green, so why can't we make our cells green too? Come on guys, join in and rally for a green growing machine.
 Let's go bonsai, to our growing apply trees. All of our cells would be much better with a bonsai apple tree.
 Let's change the prison culture and start growing.
 Love from Andre (Schlagger)
 49 year young bi guy



Letter from Sphinx

Heya everyone,

Hopefully y'all are keeping warm in this cold weather thank you to all the beautiful people who have written to me, and thank you for all the birthday cards and messages. To everyone who I've promised photos to I am trying to get some organised, my housemate can be a tad lazy so photos or even a letter from him can be hard to get.

So I need to clarify a few things about me. On the 25th of June in 1996 I was born as Cameron K Budd but since 2015 I've been living as Sebastian G. Rivera. It's a name that my friends and I voted on together as it best suited my personality and it's my way of starting my life over fresh. Once I'm released from prison I will go through the legal process of officially changing it to my name. The reason for the name change is because my birth name is associated with heartache, broken dreams and bad memories.

So I know that I seem to be really confident and openly gay, but that is far from the truth. I'm very self-conscious, I have a lot of insecurities, I'm not-so-openly gay and I'm only really ever confident when I'm writing like this.

I've just finished reading the most beautiful and heartwarming gay teen story I have ever read. Simon Spier and Bram Greenfield, welcome to my heart. But the story - which by the way felt like Simon was sitting in front of me telling me his story - reminded me painfully of so many things I didn't have on my own gay journey.

Yeah, I had a few freinds, a beautiful boyfriend and a family all through Junior and Senior High, but when it came to support for my boyfriend and I when we were copping homophobic abuse from jerks at school and even from my own parents, there was only support from our friends and my boyfriend's family. Due to mental health issues I never finished Senior High and it breaks my heart to say this, but I've never experienced a 12th Grade graduation. I can say though, that I have experienced an American High School Homecoming which my American ex-boyfriend invited me to; jeez, that was an expensive trip. Trust me when i say the Americans know how to pull-off an epic Homecoming.

So, I had my hair -cut the other day and now I've got an American high school Sophomore's style haircut. 25mm short on the back and sides and like really long on top. Basically a young Ryan Gosling haircut.

So my birthday was absolutely epic. It was one of those days where you wish you could film it, so you can remember it forever. I made a really cute blue and pink bow tie and wore it all day and a few people thought I looked adorable, but then there were all the jerks who can't help but be nasty.

I had my hospitality Course Function that day too and that was awesome. My cell mate, David Schmidt, helped to put all the surprises together so a lot of my thanks has to go to him for making my birthday really awesome. You know, he's actually a really nice guy once you get to know him and he has a big heart.



Artwork by Sonny Smith

So I'm casually reading the newspaper and I come across an article that makes me absolutley lose my shit laughing. I quote:

Meth squirrel found in raid.

Montgomery: Police in the US State of Alabama made an unusual seizure yesterday during a drug raid: a squirrel high on Methamphetamine. The apartment's occupant wanted to make sure his caged "attack squirrel" was sufficiently aggressive "for fun" so he fed it animal methamphetamine, the Limestone County's sheriff's office said.

I swear I was laughing in absolute hysterics after I read that article.

So America has Trash Pandas (trashy raccoons), DangerFluffs (freaking big angry bears) and Nope ropes (angry-looking snakes), and now they have freaking Meth Squirrels. Save us, oh pray, the world's gone nuts!

So a little bit more about who I am. I had a super awesome July the 4th with themed banners and paper chains in my cell, so that was pretty cool. I'm going to celebrating Hollow Wieners (Halloween) this year too, though, I'll be home for it, so I'm really going to go all out for it. Pumpkins on the lawn, skeletons and other creepy stuff, it's going to be awesome.

I'm Spanish-American/ English on my Mum's side of the family and French- Canadian/ English on my Dad's side of the family. Plus I have a whole bunch of American friends, so that's why I celebrate a majority of American events, which is pretty cool.

I'm also a big fan of the works of William Shakespeare and plays like Billy Elliott, Oliver!, Romeo and Juliet and definitely Cats and the Lion King.

When I get out of prison I'm going to look for something in the way of performing arts or ballet dancing. Oh my gosh, I would love to go on a cute date with a guy at a park or foreshore filled with Oreos and ice cream and chocolate milkshakes. Urg, I'm such a sucker for romantic things.

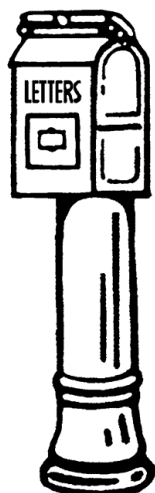
So, who's seen Spiderman Homecoming? The lead actor who plays Peter Parker (Tom Holland) is so freaking hot! I'm pretty sure that British lad is boyfriend material for sure.

Oh, and then there's Fi Fi O'Hara from Rupaul's drag race. I think we can all agree he's drop dead gorgeous. One last thing, some of you have asked when my release date is, so it's October the 21st this year.

Please keep your lovely letters coming.
Love Sphinx

Cameron Budd 173980
Port Lincoln Prison, Po Box 441
Port Lincoln, SA 5605

PS: Shawn Gorman, I want to write to you, but I'm heaps shy about it. Can you write to me? :) :) (blushes heaps).



Letter from Micheal

To the Inside Out team.

Hi, Miranda and Amanda and the rest of your team Got my 1st Newsletter, thoroughly enjoyed it. I am a straight guy but with Bi Curious tendencies. Love talking to the sisters here, I am so interested. I am looking for anyone who is female or is in transition I would so love to hear from them.

Just been knocked back until Feb 2021, I planned to get out a few months ago, the goal posts seem to move and a few more hurdles put in place. A little about me I have an European heritage 30% Irish 30% West european, 30% English + 10% Scandinavian. So if anyone would like to be my PenPal please do.

