

# REACHING OUT *from Within*



## A message from Co-Founder SuEllen Fried

Plans for the 30th Anniversary are getting more exciting with each planning meeting! Board President Russ Thompson is tracking the September celebration that each group is hosting. And, our sub-committees of volunteers are brimming with creative ideas for the September 30<sup>th</sup> Alumni and Volunteer Family Picnic and the November 15<sup>th</sup> ROFW fund-raising gala.

### **Help us locate ROFW Members in the community**

We are seeking your help to locate ROFW alumni to participate in the 30<sup>th</sup> Anniversary events. Please send us the names and addresses of former members that you are in contact with, so we can put them on our invitation list.

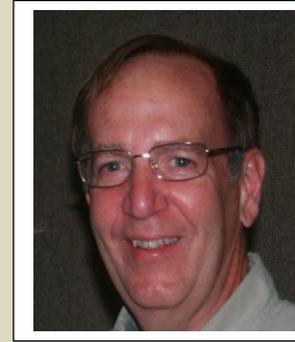
KDOC Sec. Ray Roberts will be attending our celebration. In addition, he is arranging for the opportunity for all wardens to attend the dinner. We are most grateful for this wonderful support from the KDOC.

To honor our 30 years, we are working to expand ROFW beyond Kansas. Exploratory discussions are taking place in Missouri and North Carolina. That raises questions about the most effective way to transfer the ROFW concept. One idea originally proposed by our beloved Chuck Thach is to transfer a Kansas ROFW member to another state to initiate the program there. Another idea is to identify a member paroling out of state. Readers who want to share thoughts on this subject, or who know someone who could be that special ROFW ambassador, PLEASE contact me at: ROFW, P.O. Box 8527, Prairie Village, KS, 66208.

Likewise, if you know a former ROFW member in another state—any state—that we might contact about expanding the program, we would love to talk with that person. It is so important for us to transfer the program with the same sense of ownership that all of you feel.

I want to thank each of our ROFW members for bringing us to this moment in time. Thank you for all you have given to create and maintain such a transformational (there's our favorite word, again) experience for so many years. Thank you for imprinting this magical process in the DNA of our organization. You have inspired us to share this meaningful work with thousands and thousands of incarcerated men and women.

I just had an idea!!! If you are so inclined, please send a testimonial letter to us that we could enclose in a packet to other correction secretaries, or even to potential funders. Your words can give us power!



## Message From President Russ Thompson

Paul Showalter has decided to end his contract as Executive Director for ROFW. Unfortunately there was not enough money in the budget to continue paying him for half-time employment. As a person committed to the goals of our organization, he has announced that he will continue with some of his functions as a ROFW volunteer. He will continue to put together and distribute the bi-monthly newsletters and coordinate our mentoring program in the Kansas City metro area until at least August.

Paul has greatly improved the administrative functions of our organization. Because things are now well organized, we will be able to carry on more efficiently without an executive director. Thanks to his grant writing expertise, we have been able to initiate an effective mentoring program for Johnson, Leavenworth, and Wyandotte counties under funding from the Health Foundation of Greater Kansas City.

Please let him know how much you have appreciated his service to our organization. No one will miss him more than me.

We have been filling in our September calendar of anniversary celebrations (See the *30<sup>th</sup> Anniversary Celebration Calendar*, page 3). The idea is for each ROFW group to have its own day in our month-long celebration: 30 days for 30 years. We want each group to record through pictures and word descriptions its celebration event, so we can share that the experience with everyone.

Below, you will find the schedule for December's *Recognition Banquets* for 2012, along the current report for the *attendance record* received by Ms. Field. Our attendance records are much more complete now than they were two months ago. Thanks for your help on this.

### Recognition Banquet Schedule

12/1/12 Sat	Winfield	6:30
12/6/12 Thu	EDCF	6:00
12/7/12 Fri	HFC Max (Central)	1:30
12/7/12 Fri	HCF Med (East)	5:30
12/7/12 Fri	HCF Min (South)	7:00
12/10/12 Mon	TCF Min	6:00
12/10/12 Mon	TCF Med-Max	7:00
12/11/12 Tue	TCF Dorm E	6:00
12/13/12 Thu	LMHCF (Central)	1:00
12/13/12 Thu	LMHCF (West)	6:00
12/14/12 Fri	Norton Min and Medium	5:30
12/15/12 Sat	LCF-Med	5:30
12/15/12 Sat	LCF-Min	6:30
12/17/12 Mon	LCF-Max	6:00

