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Welcome to Edition Number Nine of the Inside Out Newsletter!

Welcome to Issue #9 and the first one of 2019! We are super excited that the newsletter is now in its third year and that's thanks to you guys, you have kept it going with all your contributions, interest, ideas and help.

This issue we have a whopping 10 pages worth of letters from both new and old members. Thanks to the new folks for introducing yourselves. We've got poems, drawings, paintings, articles, resources and some community news and as well another eLGee BeeTeeQ's comic from Taryn-Michelle.



*Thanks for all your cards, we loved receiving them!*

We hope you enjoy Issue #9 and we already can't wait to see what you all come up with for Issue #10 (can you believe we are already at number 10?!). Remember we have an email: [info@insideoutaustralia.org](mailto:info@insideoutaustralia.org) if you want to keep in touch that way post-release.

In solidarity,

Amanda, Miranda & everyone at Inside Out

### 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 Jen

To the team at Inside Out,  
Hello, Big hugs to everyone involved with Inside Out and the LGBTIQ+ community. I hope that you and all your loved ones are in good health.

Firstly I'd like to take this opportunity to just say that I think what you guys do and have put together is just amazing. The journeys, the story's and the self-discovery's are so inspirational, each and everyone of you are so special and unique and I support you all 100%!



### Letter from Ashley

Inside Outers!

A very happy new year to everyone. I hope you all were as safe and happy as can be over the Christmas period.

I've had a fairly challenging few months. Bullying, harassment, depression, gender dysphoria...It all get a little overwhelming sometimes. It is what it is I guess...

Support from 'the system' and Acacia is a little hit and miss, but as a whole the staff at Acacia are fairly understanding. They do try and support, it's not always perfect but I do appreciate their efforts.

Speaking about support, I've had heaps of people write to me from the newsletters and a few have even become regular pen pals. I won't name anyone personally, as not to accidentally expose or 'out' but just know that I appreciate you all so much. The friendship and support you all provide is nothing short of amazing. So a massive thank you to all of you :)

Take care, stay safe & never be afraid to be yourself.

Love & Solidarity,

Ash



Oh yes...I am currently incarcerated at the Dame Phylis Front Center, I've spent most of my adolescent life in and out of these walls and unfortunately built a life inside as I don't have much on the outside.

I wasn't given a great start in life, my biological parents had their own demons they were battling with and so I was placed into care.

I was lucky to have been adopted by a loving and kind family, however our relationship deteriorated over the years and eventually I lost contact. When I was 15 years old I went in search of my biological mother which introduced me to a world of chaos.

I learned that my biological father committed suicide in Pentridge prison in 1993, my biological mother also spent 5 years of her life at Fairly.

It seems the saying "The apple doesn't fall far from the tree" really applies in my life.

I would love the opportunity to share more of my story and life with you guys and I believe that not only will I benefit from having your support but you can also learn a lot from me as I have experienced some traumatic life changing events and am willing to share that journey.

Thank you for taking the time to read my letter.

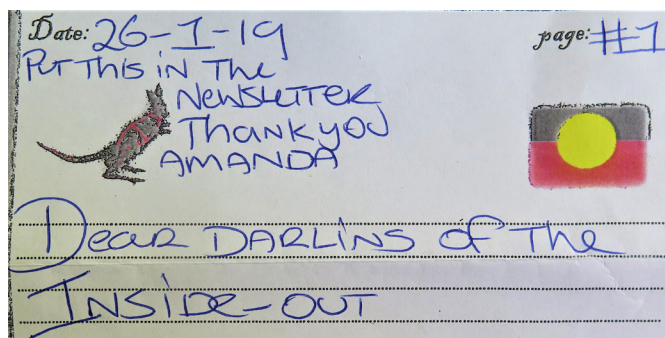
Yours Sincerely,  
Jen

*Picture by Ashley Markey*





## Letter From Rhianna



Well hello to all you queens, gays, trans and the rest lol  
Just to catch up-

I'm currently at Port Phillip Prison. I got moved from Hopkins due to an incident with an officer who I thought to be very homophobic and a racist person. Everybody who was at HCC knows who I am talking about. Anyways so I have been here for 4 months now at PPP, it sucks here it makes you really feel like you are in jail lol. There is other Trans girls here like myself Rosey and Dicko who we are pretty close as it is only 3 of us here, we have to try and support each other but beside everything I am going ok. Just missing my dear loving husband 2 be, Joseph, who is at Karreenga prison.

So yeah I seen SMU last Thursday they are moving me to Karreenga too, hopefully this week I go, I have had enough of Port Phillip.

It is driven me crazy true it's just so small anyway I should be gone this week. Anyway if there is any Sistergirls, Brotherboys who want to drop me a line feel free to as I will get back to you. I just like to say hello to my Sistergals Katty and Sarah up at Hopkins as I do miss you bitches, it'll be good to see yahs. I just got my inter-prison calls with my man Joseph so it is good it makes my time so much easier now, it was so good to hear his voice as I have been away from him for 4 months.

Thank you heaps darl  
Rei Rei Auston



## Letter from Katelyne

Hi everybody,

I hope peoples Christmas & New Years was as good as it could be considering everyone's individual circumstances. I wanna say a big hello to Ash, Rhianna (Ri-Ri), Parrish & thanks to all who have supported me over the last 6 months, and congratulations to Taryn-Michelle on her success to have her name legally changed, that's a huge win I'm really happy for you girl.

Wow what Cody Jarvis sent in about LGBTIQ Rights was an eye opener, thanks Cody. I love all the contributions, letters, artwork, poems its all inspirational and is full of hope and promise. But none of this would be here if it wasn't for Amanda & Miranda & the Inside Out team so thank you for all you have done for us.

Anyways for those that don't know I'm Katelyne, 33 from H.C.C I'm an M to F transwoman I've been in for 11 years with 5 years left till parole & I've been out for just over 1 year. I am a strong advocate for LGBTIQ right in prisons & I have a strong thirst for knowledge so I may continue to advocate for our rights (and no I'm not a lawyer) although I would like to be...if anyone knows of LGBTIQ rights advocates in the community of Victoria that have or can direct me to legal services that could assist me I would be most grateful if you could pass on their details to me. Or if you just want to write to chat feel free :)

Take care everybody  
Much love & Solidarity...

Katelyne Rintoull crn 190013  
Hopkins CC  
PO BOX 431 Ararat VIC



Picture from Richard Trindall



## Letter from Cody

Dear Inside Out Readers,

With the New Year settling in, from the 1st of January the GST on tampons has been repealed and in Victoria as of the 1st of January new regulations require that any programs required must be completed, including final assessments so that the prisoner can achieve parole by EED (Earliest Exit Date). As Melbourne packs away another year of 'Midsumma' festivities we still have so much to do for Equal Rights, Human Rights and Your Rights. I'm sure we would all like to feel safer this year, specifically within our community. Hopefully we will all be feeling safer and happier in 2019.

One thing is on my mind; 'Isms & Phobias'. It's all to do with feeling safer. Xenophobia, Racism, Sexism, Terrorism, Bigotry, Negativism, Homophobia, Biphobia, Transphobia, Islamophobia and Antisemitism all exist. At least every person in today's cosmopolitan society will come in contact with at least one or more of these in their life. How can we deal with this? Are changes in the law sufficient?