I read about Azura Jenvari situation, Deplorable, Why would Australia send you back where they practice Shariah law. I hope you get your new visa, if you read this please contact me.

Okay readers, I'm waiting for your letters

Love all of you
Michael

PS Radhun Manha CRN 201258 hcc
Write to me, tell me your story. Like to know



Letter from Alex

I would like to say thank-you to everyone that has contacted me and kept in touch and supporting me. And like to say thank-you for taking the time to get to know each other, coz now I can say that I have friends that are gay and transgender, which im happy for so now I dont feel like the only gay person in a conversation.

Also thank-you for having patience with understanding me and supporting me with my disability (Autism). For those that havent wrote to me and would like to get to know me please dont be shy and write to me.

Oh good news every-one I have applied for parole after doing 2 1/5 years of jail out of 5 so fingers cross come december this year they grant my parole.

Thanks guys.
Love from Alex Sandford 206028
Port Phillip Prison,
PO BOX 376, Laverton, VIC, 3028

 **Letter from Dean**

Hey to all the new and old readers,

I hope that everyone is well and means well :) So up to issue 10 wow how amazing I'm loving how far this newsletter has come it's amazing to see the leaps and bounds, the highs and lows that we all share with each other.

Recently I had the pleasure of meeting two courageous people Dan Hinton and Nela Filimoehala they are totally supportive people, provide me with the positive energy one needs to keep calm, I love you both stay strong my two peas in the pod :) and remember to remain yourself don't change unless for the better. I also had the privilege of writing to some new people so hey again :)

The one thing I do want to say is getting blood tests is easy you should aim to get tested my brothers and sister. Also a huge thank you to the PoP nurse here at Nowra S.C.C.C not only were you amazing, I felt cared for and values as a person so thank you so so much, you know who you are :)

Feel free to write me a letter as gaol can and often does get lonely. That's all for now my brothers and sisters.

Lots of Love and Hope
Dean xxooxx

Dean Bell
min 528859
Po Box 538,
Nowra,
NSW 2541

 **Letter from Troy and Aaron**

Dear Inside Outers,

Well, following from our letter in #10, we finally had a three hour Conciliation Conference with CSNSW and Anti-Discrimination Board of NSW. For obvious reasons we cannot disclose anything discussed, but we can say it was productive from all participants.

We did not really achieve much in regard to what we had hoped for, but we believe the powers to be at CSNSW now have a much better understanding of the issues faced by same-sex couples (especially those in relationships, or like us engaged) in custody.

Our solicitor is in the process of registering our relationship with Births, Deaths and Marriages NSW, and CSNSW want a copy of the certificate. We hope this will stop further issues when it comes to making applications for things such as Inter-Center Calls etc.

Thankfully we have the internal mail system and even though it takes time (frustratingly at times), it is free and allow us to continue regular contact. Once my legal matter is dealt with later this year, we will apply for our C (minimum) Classes and request to be moved together to a C Class centre.

We are thankful to so many guys in here, who are part of Inside Out for their support and friendship, it has helped us survive the journey thus far.

Love & Peace to all
Troy & Aaron.



Artwork by David Mcgettigan



Writing and Artwork from the Inside

Maybe – David McGettigan

Maybe one day
 We will get to see each other again
 Maybe we smile and kiss and then
 We will go out and drink
 Until we can't think
 Maybe

Maybe we will walk hand in hand
 And giggle, wrestling in the sand
 And really talk and cry and
 ...laugh, maybe

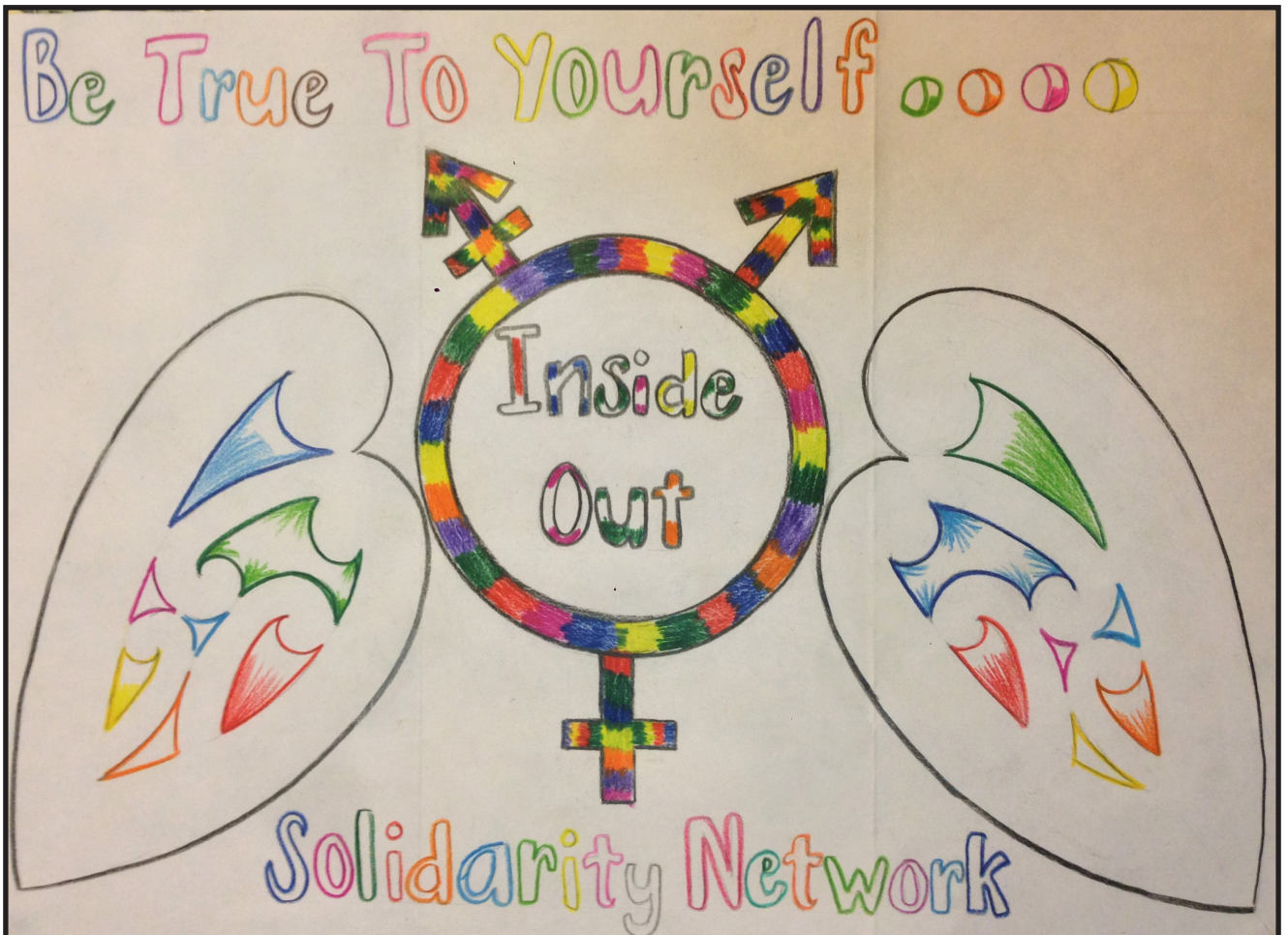
Maybe we will cry in the rain
 And sigh as we remember the pain
 And try not to drive each other insane
 Maybe