### Attendance Records Report

Group	Last Meeting Date Received
El Dorado	Jan 2012
Hutchinson Central (Max)	Mar 2012
Hutchinson East (Medium)	Mar 2012
Hutchinson South (Minimum)	Jul 18, 2011
Lansing Max	Mar 2012
Lansing Medium	Apr 2012
Lansing East (Minimum)	Apr 2012
Larned West (Minimum)	Mar 2012
Larned Central	Mar 2012
Norton Medium	Mar 2012
Norton Minimum	Mar 2012
Topeka Medium/Max	Nov 2011
Topeka Minimum	Mar 2012
Topeka Tuesday Group (Minimum)	None on file
Winfield	Apr 2012

# 30<sup>th</sup> Anniversary Celebration Schedule

Saturday, Sept. 1	East Unit, Lansing (play presented to general population)
Sunday, Sept. 2	
Monday, Sept. 3 (Labor Day)	
Tuesday, Sept. 4	Winfield (pizza and pop at the regular meeting)
Wednesday, Sept. 5	El Dorado quilt presentation to American Cancer Society
Thursday, Sept. 6	Larned West
Friday, Sept. 7	
Saturday, Sept. 8	Lansing Medium
Sunday, Sept. 9	
Monday, Sept. 10	Topeka Medium/Max
Tuesday, Sept. 11	Topeka Tuesday Group (Dorm E) Day 1 of 2 (fund raiser for emergency responders)
Wednesday, Sept. 12	
Thursday, Sept. 13	Topeka Tuesday Group (Dorm E) Day 2 of 2
Friday, Sept. 14	
Saturday, Sept. 15	Hutchinson Medium (East Unit)
Sunday, Sept. 16	
Monday, Sept. 17	Lansing Max
Tuesday, Sept. 18	Norton Medium
Wednesday, Sept. 19	Winfield (assembly in the auditorium for the general population)
Thursday, Sept. 20	Larned Central
Friday, Sept. 21	
Saturday, Sept. 22	SuEllen Fried 80th Birthday Event at JCCC
Sunday, Sept. 23	LCF-Min GED Program
Monday, Sept. 24	Topeka Minimum
Tuesday, Sept. 25	
Wednesday, Sept. 26	Hutchinson Max
Thursday, Sept. 27	Norton Minimum
Friday, Sept. 28	
Saturday, Sept. 29	Summit at Lansing Minimum
Sunday, Sept. 30	Alumni and Volunteer Family Picnic in Kansas City

## News and Views from ROFW Groups

### *Topeka Correctional Facility-Dorm E*

#### **The Price of Change**

**H**idden hurts. Suffocating secrets. Like weeds, they grow relentlessly through the cracks in our souls, threatening to overrun lives. Why do we hesitate a millisecond to acknowledge and uncover them, no matter what the cost? Many of us fear the light of truth that reveals them, for truth brings suffering as well as freedom.

We must enter the change process with open eyes. When we do, we'll see that the necessary truth necessarily requires tears, time, and terror. Tears? Of course, because change is an excruciating blend of losses as well as gains. Time? Indeed, since quick fixes work only in fantasyland. Some terror? You bet. Letting go of old ways before we firmly grasp the new is nothing less than terrifying.

And, woven throughout the tears, time, and terror, we see truth, truth again, and more truth.

Melena White

### **TCF-Dorm E** (Continued)

I haven't been in ROFW very long, but it has helped me to realize that I can make a difference—not only in my life, but in others, as well. And I'm not just wasting my time! Being a member of ROFW gives me the motivation to achieve my goals, and it's giving me new ideas to give back to the community. It's helping me grow. And for that, I want to thank everyone who takes their time to participate in ROFW. Thank you!

Bergandy Hecox

### **Don't Waste Your Time Regretting...**

Don't waste your time regretting all your wrongs  
Know that in the end, you'll get what your heart longs.  
Try not to risk it all; don't stumble, don't fall  
Take the time to read the writings on the wall  
Hold your head high, don't be afraid to say goodbye  
Stay true and be you, do everything there is to do  
Live life to the fullest and never look back  
There is reason for the future and a reason for the past  
Love till it hurts, laugh till you cry and when your life  
Flashes before you die, be happy for what you've  
Done. Be happy for what you've overcome, and most  
Of all, be proud of who you've become

Melena White

### **Topeka Correctional Facility-Minimum**

#### **Members speak out: What Reaching Out From Within Means to Me**

Patricia Price—"ROFW...helps me hear others stories. To reach in myself and to understand a lot better. To cope with myself and life inside and outside these walls."

Jennifer Williams—"ROFW has helped me in more ways than one, but learning about my addiction and my anger goes hand in hand. I've been able to work through it all in this group. I'm so very grateful for all the supportive people I've met in ROFW."