As a complex species homo sapiens is the only species in all of nature that exhibits such distasteful prejudices. Wherever our beliefs originate, by the time we reach adulthood we tend to have formed a 'Belief System' that we may maintain for the rest of our lives. But the idea that this is the product of rational conscious choices is highly debatable. It also leaves room for unsupported assumptions, contradictions, prejudices, superstitions and all manner of other impossible things – not just before breakfast but all day everyday.

If someone is unorthodox in the eyes of an individual and doesn't conform to their orthodox 'Belief System' they may be considered wrong. You would normally hear "That's wrong, why can't that person be like me. I'm going to make them be like me. I want people to conform to my ways and only my ways." If you don't like how someone is, well, it's a problem within you; it's true, it's a problem with you! As some individuals have a lack of knowledge or understanding of other communities we have such things as 'Isms & Phobias'. With a lack of understanding or being a complete bigot there is no room in societies for 'Isms & Phobias'. So can we change? Can we get rid of them?

People go to extraordinary lengths to reject information that contradicts their own existing 'Belief System'. This 'Confirmation Bias' is a universal human trait that often blinds people to the true nature of their own beliefs. One of the ways humans can change their beliefs is in response to a compelling moral argument or a new social circle and when humans do change they reshape the facts to fit in with their beliefs.

It's okay, we can live in a world free from hate. It's okay to be gay! It's okay to be different. One of the best ways to fight away 'Isms & Phobias' is to come together in solidarity, in unity and fight for education, fight for love and fight for common respect for all. Let's not thrive on negativity, let's not thrive on the wrong philosophy, but let's thrive on the right side of history! People from coast to coast have joined campaigns to recognise the rights of women, indigenous peoples, racial minorities, children, people with disabilities, immigrants, workers and so on. These people who have fought and advocated the expanding circle of Human Rights are the ones putting the end to 'Isms & Phobias'. These people were and on the right side of history and history honours them. Those who tried to constrict and take away Human Rights were wrong and history reflects that as well.

If humans have the power to create a world, a decent world, we can free the world from intolerance, isms and phobias. We can have a positive future and a positive outcome in the world. If we can make this life rich, vibrant, comfortable for all, let us do so. Let's make it a wonderful adventure. Let's be glad we can live in times of liberation, dignity and meaning, but we have to educate ourselves, educate others on beliefs. We Humans can change, We Humans can change for the better and humans can do so much more with a lot more love and a lot less hate. Next time you come into contact with a human who has 'Isms or has social phobias', demonstrate the fallacy of their prejudice.

If you're an activist I'd love to hear from you.  
If you like to send me a letter please do so.

Cody Jarvis  
Karreegna C.C  
Corio VIC  
PO BOX 3214







## Letter from Jaely

Hi Inside Out :)

As a transgender women in prison, doing your time becomes very hard. This is my story (briefly)

My name is Jaely Rose (aka James Rose) and I'm 21 y.o, lesbian, transgender (m2f), currently undertaking hormone therapy (HRT) and I am serving 4 years, 8 months with 19 years on the bottom but unlikely to get out till late 2019.

I came out as T.G when I was 16 y.o but my mum and family didn't accept it. I started HRT whilst I have been in prison but not through Monash actually through St Vincents Hospital – Endocrinology. Hormones has done a lot to me; my skin is softer, no more erections, decrease hair growth (body), breast growth, and plus much more.

A description of me is; 192cm (6'1), Skinny/thin feminine figure (long legs & short torso), 71kgs (I suffer Anorexia), Long brown hair, Hazel eye colour. Size 10+Size 12A-B cup and finally I look like a girl – that's what the other prisoners say. Lastly my name will be changed by February and SMU have told me they're assessing me for DPFC. Thank you :)

Please write to me if you want to get to know me. :)

Sincerely Jaely Rose – 209087  
PO BOX 376 Laverton, VIC 3038  
DX No. 39334 Port Phillip Prison

PS The other day I asked some guys in my unit, "why do you guys treat me like shit and disrespect me?" They replied, "You ask us to treat you like a women, so we do", I asked them what do you mean and they responded, "Women deserve nothing, their job is to cook, clean and f\*\*\*. That's it".

This is what needs to change.



## Letter From Alex

Hi everyone,

How are we all? I'm new to Inside Out. So I'll start by saying my name is Alex Sandford, I'm 23 turn 24 in March of 2019. I am gay and look to settle down with someone. I am easy going, love cooking, gaming, love the outdoors and motorbike riding.

I'd also like to say it has taken me awhile to be open about myself but when I was open about me being

gay I would get bashed and taken advantage as I am vulnerable and have a mental illness.

Other than that I'm intelligent in some aspects considering my intellectual disability, funny, romantic, caring, loving.

If you'd like to get to know me please feel free to contact me at Port Phillip Prison DX: 39334  
CRN: 206028

From Alex Sanford



## Letter From Sheryl

Hey Inside Out

I'm a first time writer. I am a transgender male, I am 42 years old. I only came out as transgender 2 years ago. My name is Sheryl Daneila Irwin aka Scott Lee Irwin. I don't have friends outside. I have been in and out of goal for 21 years now. I want someone in my life who will keep me out of prison and keep me on track. If you want to know me better pls write to me at June CC. I will be out July 2019 and find Mr right and be happy and stop coming back to prison. My min # 277761.

From Sheryl aka Scott Irwin  
June CC

WHAT "INSIDEOUT" MEANS TO ME ?  
INTERESTING  
NON JUDGEMENTAL  
SUPPORTIVE  
INTERACTIVE  
DIVERSITY  
EQUALITY  
OPENNESS  
UNDERSTANDING  
TRIUMPH

DEAR AMANDA & MIRANDA  
WISHING YOU BOTH  
AND  
REST OF THE LGBT Q+ COMMUNITY  
A VERY SAFE AND ENJOYABLE  
FESTIVE SEASON  
ESPECIALLY THOSE WHO ARE INCARCERATED  
  
LOTSA LOVE — CHRIS



## Letter from Taryn- Michelle

Hi Everyone :)

A big hug for all my brothers and sisters and non-binary members of the community. Amanda, Miranda and the team, thank you for everything that you are doing and I hope your lives are warmed and brightened as much as yours. Also, HAPPY NEW YEAR! Everyone, and I hope your festive period was spent with your loved ones.

I would like to say a big hello to my sisters in green Ashley, Strange, Jessica and Cassandra as well as CJ who resides in another prison nearby, we're here for you girl, and my good friend Amber-Rose. Some are still ticking the days off they're sentence and others have rejoined society but still remain with us.

How super cool is all the artwork that has been included in Issue #8! Simon Evan's Garfield, awesome! Ashley's heart-flower, totally wicked :) I really liked Joe Salazar's goofy rendition which reminds me of the many years as a child tracing out all the Disney from the Golden Disney book series. Damien Linnane continues to submit awesome works. I really love the drawing of the dog, is that a staffy Damien? What's his/her name? I love Nath Penman's bulldog drawing, my friend had a good laugh, he's gay but still cautious due to jail experiences. I also loved the Inside Out Xmas card writing event in Melbourne picture. Is that Miranda and Amanda's hands we can see :)?