Maybe we will make promises we can keep
 And hug each other, than fall asleep
 And this time I'll stay, and not run away
 Maybe

David McGettigan April 2019



Artwork by Ash Markey



Artwork by Sonny Smith

My Coming Out Story - Sebastian G. Rivera (Sphinx)

Coming out shouldn't be scary or hard. It should be easy and without judgement, but for a lot of the LG-BTIQ+ Community - including myself - coming out has been really freaking scary and hard. But it shouldn't, it really shouldn't.

As a side note, don't you think everyone should have to come out? Why is straight the default? Everyone should have to declare one way or another, and it should be this big awkward thing whether you're straight, gay, bi, or whatever. I'm just saying.

Anyone, coming out is really a big deal and it should be important and it should be really exciting but society has made that so hard because of judgement, sexism, homophobia, and everything else. I had my own coming out and that went to shit too. So I guess this is where my coming out story starts.

I was inspired to write my coming out story because of a beautiful love story that bloomed between Simon Spier and Bram Greenfield from *Simove vs. the Homo Sapiens agenda*. In 2010 when I was 13 I came out to my parents that I was gay. I was inspired by my then boyfriend Mitchell and the way his family loved him, supported him, and welcomed me into the family. A few weeks after Mitch had asked me out in front of everyone in 8th Grade on the second day of 8th Grade - by this stage our relationship had gone viral on social media - I went into the kitchen of my house where my mum was preparing dinner and got her attention. I remember it being a nice late summer's evening and it was still light out. I remember I was so freaking nervous and jittery about what I was about to do. I wanted it to be a big deal. I wanted it to be important and I wanted it to be exciting.

My parents were Catholic and I certainly wasn't their favorite child but I had to gut up and own the moment. This is roughly the conversation that followed:

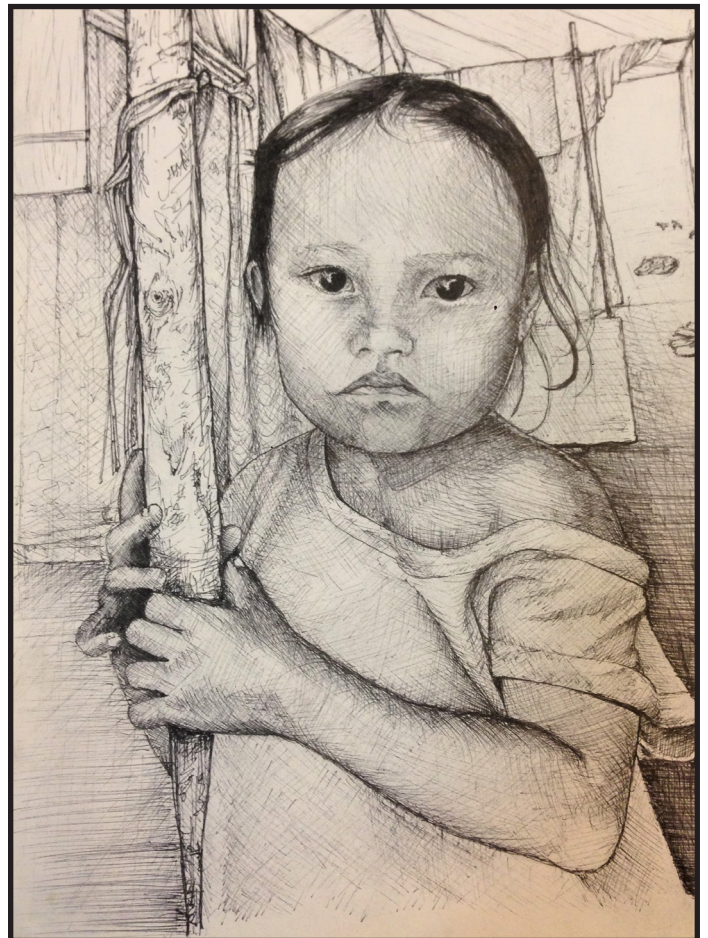
"Mum, there's something I need to tell you" I say
"What's that?" Mum asks in a condescending tone.
"It's just, the thing is, I'm gay." I say
"Right. I kind of figured." Mum replies.
"Do you hate me?" I ask
"No, I dislike some of your choices. but I don't hate you" Mum says
"Um, I also have a boyfriend." I say, very nervously.
"Right. What's his name?" Mum asks.