Natalie Calloway—"ROFW is a group of people wanting to make a difference in themselves and in turn make a difference in the world."

Tamara Trussell—"ROFW taught me to get on the right road. I realized we all fall down, no one is invincible. We kid ourselves into believing we are happy, but in the end...you can't deny the truth. ROFW brought me to the crossroad and gave me change I can believe in."

### **Greetings from TCF-Minimum**

The new year started strong for us. Our new board members are as follows: Tamara Trussell, Facilitator; Tosha Ruttman, Co-facilitator; and , Jennifer Williams, Secretary-Treasurer.

All members are welcome to give input to the newsletter. We had a lovely Annual Recognition Banquet in December. Much thanks to SuEllen Fried and all our guests. The gift bags were wonderful and very much appreciated.

We are still working the Blue Book. We just finished the Addiction chapter. The group discussed their addictions and recoveries. I asked members to jot down a few lines in their own words of what recovery means to them personally.

#### **Recovery means to me....**

Jennifer Williams—"Living one day at a time and not setting my goals higher than my expectations.

Knowing my limits of everyday life and following through. Not having too much time on my hands."

Ashley Scarlett—"Do not take on more than you can handle and try not to get complacent."

Patricia Price—"Don't get too comfortable. When I get too comfortable, I relapse."

Brenda Sears—"Look deep into yourself and recognize your triggers. Work the steps."

Tamara Trussell—"I can be pitiful or I can be powerful, but I can't be both. Choose wisely."

Kristy Ceballas—"Recover to me is seeking life for what it really is....the good and the bad with a clear mind."

These are words of wisdom from amazing women. We here at TCF-Minimum would like to challenge other ROFW members to submit your own "What Recovery Means to Me" for the next newsletter.

Tamara Trussell, Facilitator

#### **Good luck to Diane**

In a few days, one of our long standing members will be going home. Diane R. has been a member of Stop Violence/ROFW for many years. We've known her for almost seven of those years now.

We've found her sometimes to be stubborn and opinionated, but always a very strong voice for our group. You will be missed by those of us who truly got to know the woman beneath the "tough girl" exterior.

Tamara Trussell, Michelle Eicher, Tosha Ruttman

## Some Positive Thoughts to Share

No obstacle is without its purpose.....Today's pain is tomorrow's joy.....Doors do not close unless a new direction is called for.....One step, one moment; and then the next step and its moment. How the simple life brings me freedom..... I will accept responsibility for my actions, but not for the outcome of a situation.....For every problem there is a solution. Focus on the solution rather than the problem.....Allowing ourselves to be vulnerable helps us grow in self-love and self-acceptance.....As we think so we are. Our actions and choices combine to create our character and our character influences the circumstances of our lives.....Our values define who we are. They offer us direction when making choices. They quietly demand that we behave responsibly.

### *Topeka Correctional Facility-Medium/Maximum Unit*

We've had some mix-ups in getting our newsletter articles to the publisher, so we would like to take this opportunity to update this year's events here at the I & J Compound.

First, thanks to our sponsors for the great Annual Recognition Banquet, the gift bags, good food and good company. We enjoyed it all. Thanks so much.

We have elected new board members. They are P. Livingston, facilitator; C. Clanton, co-facilitator; D. Green, secretary; and T. Adams, treasurer.

We have an appreciation night for our sponsor, Dave Ranney. We do appreciate all that he does for us.

#### **Performance for House Committee**

In March, ROFW joined the creative writing group to put on a presentation for several legislators, many of whom serve on the House Corrections and Juvenile Justice Committee, as well as their guests, and friends. The highlight for us was called "Faces of Change," an oral exercise in which about 15 people shared 15 one-sentence snippets of the events they thought had changed their lives. It was done staccato style and was very effective. Others shared their stories. We had a very productive question-answer session afterwards. It was the first time for some legislators to meet an inmate.

We have had numerous speaking engagements with various high school and college groups. Our members did a wonderful job in telling their stories. Thank you for a job well done and for making a difference.

At this time, we are studying the prison mentality section of the Blue Book and hope to contribute to the reprinting of the new Blue Book with articles from the women written here.

P. Livingston

## Reaching Out From Within has lost a dear friend

Rep. Bob Bethell, R-Alden, died May 19 in a one-car crash on I-70 about an hour after leaving the Statehouse and heading home from one of the longest and most contentious legislative sessions in memory. It appears he may have had a stroke or a heart attack.

Bob, a lay pastor, truly cared about people. He also practiced forgiveness solely for the sake of "forgiving those who have trespassed against us."