I'm really excited about some very recent improvement in my small-corner of the country. We now have a Transgender Support Group which, though is in its infancy, is shaping up to be a great initiative for supporting transgender prisoners. We meet twice a month and I've been very pro-active in inviting members to sign up for Inside Out. I cannot go into much more detail than that at this stage due to a few haters or anti-LGBTIQ prisoners have been trying to throw chaos into an early evolving balance. I'm sure many Inside Out readers know the havoc that can be wrecked by prisoners who want to do nothing other than persecute. Well, it's no different here in WA unfortunately. But, Hip Hip Hooray! We are on our way to a full fledged support group.

I'd just like to take a moment to say hello and welcome Jaely Rose, Peter Carr, Kain Hackett, Phoenix and Radzun Manha, as a member of Inside Out and a Trans-woman of the community I warmly welcome you and encourage you to share in our wonderful community.

Also I'm really loving the poetry! Philip Jenkins, David McGettigan and Raymond Dickson all really know how to turn a verse with delicate prose.

Due to operational rules and regulations, blah-blah, I have been denied the opportunity to create my regular "What's that song quiz" and due to the growing requirements of my Bachelors Degree in Business majoring in Management to which I'm now doing 2nd and 3rd year units, (wow as a high school drop out I did not think that would ever be a string of words I'd put together) I have not come up with a replacement piece. To everyone who has enjoyed my Song Quiz's I apologise deeply, but hey! This may be a great opportunity for another Inside Out community member to bring something fresh to the newsletter. C'mon give it a go! :) I will be continuing with the eLGee BeeTeeQ's comic and I hope everyone enjoys this issues comic.

I stopped believing in Santa Claus years ago, at least I thought I did. Some of you may remember that I commented my series of paintings to which I've been sending in to the newsletter had either been lost or stolen when I sent them out for storage with my family? Well, in a recent phone call with my father he cheekily teased me along saying Santa had visited and of course I was like "whatt?" After a 5 minute period of him teasing me along he said that the delivery company must have 'located' my paintings as they delivered them, albeit a couple of months late. I was so stoked. I am so stoked! I poured my heart and soul into those paintings and when I was told they were missing it was like dying, again. But yay! My paintings are back! God-willing I will have a window of time soon and I may spritz the palette once more.

So remember everyone, no matter how down we get, or how lost we may feel, there is always someone out there whom we know or may not know who is searching for us, to help and guide us in our time of need.

Stay strong and never be afraid to ask for help.  
In solidarity we find  
community.

Taryn-Michelle  
Hislop  
Acacia Prison  
LMB1 Wooroloo  
WA 6558







## Letter From Radzun Manha

Hello HAPPY people :D those whom unhappy, let's be happy but not too HAPPY, otherwise you will be PLU. You know what I mean? :p

1st of all if you guys find my name kinda different it's not because Amanda/Miranda slipped their fingers while typing. It because I'm "in disguise" now..don't worry if you guys wrote me a letter with the CRN that been attached on the top I will still receive it, no biggies.

For those who doesn't know my little bio, here is a little bit of my bio. I'm 30 and Asian. I love painting, listening smooth.fm, listen to this particular singer/bands; Mimi, Muse, Metallica, Norah Jones, Jason Mraz, SOAD, Whitney Houston. Let me summarise: Ballad, POP-Rock, Rock, Soft Rock, Hard Rock, Reggae and Rnb. Certainly NOT Metal rock, jazz, Country songs, Disco-techno and Hip-Hop but I can give an exception to Eminem, Tupac and Mac Miller...apart from that? Nah..

So on the #8 edition I taught you guys how to identify people that are the same like "us". But this time I'll teach you guys something that I have been taught by gay community in my country. So okay, if you want to embrace or acknowledge someone's beauty, you won't say directly like "He's so handsome" but say "he's soooooo kendu" kendu = code word for handsome. I have been observing many of PLU when it comes to do the compliment, cause most of us can't hold our thoughts and must spit it out straight away. Such a klutz huh? XD

hurmm, so okay when I'll return to where I belong which is Malaysia, I will more likely to teach primary school students in my tuition class, You see, I had a technique to teach kids to understand English much better. Nothing complex like an essay. I am so bloody lucky cause in my country I can still be an educator or working in government sector despite of having a criminal record overseas.

Ok guys, till next time – cya – take care – have fun  
xoxo  
Radzun Manha (201258)  
KCC



## Letter from Matt

It means a lot when there are people out there that care and understand what I'm going through, thank you so much for your love and support, it's so amazing that you all have such big hearts. I would love to give back to all those who have supported me, I send my love and support.

Strange your amazing and loving, beautiful in every way.

Jaely you are beautiful, smart and outgoing, always keep your head up.

Dean Bell I miss you as a friend, you mean a lot to me, I hope your doing well.

Troy is my BFF and rock and I love him like family, your amazing.

I wish I could give you all a big hug and Taryn can you do a drawing for me please :)

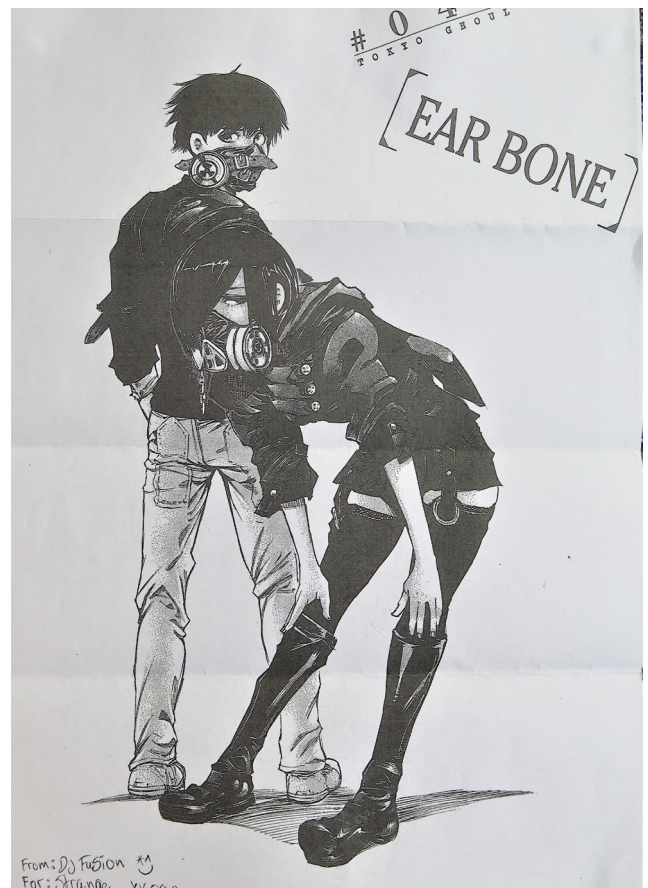
Joe Salazar can you do some drawings for me as well, I love all the art, also please Damien draw for me too.

Love you all and please don't hesitate to write to me.

Matt Armstrong #514584

Longbay CC

Matraville, Sydney NSW 2036



*Sent in from Dj Fusion*



## Letter from Paula

Hello Everyone from Inside Out,

Please allow me to introduce myself, my name is Paula Rynell, I've recently been transferred to Acacia from Hakea Prison CC. I was sentenced on the 8th November 2018. I have been out and proud as MTF Trans now since 2015. I struggled from the age of 14 with my gender identity and buried it for years, did the husband/father thing for 14 years but there was always an emptiness inside me that my ex wife could never fill. I am proud of the woman I am today because it took one hell of a journey to not only discover but accept myself for me.