"Mitchell. He's in almost all of my classes." I say.
"Are you two having sex?" Mum asks.
"Freaking hell, Mum. No!" I exclaim
I wasn't going to tell her even if we were.

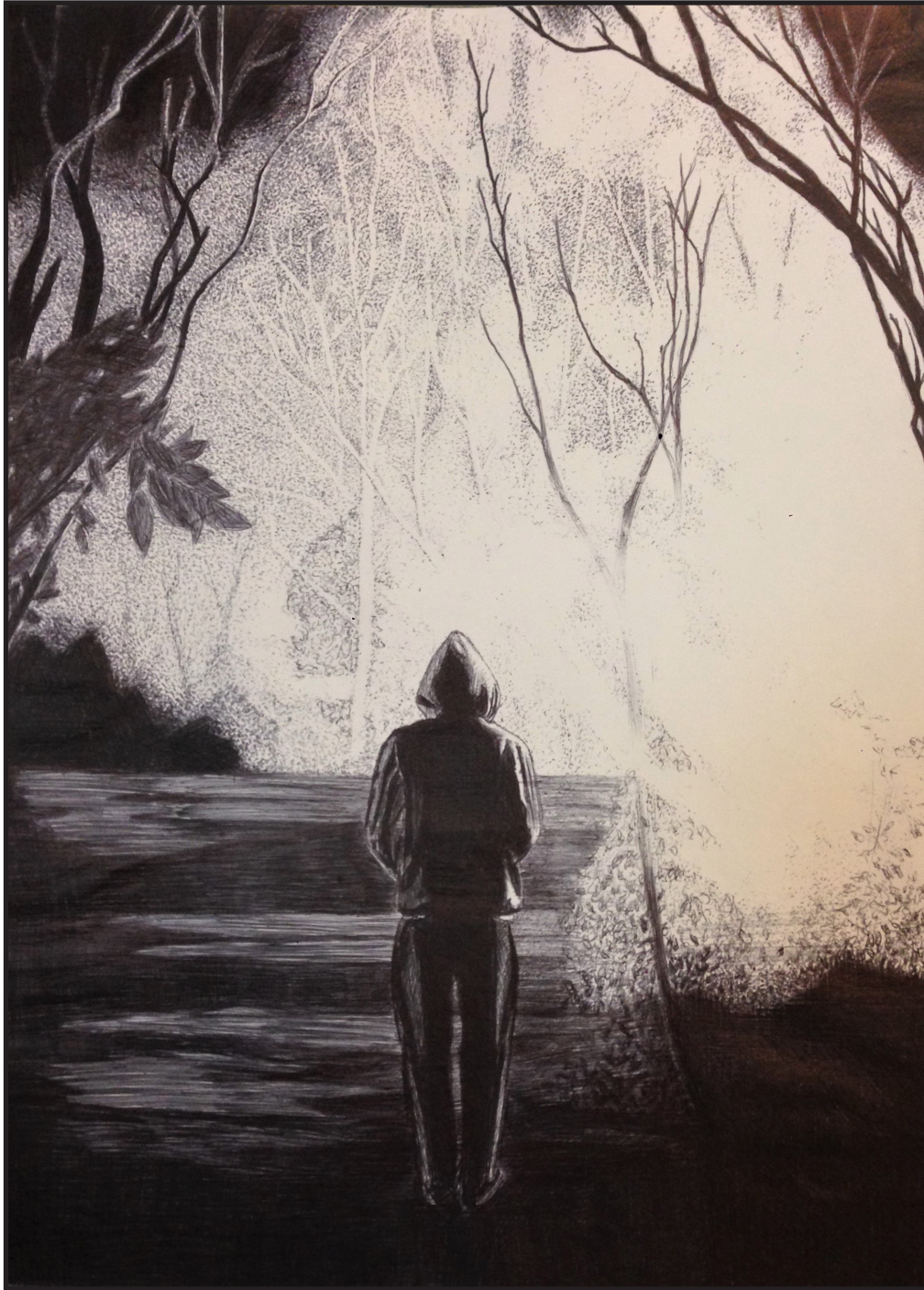
I'm pretty sure part of her didn't like what I'd said. So Mum and I both agreed that it would be her who told dad, so as to avoid me getting a mouthful of abuse from him. But pretty well everyday until I left home at 19 were filled with every abusive and derogatory word from me being gay.

So there you have it, my coming out thing. You never forget your first love, and last I heard, Mitchell was on the east coast somewhere.

By Sphinx.



Artwork by Bill Buenen



Artwork by Bill Buenen

Our job is to love others without stopping to enquire whether or not they are worthy
– Thomas Merton

Our lives begin to end the day we become silent about things that matter
– Martin Luther King, Jr

Quotes sent in by Troy Walker

Inside New Zealand - Sonny Smith

A broken system designed to be a sad, lonely place.
Inside the four walls of broken promises.

A system of degrading, corruption of staff that come
to work to pay the bills. Screws that turn keys all day
& night

Inside the prisons of New Zealand are men and
women, who are doing whatever it takes to survive,
waiting for the next broken promise that's yet to come.

The heartache and pain faced by many and the
brokenness of emotions that cloud the day & night.
days, weeks, months, years.

Locked up tight behind bars to make you feel like a
nobody away from friends and family. Razor wire
or cages holding you back from society and the real
world spinning around you.

High fences, tall lights glowing at night Big Brother
watching your every move making sure you don't
smile or try to escape.

Time is a luxury and so is the grass

Appreciation is for those extras that you don't usually
get. The excitement is when you get your canteen that
has arrived late or when your mail finally arrives to
tell you your property is on the way.