I was so pleased to learn that I'm not alone here. A colleague in my unit handed me a copy of Inside Out this evening. I'd love to get on board with this newsletter and be on any help or support needed. For my own safety within the unit, I go by the name of Caz, it defies any explanation or unnecessary danger. I changed my name legally last year before I was sentenced. I said to my colleague this evening and I would like to pass on to all of you, anyone who is struggling, please don't do it alone, we're all in this together and the more support we can be to each other, the better.

I'm happy to offer my support to anyone who is under that dark cloud, both within Acacia and beyond. I'm hoping to do a counselling course sometime soon and my girlfriend is studying to be a psychologist. Together we would like to eventually be an external support unit for anyone in the LGBTQI who is incarcerated. Outside support is just as important as support within and having a supportive voice on the outside can always be a powerful ally. Just knowing that we're not forgotten while we're "inside" can do so much positively to our mental health state.

Unfortunately, as those of us in Western Australia know, WA is about 10 years behind the rest of the country and sadly shows no signs of catching up anytime soon. WA still enforces divorce before one can obtain a Gender Recognition Certificate, so much for WA's marriage equality, we seem to have missed out although I know they're trying to change that, it may still be a while off. Wait Awhile!

Well that's enough from me for now, be kind to yourselves. True validation comes from within, love yourselves.

Paula xxx  
Paula Rynell  
Acacia Prison Locked Bag 1, Wooroloo WA 6558



*Picture by Simon Evans*



## Letter from Kevin

Hi Everyone :)

My name is Kevin, I'm 35, Gay and currently at Junee. This is my first time writing to Inside Out.

A little about me. I'm a gamer, coder and I love music (Blue October, Conrad Sewell, Evanescence ect...) and poetry.

I have a lovely partner outside, Jarrod who's really supportive.

I'm working in Junee's library and produce the OSTV (Offender Services TV). Inside Out will be advertised on OSTV from February 2019, so for those in Junee, look out for it :)

A big thanks to Miranda and the Inside Out team for the Christmas cards as well as to all those that encouraged me to write in such as Dean Bell :)

Anyways, that's it for now. I'm looking to connect with others, so if you want to sat hi my details are below.

Kevin Newton  
#321078  
June Correctional Center LMB1  
June NSW 2663





## Letter From Paul

Hello to my Inside-Out family!

I hope everyone is well and keeping strong. I have been A.W.O.L for a little while getting a few important tasks/projects out of the way. But fear not – I'm still here!

Bottom line – I've been released at the start of January (whoo-hoo!) and after 6 ½ years inside it's quite surreal. Main thing is: I'm doing well, adjusting nicely and to those who know me – it's not as bad as people say!

So I don't plan on backing away from the LGBT community or the newsletter now that I'm out. In fact, I'm planning quite the opposite. I know too well how hard it is for a LGBTIQ person to adapt and cope within a prison environment and I want to do something to help in some way. Those who know me would tell you that once I've got a project I'm passionate about in my head there is no stopping me! Well, there's something in my head so look out – here I come!

Great to see some new names in the newsletter, some I know, most I don't, but I still consider you all as my Inside-Out family :)

On a more personal note, what is in store for my future? Quite simply, I want to find love...settle down with someone who is my soulmate, who understands me, and who is forgiving of my past wrong doings. I never thought I could have a same-sex relationship as I'd been hiding my sexuality for the majority of my life. I mean – hookups are great but they lack intimacy and lately it's something that's more important to me.

If I could find someone to share the rest of my life with, I'd die a happy man.

Righteo, enough from me. Warm hugs all 'round and I think Taryn-Michelle had summed it up well in the last edition of the newsletter - "In solidarity we find community".

Stay positive and stay safe.

Paul West



## Letter From Shawn

To The Brothers and Sisters at Inside Out,  
G'day everyone, how's ya all doing?

Well I'm writing from Cooma Correctional Centre, the weather has been a bit weird here of late, one minute it's hot and next it's cold and raining, ahh-well, that's Cooma for ya!

Well I suppose I'd better introduce myself, my name is Shawn Gorman, I'm 23 years old, I'm a bisexual straight acting guy, I'm a singer/songwriter and I will share some of my work with yas all starting in the next newsletter.

I would like to take some time out now to look back on the amazing, funny letters and drawings that the below people have shared.

Nathan Penman, dude I loved jokes about the psychologists and psychiatrist, I loved 'em.

Taryn-Michelle, I would firstly like to congratulate you in changing your last name, I also really love and admire your 3x drawings (Transgender Me, Shattered, & comic strip), I really connected and related to the Shattered picture with the story behind it, just know that you're not alone, you have an awesome talent in drawing – keep up the good work

Damien Linnane, I loved the picture of the dog.

I'm looking for some pen-friends, to write and to share my journey with.

Well that's all from me, I hope yous all had a wonderful xmas and new year, cheers:

Shawn Gorman MIN: 544835  
Cooma C.C. LMB7, Cooma, NSW 2630



## Letter from Simon

Dear Inside Out members,

I have also sent in a letter to my predator... my brother, who I have disowned because of what he put me through for many years of my teenage life. I wanted to share with everyone what I went through.

I also wanted to explain to those of you who I write to how I have been informed by the prison authorities that my letters have been too sexual... I have been asked to refrain from making them too sexual.

Honestly I can not believe how I have been told to do this. I am a bloody mature man who should be allowed to write the odd sexual letter. As you would know guys, we are all consenting adults and should have the right to choose what we write in our letters.

In my case, the prison authorities have concerns because of my past and how I am in prison for sexually abusing a 15 year old boy. Which happened in 1988, May.

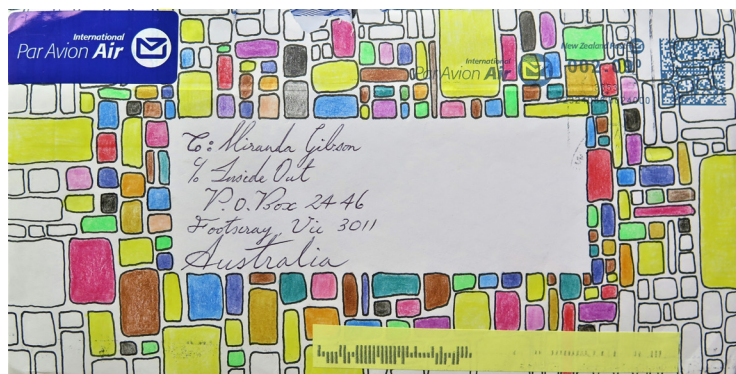
I would fully understand their concerns if I was writing to teenage boys, but the fact is, I am not.. I am writing to other gay and bisexual mature adult men who are of consenting age.

This should not interfere with the reason why I am in prison for, which is why I have written to the Human Rights Commissioner.

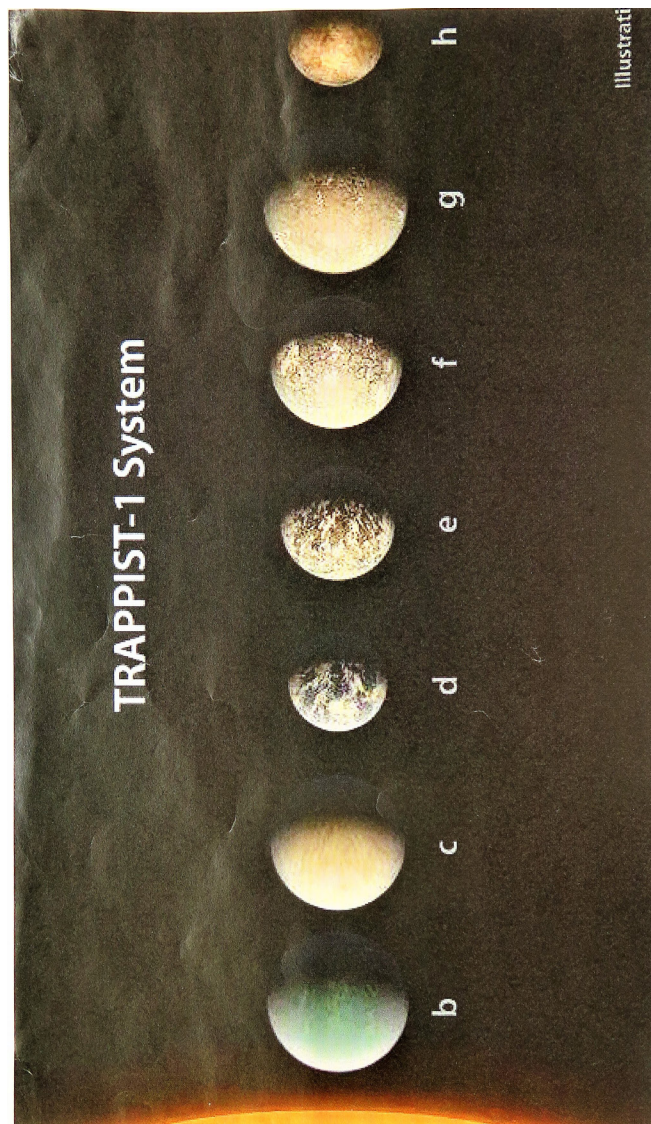
I just wanted to keep those of you who I correspond with informed as to what is happening in my life.

I thank you all for your letters which I very much appreciated and welcome. Your friendship means a lot to me and will always cherish it.

Much love and solidarity,  
Simon Evans.



*Envelope art by Simon Evans*



*The World's of Hope - sent in by John Glascott*



## Letter from Graham

Dear all,

I am a 70 year old inmate serving a lengthy term of imprisonment. I am seeking penfriends from those whom wish to correspond with. My interests and hobbies include gardening, art, bowls, most sports and card games. Rather than describe all in this letter I would enjoy to have some subject matter to write about in a reply letter to anyone who wishes to write.

Graham Walters  
Tongariro Prison P.B 500  
Turangi  
New Zealand





*Painting by Chris*



## Letter from Peter

Dear Inside Out Readers,  
I hope everyone is doing well. I have hopefully just started my last year in Prison. By the time the newsletter is out I will have just over 8 months until parole :)

Anyone who has been reading my entries will know I try to put a positive spin on most things as I think we need to remain as positive as we can in jail to get us through.

I would like to take the time to congratulate the Langi Kal Kal Prison for its positive outlook to the LGBTIQ Community. We currently have around 7 prison officers who have taken on the role of "Pride Officers", most of these officers are permanent fixtures who wear a purple badge identifying them as Gay Supporters who are available to talk and help anyone with issues or questions regarding LGTBIQ people.

I have to single out two of them without naming them, as highly courageous men, they admitted that at one time they were somewhat homophobic, but have been able to find the strength to be able to open themselves up to change! SO much so that they now wear their Purple Pride Badge on their chest with Pride themselves.

I think this is admirable, showing us we can all change! And at the end of the day we are all human. Having these 2 "straight" men support along with all the Pride Officers makes me feel safer.

I hope other prisons get on board with this support network.

Thank you,  
Peter Carr 210476



## Letter from Angel

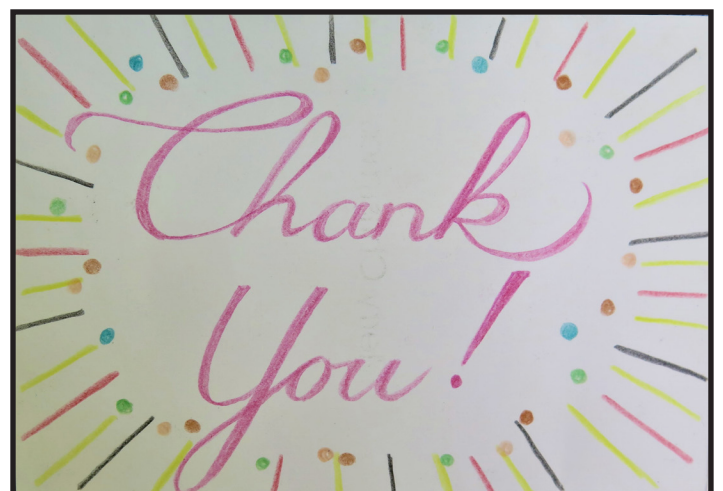
A State of Mind

So, an update about me. First of all, I was hell bent on changing my name, but someone very close to me didn't like Strange, so no name change. Still single, still into women, but no longer lonely. I've made friends, good honest and kind friends. Jen and Chappo, thank yous. And now, for my state of mind.

I can't express enough how important it is to have people close to you. It keeps your mental state healthy, it gives your very life purpose. And the longer someone is close to you, the more good it does. It helps you be your true self, it makes your life easier because your life is also supported by people close to you.

So when someone wants to be in your life, I recommend you welcome that person, cause people can vanish just as fast as they appear. And life becomes awfully dark.

Thus... thank you to everyone who has written to me, you all brighten my world :)



*Drawing by Simon Evans*



## Writing and Artwork from the Inside

### Poems by Katelyne

#### I am here for you

Please don't go to that darker place to hide  
Tell me honey all the things that are on your mind  
Don't repeat my mistake and become lost to all of us  
By drinking alcohol and popping prescription drugs

Hearing you I could feel how you felt all alone  
Tell me honey and breakdown that wall of stone  
I am and always will be here for you  
Forever & a day if it's the last thing I do

I need you to have courage & to be strong  
For I am here for you, I have been all along  
I will always hold your hand & make you feel safe  
I will never let you slip & never let you lose your way.

By Katelyne Rintoull 30/12/18



*Drawing by John Glascott*

### TRANSGENDER

**T**rapped in a prison of flesh & bone  
**R**are & taboo, the masses think gender is fixed and two toned  
**A**nywhere across the world we can be found  
**N**o longer in the shadows we stand proud  
**S**mile freely is all any of us wanna do  
**G**irls, boys & all of the transgender world, never be anything other than you  
**E**veryone deserves to be happy and free of rejections  
**N**ever to feel unsafe, A message to all those in Australian prison Corrections  
**D**iscriminate NO MORE, it hurts to be forced to remain in the dark  
**E**ndeavour to grow & evolve & accept us for who we are  
**R**eality is not limited by what you see & think

By Katelyn Rintoull 24/12/18





*Drawing by Simon Evans*

## Poem by Simon

### I am a somebody

I have always thought writing about who I am  
did not matter, cause,  
I did not matter  
I am just a nobody

It was very tough for me as I grew up, cause,  
of a speech impediment I had,  
I felt strange and different,  
I did not matter.  
I am just a nobody.