You wait in line to use the phone to call loved ones
or friends to tell them your struggle and how you've
been hassled by the staff or another inmate.

You lie in bed at night wondering about what tomorrow
has to offer? Then you think probably the same as
yesterday. You then think to yourself I wonder if the
guy next door to you will come out to eat breakfast in
the morning. Or will he be too scared to face everyone
around him like the day before.

Brokenness is all around us, inside us, Something we
don't want to face instead It's something we all choose
to ignore and bury beneath us or cover it with a Band
Aid.

Many of us sitting in a broken prison system & come
from a broken society made up of more broken
promises.

Change is not letting the system continue to be broken
but facing the promises that aren't broken.

Inside New Zealand is all the potential brokenness
becoming true talents and realise that even a broken
system can produce unbroken potential.

By Sonny Smith



Artwork by Joey

Moving On - Taryn-Michelle Hislop

What do you do when the woman or man you loved with every fibre of your being is no longer receptive to you because you committed a crime against a member of his/her family? What do you do if you have a deep love for the person you committed a crime against? What do you do when your friends and/or family find your crime so abhorrent that they cannot distinguish you from your crime?

-

There are many levels of uncertainty that confront criminal offenders after they've been sentenced, during their sentence and the pending probability of their post sentence. For some, and the percentage is smaller than you would think, they receive overwhelming and continued support throughout their sentence with the likelihood of it continuing when they're released.

For others, they are completely cut off from friends, family and all support. There is no rhyme or reason for such diversity when the crimes are the same or similar. People's reactions are diverse and vary based upon personal experiences, their values or principles, and the level of influence or pressure from other members of the community.

Aside from people's values and principles which are usually developed over a long period of time, a person's reactions are predominantly influenced or pressured upon by the level of media coverage given to their friend(s) or loved one's case. They can also be affected by social media and internet attention that the case has been exposed to. This would usually draw the attention of trolls and haters, therefore they distance themselves so as not to experience attacks upon themselves, family and friends.

Sad to say that the latter reason(s) mean that the offender withdraws into themselves to lessen the degree of pain at being abandoned by their friends and loved ones to the point of being emotionally dissociative. They are reduced to a world where they can no longer rely on their friends or loved ones and they are too afraid of rejection due to their crime to make new friends or social connections which would aid them in maintaining healthy cognitive thinking.

There are organisations that can help fill the void in terms of help and assistance for re-integration into the community. This does go a long way to fulfilling a requirement for release, however such assistance

is often sterile and there is no level of friendship or relationship due to the need to maintain a professional balance. Sure they send a yearly birthday card and/or Christmas card, but often there is no warmth felt in the courtesy, at least not the personal kind.

Some offenders do have access to wonderful initiatives such as Newsletters, Support Agencies and Pen-Pal Programs to act as a bridge between the offender and their family and friends without the direct connection to the offender. This helps so that friends and family can keep up to date with their progress such as personal, artistic and academic achievements. There is no guarantee that an offender's family and/or friends will take the time to access them however.



Artwork by Damien Lianne

Pen-Pals are a great way for offenders to connect to members of the outside community if the pen-pal is genuine in their offer of friendship. There are historical instances of offenders and pen-pals developing feelings for each other and entering into a relationship, which is great, however, such outcomes may be preventing those who are considering becoming a pen-pal to an offender to refrain from doing so.

Sadly also, such possibilities of an offender developing feelings due to prolonged abandonment and socially exclusion mean that even the well intentioned pen-pals get cold feet when the offender either knowingly or unknowingly structures their letters in a manner that could be construed as relationship level syntax.

So where does that leave an offender who has experienced social abandonment? Their wife/husband or girlfriend/boyfriend has abandoned them. Their family has abandoned them. Their friends have abandoned them. Any possibility of being reconciled with their family, friends, or with their victim is lost forever due to the offenders own actions.

If in those cases where the offender has or had a deep emotional love or connection with his/her victim which was unlawful then but would not be now due to the victim being older a very controversial situation arises. Should they be in a relationship after the offender is released? Or should the offender be denied all contact forever and always due to any grooming that may have occurred. The answer either legally or morally is likely that they should not.

The only variable which gives an offender hope even if everyone else has written them off is their children. Though children can be brainwashed by the other parent or family members, there still comes a time when they will want to know their absent parent or at least meet them and determine for themselves where they wish to be a part of their life even if everyone else has abandoned them. It is a small ray of hope for those who do have children.

As painful as it may often be the only option left to all offenders who find themselves in this situation is that they mourn and grieve for their old life and their old friends and even if necessary, their family as being forever lost to them. They pick up the pieces of their old life such as they are and they firmly grab hold of the new life they have built for themselves. This will usually and hopefully include all the positive skills and learning and qualifications they have gained while incarcerated combined with coping mechanisms and treatment gains that will give them a law abiding future in the community.

The main focus is to move on while still maintaining hope that those of their past may one day find the strength and/or courage to find them and reconcile themselves back into each other's lives. While it is important to move on it is also important to remember that those of the past may not wish to

or feel comfortable enough to be in their life whilst they are behind bars due to negative stigma. If in fact it does turn out that the past is forever lost and the future is all there is then it should be embraced with joy and happiness that a terrible event has occurred and this wonderful opportunity of redemption has been presented in the aftermath.

The advice of the author is to any reader(s) of this article who have a family member in prison or a friend who is in prison to take a step back for a moment and look carefully at your reasons for distancing yourself from them. If it is because of how others may perceive you then decide whether their perception of you should be stopping you from supporting your loved one or friend.

The author wishes to emphasise that this is an opinion piece based on real world observations and intends at a future date to produce a Journal Article with full citations and references of authority.

By Taryn Michelle Hislop



Paper Chained is a journal of writings and artistic expressions from individuals affected by incarceration. If you are currently in prison, have experienced time in prison, or have had a loved one in prison, we welcome your contributions to this journal.