I felt strange and different, cause,  
no matter how hard I tried to pronounce words  
into full sentences my self worth took a hit,  
I had lost my way in life,  
I did not matter,  
I am just a nobody.

I've been abused and bashed,  
intimidated and prosecuted,  
discriminated and misunderstood,  
I've been pick on and misled,  
miserable and angry,  
annoyed frustrated and deeply confused,  
depressed and deformed,  
I did not matter,  
I am just a nobody.

As I walk through the valley of enlightenment  
I will fear no evil will cause,  
the good Lord Jesus stands beside me, he engulfs  
me with much laughter and happiness,  
in my heart and soul.  
I see things in a new way, he has lifted a  
enormous  
weight off my shoulders...I am free, I am free  
I am free at last!  
I am no longer a nobody,  
I am now a somebody,  
A somebody who deserves to live a life full of,  
Happiness and Joy.

## WHO I AM – By Sheryl (aka Scott)

I know who I am and yes I love being who I am but I don't like what I have done in life. I wish I can say sorry to everyone I have hurt over the years. I may have done a lot of bad things in my life but deep down I am not a bad person some people make me out to be.





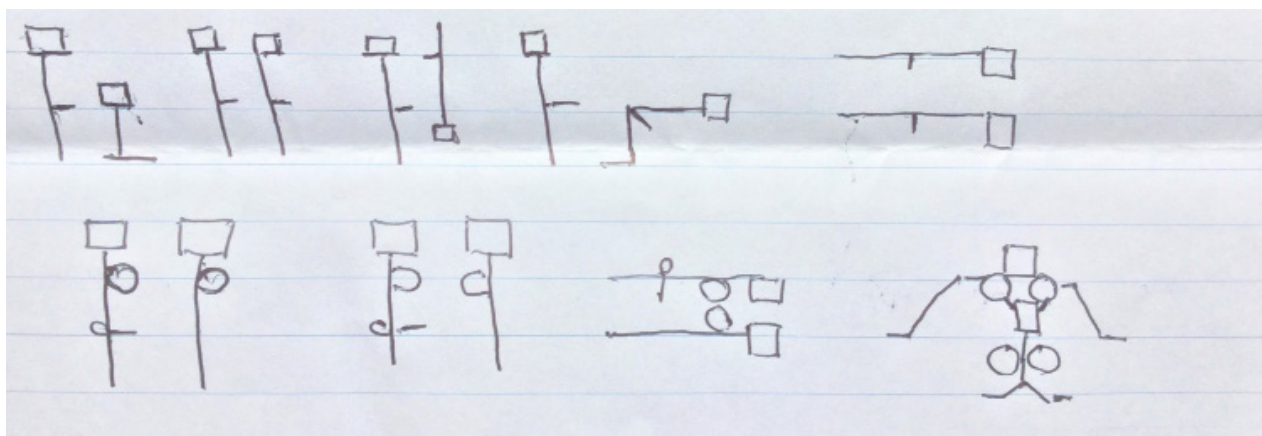
*Painting by Graham Walters*

### **Cody's Top Ten Novels that are a Must Read:**

Call Me By Your Name – Andre Aciman  
 Simon vs. The Homo Sapiens Agenda (Love Simon) – Becky Albertalli  
 The sequel to this book is called Leha on the Offbeat  
 A Boy's Own Story – Edmund White (3 Part Trilogy)  
 Dancer from the Dance – Andrew Holleran  
 Comfort and Joy – Jim Grimsley  
 Picture of Dorian Gray – Oscar Wilde  
 Enigma Variations – Andre Aciman  
 Hide – Matthew Griffin  
 A Ladder To The Sky – John Boyne  
 Cedar Valley – Holly Throsby



### **'Gay Hieroglyphics or Gayglyphics' by Dave McGettigan**





## **A Disconnected Conversation and probably at the wrong time**

**By PL Charles**

I am currently a mature age student formally studying Law at university. I have also just completed a significant period of incarceration. I have complex disabilities and impairments. I have prior histories of complex mental illness and poly-substance abuses. Since my release from prison, I have focused on my formal studies. I have found that I face a strong disconnection from the LGBTQTI Community and also a distinct loss of identity.

I have identified that where my isolation is as a result of my crime, that I also encounter significant barriers from within the community, that restricts my interaction with other community members and NGO's.

I feel at times and where these barriers exist, that this forces a further disconnection into loneliness and denies my limited standing with respect of a voice.



This creates further confusion around my understanding of my sexual identity and where I should fit into the LGBTQTI Community.

This type of situation is not uncommon for many LGBTQTI members of our community, that have experienced periods of incarceration. This was highlighted on the ABC Television Documentary Series, 'You Can't Ask That', where one episode of the series, focused on LGBTQTI members of the Community who had previously been incarcerated and for extended periods of time.

I understand the significant impact from my offending and not only with respect to my victim, but also on the community as a whole.

No one, other than myself, will ever understand the degree of remorse & empathy that I carry in my heart towards the victim of my offence, but also to all other individuals and communities that were affected and

who I now understand were also victims from my offence.

All communities have a right and expectation for safety, respect, dignity and equality. I agree with arguments for harsher sentencing laws and for a stronger voice from victims of crimes. I agree, that the role of the Adult Parole Board of Victoria is essential and with the applications of the findings of the review undertaken by retired High Court Judge Ian Callinan.

There are many individuals within the Victorian LGBTQTI Community, that lack a voice and representation and where a connection to services provided by Government and NGO's is essential.

There are many individuals within the Victorian Community, that lack an identity or a connection to the community where comparably Indigenous Australians, foster a connection to the land, to the waters and to its own people.

Where people have become disconnected from our own community or fall through the gaps then this is suggestive of a lack of acknowledgement or understanding of all individuals that form our community. As a community, we must have essential supports in place to assist those that live on the outer margins or that live in a different space and who might not be widely understood or accepted by our community. I feel that these individuals must be recognised and embraced for their different identities and outside the established normative understanding of the LGBTQTI Community.

I understand that within the Victorian Correctional System, that rates of LGBTQTI incarceration's are increasing.

From my own experiences, I had found that there was more often a lack of acceptance or acknowledgement to engage or to connect with LGBTQTI NGOs in the provision of their services. This is a significant matter of concern, where concerns from former and existing Royal Commissions and television investigative and documentary programs, have raised concerns regarding human rights abuses towards vulnerable people in State Care or within Correctional Environments. While many of those programs or commissions have not yet examined all State based Correctional Environments, there are many LGBTQTI prisoners, that face human rights abuses on a daily basis and where they are no longer connected or

have present identities that connect them to the wider LGBTQI Community.

The Victorian Correctional System and those LGBTQI Prisoners incarcerated within this system in Victoria, face vulnerabilities and impairments often with combined histories and disabilities inclusive of previous short and long term homelessness, poly substance addictions, gambling addictions, psycho-social disabilities, HIV/AIDS, Hepatitis C, mental health, autism, cognitive impairments, acquired brain injuries, mobility issues and others.

There are many with extensive traits of recidivism.

Those incarcerated from within the LGBTQI Communities can face significant human rights abuses, inclusive of sexual assaults, physical and verbal trauma on a daily basis. Often these abuses come not only from staff, but also from other prisoners. HIV/AIDS understanding, dates back to the grim reaper era and where a majority of prisoners within the Correctional System, fear that HIV can be transmitted from sharing cutlery, toilet seats, showers, through touching, through sitting beside a prisoner who is known to have an HIV/AIDS diagnosis.

These issues pose real and significant threats of trauma and discrimination towards LGBTQI prisoners in these settings. Access to appropriate LGBTQI and proper HIV/AIDS healthcare is at times, often extremely limited.

Access to LGBTQI NGO's can also be difficult. Many LGBTQI prisoners face a strong condemnation from the wider LGBTQI Community and NGO's, when they seek advocacy or representation. This is concerning with respect of human rights matters and where LGBTQI prisoners could have a desperate need to maintain their connection and identity to the community, through established LGBTQI NGOs.

Many LGBTQI prisoners feel abandoned and acknowledge that when you are behind the walls, that you are no longer part of the LGBTQI Community.

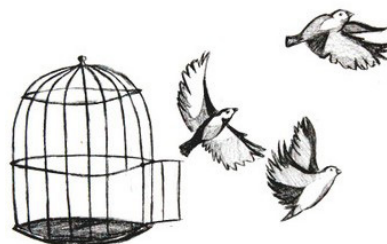
It is incarcerated LGBTQI prisoners, that often lose their sexual identities within these environments and where they exist with a more proportioned heteronormative population. This alone is a significant issue that is not completely recognised or understood by our own community.

Our Community can often seem conservative, rigid and sterile.

We are often a reactive community to issues based on statistics, rather than being proactive to emerging issues where statistics do not exist. This leaves our community vulnerable to individuals falling through the cracks or becoming disconnected from our community. This leads to abuses not only from inside our own community, but also perpetuates the potential for greater abuses to those individuals that have become lost and isolated, therefore creating further significance of extended social isolation and complex social morbidities that are on par with these failures.

Where our own Community NGOs are dependent upon grants and directions from Government, then these directions can often focus our concerns away from areas of need.

I understand the concerns around engagement and association with LGBTQI prisoners and their futures after incarceration. I understand the lack of acknowledgement, recognition, understanding or connection to these individuals from the wider LGBTQI Community.



I understand the significance of ensuring community safety and the appropriate sentencing on individuals that cause harm to any community.

What was highlighted from the ABC Documentary, 'You can't ask that', was that LGBTQI Prisoners, upon release from periods of incarceration and from Correctional environments, can often become further outcasts to the LGBTQI Community.

While I would agree that sentencing for crimes is essential, I would argue that upon release, impositions of further sentencing of LGBTQI individuals from our own communities, should not be lengthened through community behaviours that further foster isolation and distance, preventing reengagement and further isolating any individuals and their voice.

While community fears are valid and where there is a need for caution, there must also be a argument for re-integration, through acceptance and through support and where this can only be part of a rehabilitate process.



Positive change should also be recognised for what it is. Demonising, is neither helpful nor effective in any process of acceptance or integration.

Our Community, could look outside the statistics and acknowledge those that are falling through cracks. In any effective and reasonable community, consideration could extend to acknowledging the vast differences in diversity. Acceptance of diversity through respect, dignity and tolerance, could strengthen our community, while also recognising the depths of individualism.

As a community, we could acknowledge emerging issues and ensure that we have effective policies, inclusive of education, support and advocacy available to individuals from our community, that are affected by these circumstances.

As a community, we could ensure that we **always** have effective communications and that we have a presence. Our presence, as a community in representation and advocacy is especially important in institutionalised environments and throughout the Justice Systems.

Our presence could be further defined through our awareness, by listening, by understanding, by advocating and by ensuring that policies, rules and regulations that affect individuals from our own communities in these settings are fair and equitable. Our presence, could be used to advocate where it is necessary and to ensure equity through inclusion. Our presence could be shared to act as a reminder that we are a community of diverse individuals. There are other communities that have performed this type of presence for many years.

The Indigenous Elders, engage inside the Correctional Systems, through specialised & trained representatives from their own communities. They engage with Indigenous Prisoners to maintain a connection, to the lands, it's waters, it's people, it's traditions, it's customs, it's history and its values. They engage to promote a connection with identity, in a system where identities can be morphed through distinct and varied populations. They engage, advocate and respond to the unique challenges that affect indigenous prisoners in these settings.

There are other communities, that interact within the Victorian Correctional System, that also engage with specific minorities in a similar manner to that of the Indigenous Communities.

I feel at times that the Victorian LGBTQTI Community has become a very selective type community and with traits of discriminatory practices. I feel that historically and even to present day that it has been driven by a 'boys club' mentality and there is a lack gender equality representation.

I believe that Equality messaging is powerful in our community at the present time, and it is essential that conversations start and where silent voices and whispers that had once been hidden away in lonely dark hallways, emerge in new conversations that should be owned and acknowledged by all of our community.



To enable acknowledgement of our community, is often to let go of our personal values, that once defined the pathways and journeys of our often centric community. Where we have often been held back by innobling concerns, that lacked bi-partisan commitment of acceptance and inclusiveness, has often fostered responses more akin to intolerance.

Other communities and inclusive of Indigenous and First Nations People, are often inspired by shared visions in engagement and acceptance. This is achieved by following ancient and traditional values of shared respect and dignity. These traditional values bind a strength of belief in community and through a strong connection and commitment to its people and to those in its communities.

A respect of the past, provides direction for the future. It's elders, their stories and the traditional clans and mobs inspire respect. There seems little judgement, with a focused tradition on identity and on connection.

Our community has often been stuffy and has lacked the capacity to take risks. It is often hard to comprehend if this type of reasoning has suited a more conservative platform. This type of conservatism might offer a stronger platform for negotiation for a movement in change and direction. This type of approach however, with a negated capacity of risk can instead foster barriers to restricting an important and necessary understanding around diversity that exists in our own communities.

To lead our community into the future, effective leadership could focus on the inclusion of greater representation from diverse individuals and who may have been underrepresented in the past and who may have lacked a voice. It is often considered that diversity in our community is a reflection of the colours from that of a Rainbow Flag.

I would consider that the diversity of our community extends past that comparison and that instead there are many unique and talented individuals in our community, that might not identify with the established norms in representation. It is important that these voices engage and be heard through our changing community.

As our community evolves and where this has often been bound by tradition. We could also consider the voices of the underrepresented working together in unison with tradition. This could further inspire and set a new direction forward for our community into the future.

As a community, we should never fear to engage. We should never fear to take risks or to ask questions. We should never fear to be inquisitive.

Our fear to accept or acknowledge, will only hold us back on a path of inequity, where equality underpins the cornerstone of everything we hold near.