Please send contributions or enquiries to:
runningwild@riseup.net
or
PO BOX 516, Stones Corner, QLD, 4120, Australia



Speech by Ashleigh Narelle Chapman

Reference:

Speech prepared and given at Dame Phyllis Frost Centre

For the purpose of:

Adding an LGBTIQ+ Representative

As DPFC evolves and rates of bother prisoners and all who work in and for this prison who identity in the diverse bracket of LGBTIQ_ which stands for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer plus more are increasing and will continue to increase.

The decision to bring this proposal to this forum has been a long time coming.

I am requesting that a LGBTIQ+ Representative be appointed to the ever-growing diversity to this prison.

The decision to do so would place the DPFC as a leader and potentially a pioneer in LGBTIQ+ rights. As no female correctional facility Australia wide has such a position, acknowledgement and support.

Multiple issues would benefit for having such a position.

Access to Information

Already supported by our Diversity Supervisor

A Safe place

A like-minded person to speak with

To feel embraced and connected

To involved in already implemented services such as

- Family and Domestic Violence

- LGBTIQ+ Support Group

The LGBTIQ+ support group has had only two sessions, second session doubled and went over two hours, which only one-hour time frame had been allotted, with many more wanting to attend and no room to put everyone. Due to the little to no support we fear to engage, we fear to ask questions, we fear to be ourselves.

Please give us the right to be represented, let DPFC evolve more and let us be a leader, a pioneer for change. This is only the beginning though we are ready, is DPFC?

Ashleigh Narelle Chapman

How to get a Transgender Support Group up and Running - Taryn Michelle Hislop

Due to the fact that most States and Territories of Australia do not have a specific policy for the management of transgender prisoners it has largely fallen on the transgender inmate community to forge the way ahead in terms of developing support.

There is no guaranteed way or method to establish a Transgender Support Group. The key component I have found in forming the group is lobbying. More importantly, knowing who to lobby. Find out who is approachable and who is not. They can be either internal or external to the prison. This can sometimes be a trial and error process. You will meet people who are genuinely interested in helping, some who appear to be genuinely interested and some who are adversely opposed to the acknowledgement of transgender prisoners.

So one way is to form a support group with your friends. It is important to check with your Peer Support Officer or equivalent to make sure there are no rules prohibiting prisoner formed groups. Some States or Territories may have policy or procedure against it. Also if you are in State-run or Private-run prison may have a bearing also.

Another way is to approach a department that is sympathetic to the LGBTIQ community. The most likely will be through the Prisoner Welfare Support (PWS) department or an equivalent as they are committed to the psychological wellbeing of prisoners. Symbiotically you could approach the Safer Custody department and/or the Medical Department.

All these departments within the prison are dedicated to addressing the wellbeing of prisoners; especially if doing so will additionally aid the prisoner reduce criminological factors. Use a little politicking to show how helping you will increase the philanthropic standing of the prison. Make them look good!

Once you have determined which way is best the next step is to get together and talk about you all want or need from the group. This may be actions or changes made by specific departments within the prison with respect to transgender prisoners, or it may have to do with acquiring support from organisations outside of the prison. Choose a day to meet, it can be weekly or fortnightly or monthly. Depending on the number of initial members this may involve some discussion and some give and take to reach an agreeable day and time.

Next, form an Agenda. Having already discussed who you wish to lobby for support you now need to start formulating a plan to achieve those goals. Each time the group meets be sure to record Minutes so that the group may refer back to them when necessary.

Remember, correctional facilities rely on policy, procedure and protocol to function, so the more your support group utilises established procedural methods the easier it will/may be integrated into the collective. For example, if the group identifies an opportunity for an improvement a letter can be created along with a copy of the minutes and forwarded up the chain of management until it reaches to respective person or department.

Paperwork is key!



Artwork by Damien Lianne



Recipe From Graham Double Decker White & Chocolate Cake

Ingredients: 2 x Pkt's Oreo Biscuits, 2 x Cans Lemonade, 1 x Dream Chocolate

Equipment: 3 x Bowls (you can use clear 1.8 L tubs), 1 x plate, 1 x cup, 1 x spoon, 1 x knife, microwave

Method:

- 1) Start by scraping all the white cream filling out of the Oreos, and put into a bowl for later
- 2) Crush half of the Oreos (one box = 2 tubes) into bowl, this bowl will be the bowl you cook the cake in
- 3) Crush the other pkt of Oreos, in a different bowl, and put aside for later, keep separate
- 4) In the first lot of crushed Oreos, add 1 x cup of Lemonade (250mls) and mix well, let it set for 10 minutes
- 5) After 10 minutes, upturn the mix onto plate
- 6) Take the cream filling from the Oreos, put in microwave for 30 seconds and then spread it over the cake base
- 7) Make up the second layer of the Oreo biscuits, the same way the first layer was done, and then upturn on top of first layer
- 8) Melt the white chocolate (Dream) and spread it on to the cake, it's really messy but don't stress, keep spreading the chocolate up and down the sides of the cake
- 9) When finished, put into the fridge for 2 hours



Sadness - Kevin Newton

The thoughts in my head are like perpetual night,
Dark, bleak and full of fright.
They go round and round without slowing down
I try to catch them, but I feel like a clown.

I tend to overlook things and then stress,
Some days, I'm just a mess
Self harm helps me to stay sane
I end up doing it again and again

With a blade in each hand
And my arms covered in blood
Hopefully I'll do it right
And fall down with a thud

I've finally fallen, my life's that bad
It's like a bubble, full of all that's sad
Would my family and friends be sad for a day
Or would they be glad I finally went away.