Author. PL Charles

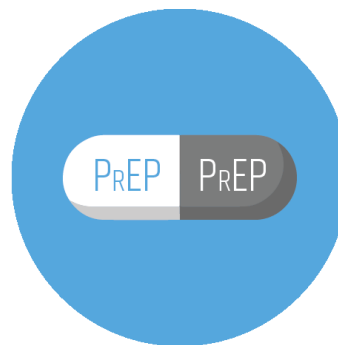
## PrEP for HIV Prevention - Information sent in by Cody Jarvis

A once a day pill that keeps you HIV negative. You may have already heard about PrEP. Perhaps you know a little bit about it and would like to know more. Or perhaps you don't know much about it at all.

Either way, PrEP is an exciting biomedical development that is already playing a vital role in our efforts to end HIV by 2020, and since being listed on the PBS (Pharmaceutical Benefits Scheme), just about anyone can now get on it!

*What is PrEP and why should I take it?*

PrEP is an acronym that stands for pre-exposure prophylaxis. It involves HIV negative people taking antiretroviral drugs to protect them and prevent HIV infection – just one tablet a day.



Unlike post-exposure prophylaxis (PEP), which is taken after a potential exposure to HIV, PrEP is taken on an ongoing basis before potentially being exposed to HIV. Some would say it's similar to 'the pill' that women take to prevent unplanned pregnancy.

Studies from around the world have shown that when PrEP is taken daily it is highly effective at preventing HIV. It allows you to be in control of your HIV status, gives you around-the-clock protection against HIV and can relieve stress and anxiety that can be associated with sex.

Neg or poz, we all share responsibility for HIV prevention. With PrEP, neg guys have an additional tool they can use to proactively be in control of their HIV status. When PrEP is in the equation, poz guys can be confident that their partners are well protected.

*Who is PrEP for?*



PrEP is recommended for people who are considered at risk of getting HIV. You are at risk if you:

- Are a man (cis or trans) who has anal sex with other men and does not always use a condom
- Have a heterosexual partner who has HIV and you want to have a baby
- Have a partner who is HIV positive but has not achieved an undetectable viral load, and you don't always use a condom

To take PrEP you must be HIV negative and a HIV test should always be performed before you start taking PrEP, your PrEP prescriber will go through this with you at your first appointment.

While PrEP is effective in protecting you from HIV, PrEP does not protect you from sexually transmitted infections (STIs). Anyone taking PrEP should test at least four times a year for STIs and consider even more STI check-ups if they are having a lot of sex without condoms. A full screen should include chlamydia, gonorrhoea and syphilis, and can also be done when you visit your PrEP prescriber.

*Where and how can I access PrEP?*

Access PrEP through the Australian healthcare system. If you are an Australian resident with a current Medicare card you can access PrEP through the PBS at a subsidised cost. This means any doctor or general practitioner can write a script for PrEP which you can take to any pharmacy for dispensing (collection). Keep in mind you may have to pay for your doctors visit if it's not a bulk billing service.

Access PrEP through personal importation:

If you are not able to access PrEP through Medicare, another option is to purchase a generic version of the drug from a reliable overseas supplier. You still require a script from a doctor before ordering online. There are multiple suppliers who export PrEP into Australia at a range of costs. Visit the 'PrEP Access Now' website for more information.

*How much does PrEP cost through the PBS?*

Anyone with a Medicare card and a script from their GP will have to make a PBS co-payment at the pharmacy when collecting their PrEP, which is the same for all other medications accessed via the PBS. From 1 January 2019 the maximum cost per script increased from \$39.50 to \$40.30, while for concessional patients the cost increased from \$6.40 to \$6.50 per script.

## Resources sent in by Cody Jarvis

### Transgender Victoria

+61 3 9020 4642

Postal address:

100 Drummond St,  
Carlton, 3053

[www.transgendervictoria.com](http://www.transgendervictoria.com)

[enquiries@transgendervictoria.com](mailto:enquiries@transgendervictoria.com)

### Rainbow Network

[www.rainbownetwork.net.au](http://www.rainbownetwork.net.au)

(03) 9479 8870

### Gay and Lesbian Foundation

PO Box 3066

Murrumbeena,

Victoria, 3163

[www.galfa.org.au](http://www.galfa.org.au)

[info@galfa.org.au](mailto:info@galfa.org.au)

### Gay and Lesbian Immigration Task Force

[www.glitfvic.org.au](http://www.glitfvic.org.au)

[info@glitfvic.org.au](mailto:info@glitfvic.org.au)

GLITF Qld. (Inc.)

P.O. Box 378

Paddington.

Queensland. 4064

GLITF Nsw

PO Box 400

Darlinghurst, NSW 1300

GLITF Vic

P.O. Box 2387

Richmond

Victoria 3121

Australia

(03) 5294 0293

### National LGBTI Health Alliance

PO Box 51, Newtown, NSW 2042

Australia

[www.lgbthealth.org.au](http://www.lgbthealth.org.au)

[info@lgbthealth.org.au](mailto:info@lgbthealth.org.au)

# Community News

## January 26th – Invasion Day

Every year, January 26th marks a day of mourning and survival for Aboriginal and Torres Strait Islander communities.



This year saw rallies in cities and towns across the whole continent, some gathering as many as 80,000 people, and including LGBTI+ “No Pride in Invasion” blocs!



## Marriage Equality for Trans people in Western Australia

While the national marriage equality plebiscite was hailed as a victory, it left transgender people with little to celebrate as they were still facing discrimination. Up until recently in many States, trans people were still not allowed to change their official gender documents while married – forcing them to choose between divorce or not being able to be themselves. However, thank you to the tireless work of trans and gender non-conforming activists across the country, States and Territories are finally amending the law. As of today, the 13th of February, Western Australia has changed this law and trans people will be able to affirm their gender and stay married to their loved ones.

## Anti-Prison Float at Pride March in Melbourne

This year the Federation of Community Legal Centres in Victoria braved the scorching heat to hold a “No Pride in Prisons” contingent in solidarity with those inside and in protest of more prisons being built.



“LGBTIQ liberation is bound up with the liberation of all marginalised people. Through the work of our 50+ centres across Victoria, we know that the Andrews Government is locking up more people than ever in our history. In the last ten years, prison numbers have increased by 70 per cent.

This isn’t because there’s more crime – in fact crime is at historical lows.

It’s certainly not because we’re cracking down on CEOs of mega corporations who rort the tax system and steal billions.

It’s because we are locking people up for so-called “crimes” that are simply the result of poverty, discrimination and trauma.

That’s why our message at Pride will be that there is NO PRIDE IN PRISONS.”

## End of Gay Conversion Therapy in Victoria

On the 3rd of February, the day of Pride March, the Victorian Labor government announced that it will be making the harmful and dangerous practice of so-called “gay conversion therapy” illegal. In his media release, the Premier said “it’s not LGBTI people who need to change. It’s our laws... Here in Victoria, not only are you good enough – you’re worth celebrating.”



## Comic Strip

By Taryn-Michelle



## 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](mailto:info@insideoutaustralia.org)  
Website: [www.insideoutaustralia.org](http://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.

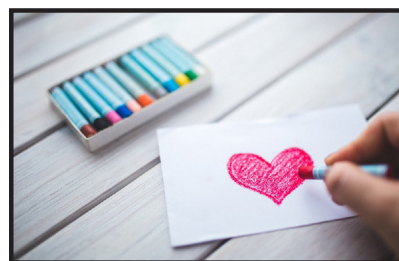
### Go on the mailing list

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: .....

.....