CAGES# - Chris Phillips

In and out of CAGES, back and forth I go
from at ease to attention, Quick March
yeh I know
Always contemplating, in and out and out and in
Green and Blue fragments Bottled up within

My life is not the same, instead it's Always Sin
My heart is cold as ice, instead of Pure Bliss
I never thought about all the things I'll Love and Miss

As Ned Kelly once said #Such is Life
And what Clint Eastwood would say
to the quick the fast and the dead
Go ahead make my day!!!

I don't know where I'm headed too
The North, the South, the East or the West,
or even if i'll end up in Tim buck fucking Two!

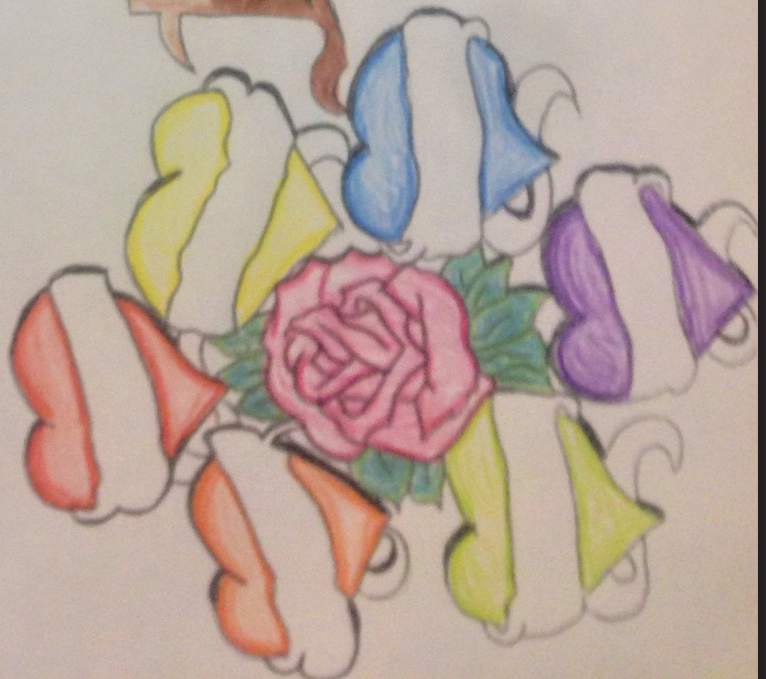
But I do know that we live, we learn and we die!
While the robot remains preserved!!!



Artwork by David Schmidt

Life is worth

living for



Community News

Victorian trans birth certificate amendment passes Lower House

Victoria's Legislative Assembly has today passed an amendment to the Births, Deaths and Marriages Registration Act 1996 removing barriers for trans and gender diverse people changing the legal gender on their birth certificates.

Currently, a person born in Victoria can only change the sex on their birth certificate if they have undergone "sexual reassignment surgery," can provide statutory declarations from two medical practitioners verifying their surgery, and they can only be recognised as "male" or "female" on their birth certificate.



If the bill is made law people will be able to change their sex on their birth certificates without undergoing surgery as long as they can provide a supporting statement from an adult who has known them for at least a year stating that they believe the application is made in good faith.

The Bill passing this first hurdle follows a rally at the Victorian State Parliament yesterday.

EOIs sought for aged care Royal Commission Advisory Group

The National LGBTI Health Alliance are seeking expressions of interest from LGBTI elders and representatives to join an advisory group to inform a response to the Royal Commission into Aged Care Quality and Safety.

"The National LGBTI Health Alliance is being funded to hold nation-wide consultations with LGBTI elders and older people, their families, friends, carers, allies and representative bodies to gather information, stories and evidence, both positive and negative, to

inform our response to the Royal Commission into Aged Care Quality and Safety" the callout reads. The alliance is looking to bring together 10 to 12 people to provide information and advice, review submissions, plan consultations and response to the Royal Commission's interim report, ensure key needs and issues are included and develop draft policy options.

Expressions of interest can be sent to:

Heath Reed

National Coordinator, Stakeholder Engagement

PO BOX 51, Newton

NSW, 2042

Queer women win big at the National Indigenous Music Awards

Melbourne queer performer Mojo Juju won Song of the Year and Album of the Year at the National Indigenous Music Awards over the weekend in Darwin.

Mojo Juju won for the title track of her 2018 album Native Tongue and the album of the same name.

Reacting to her win, Mojo Juju called the experience "surreal."

"Feeling the love today," she wrote on her social media platforms, "Thank you so much to @the.nimas for blessing us with the honours of Best Song AND Best Album."



Openly lesbian Lou Bennett was also honoured, along with her bandmates, as Victorian indigenous folk trio Tiddas were inducted to the National Music Awards Hall of Fame for their body of work since the band formed in 1990.

"What a wonderful way to spend our birthday," Tiddas posted to Facebook, along with a photo of their prize trophy, "Thank you NIMAs for the honour!"



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

Submission from Taryn-Michelle.

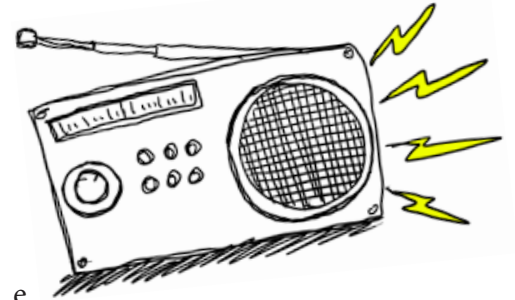


How to play: Guess the missing word for the "Chorus Line" and write the Title and Singer/Band in the space provided :) Answers on page 29. No Peeking!

1) Chorus: Y_u _a y B__ck I_ T_e_r_s Of S_m_o_e Y_u Love

Title: Y_u _a y B__ck I_ T_e_r_s Of S_m_o_e Y_u Love

Artist: S_o__e



2) Chorus: H_y, Mr T_m_o_u_in_ M_n, P_a_ A So_g_o__e

Title: M__a_b_u_i_n e M_n

Artist: T_e B_r_s

3) Chorus: G_d _l_ss Y_u _le_se M_s R_bi_so_

Title: M_s R_bi_so_

Artist: _i m_n & G_rf_n_el

4) Chorus: L_e__er_ P_e__ri__en...N____r_e_ni_g To S_n_

Title: _ig_t I_ W_i_e Sa_i_

Artist: T_e M__d__l_es



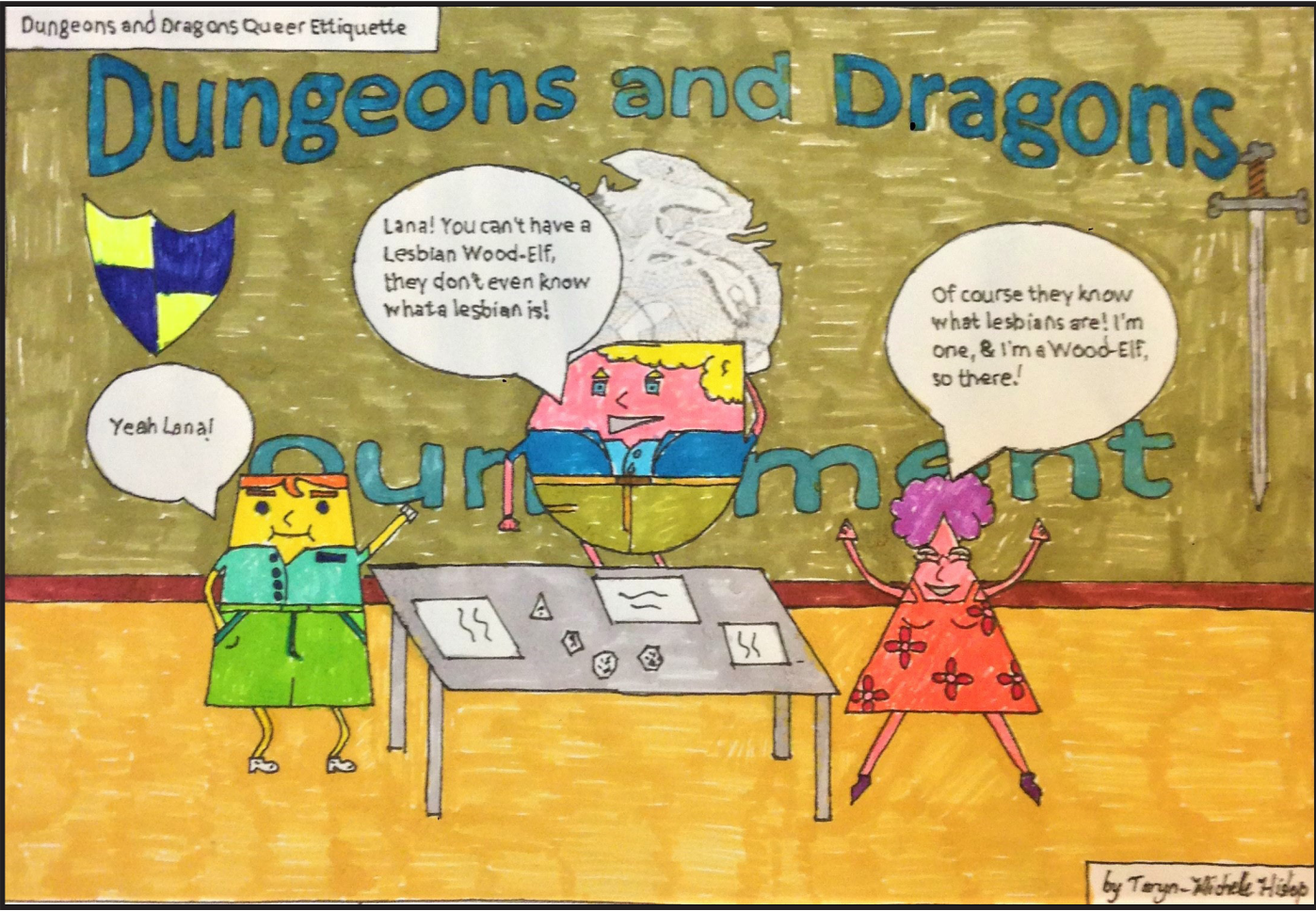
5) Chorus: Yo_ W_r_ _he_e T__ Wo_l_s _oll_de

Title: N_v_r T__r_s _p_rt

Artist: __XS

The eLGee BeeTeeQ's

Comic Strip
By Taryn-Michelle



What's That Song answers: 1) Chorus: You Lay Back In The Arms of Someone You Love Title: You Lay Back In The Arms of Someone You Love Artist: The Byrds 3) Chorus: God Bless You Please Mrs Robinson Title: Mrs Robinson Artist: Mrs Robinson Title: Night In White Satin Artist: The Moody Blues 5) Chorus: You Were There There Two Worlds Collide ten..Never Meaning To Send Title: Night In White Satin Artist: The Moody Blues 5) Chorus: You Were There There Two Worlds Collide Title: Never Tear Us Apart Artist: INXS



Inside Out Newsletter Feedback Form

Name (optional):

What did you like about the newsletter?

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.....

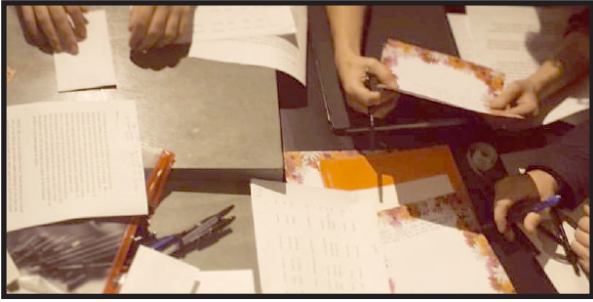
Anything you didn't like or think could be different?.....

.....

.....

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 lead first and foremost 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.

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:

.....