Most people don't know it, but when Bob was a nursing home administrator, he learned that one of the cleaning ladies at a nursing home had been a nurse but had had to forfeit her nursing license after a drug bust. Bob helped her regain her license. That was 20 years ago; and today, she is the administrator of a nursing home.

Bob believed in change, and he loved Reaching Out From Within.

A few years ago, Bob and I attended two ROFW meetings at LCF-East; once with Rep. Stan Frownfelter, D-Kansas City, and once with Sen. Tim Owens, R-Overland Park. Bob invited Sen. Owens, who went on to become chairman of the Senate Judiciary Committee, a position he still holds.

Later, Bob, who at the time served on House Corrections Committee, sat in on one of the

*(See Bob Bethel, page 6)*

## **Bob Bethell** *(Continued from page 5)*

groups. Afterward, he was so impressed with what he'd seen and heard, he promised to arrange to have the committee meet at the prison. Legislators, he said, needed to hear the inmates' stories and to recognize the potential for change.

His offer happened to coincide with the group's putting on "In the Fire," a play written and directed by ROFW member Khalani Britt.

Bob didn't just invite the members of the corrections committee, he invited all 125 members of the House. And he didn't invite them once, he invited them three times because we had to cancel the first performance due to a blizzard; the second performance due to a scheduling conflict.

"In the Fire" was a huge success. Since then, ROFW and the creative writing group at TCF have put on a second program for the corrections committee. Again, Bob was instrumental in ensuring a good turnout even though he'd been taken off the corrections committee.

The two groups are getting ready to put on a second program, "Tomorrow, My Name is Freedom," on June 28. Thanks to Bob, it, too, will be a smashing success. I guarantee it.

Dave Ranney, volunteer, TCF Med-Max

## **Lansing Correctional Facility-Minimum (East Unit)**

Spring has been a very exciting and busy time here for the men on The Hill. ROFW sponsored a successful dominoes tournament with 48 participants and awarded prizes to the top 4 teams. Way to go to all of the men and a special thanks to all of our members who volunteered to officiate.

We have been working diligently on September's 30th anniversary event. Expectations are very high, and we look forward with anticipation to see what all of the other groups are planning.

We did something very special for Mothers Day--carnations were distributed to all mothers at visitation to show our appreciation of the sacrifices moms make and the love they shower on their children. My own mother has been gone for some time now; not a day goes by that I don't wish I had one more chance to tell her how much I love her and appreciate all she did for me. If you still have that opportunity, my advice is to take advantage of it NOW!

Some of the events we have lined up this summer include:

1. A snow cone giveaway in which we will distribute snow cones to everyone on the yard. Hopefully the men at LCF will get glimpse of a small part of what ROFW means--giving back.
2. A four- event "decathlon" that includes events tailored to our handicapped individuals. Who is LCF's best athlete? I have my own idea.
3. Our annual Summer Summit is a key event for us and a great opportunity to recruit new members.
4. A special "Member appreciation: " This past year has been a banner year for ROFW at LCF and we want to express our appreciation for all that members have accomplished. ROFW is successful because its members are actively involved.

Finally, this will be my last hurrah as newsletter editor as I am going to work release in Wichita. I want to thank the board members here on the Hill for all that they have done for our callout.

A special thank you to Darrell "DP" Porter and Jason Landreth. You worked tirelessly and I appreciate your efforts. Thanks also to each and every member. Without you we would not function as a unit. What each of you brings to the table each week is unique, and I am blessed to have been able to see and hear you each week.

Russ, Sam, Judy, George, Maralee, Bonnie, Mickie, and all of our volunteers--all I can say is that you show me that there are people who really care and for that I will be forever thankful.

For me, ROFW is not just a callout that I attend each week. The beliefs & goals that we have are lifelong lessons to be put it my heart and live out. My plan is to continue with ROFW after release as a volunteer/mentor for a group as soon as possible. What I have learned while in this group is invaluable and, though I am leaving this particular group, I will never leave my ROFW brothers and sisters. Thank you for everything you have done for me. God Bless.

Clayton Noland, # 95387

## **Hutchinson Correctional Facility-East Unit**

### **Greetings from HCF East Unit:**

This spring brings growth not only within ourselves, but also in a community garden program, called Garden For Good. This is a vegetable garden run and funded by three inmate groups: ROFW, Genesis Outreach, and Incarcerated Veterans.

Select members of all three groups took a Master Gardener course taught by Master Gardener Richard Larson. In its second year, the garden donated over 1,500 lbs. of produce to the local soup kitchen and made monetary donations to local charities. This year, our goal is to donate 5,000 lbs. of produce, as well as increase our monetary donations. ROFW members are proud to be a part of this worthwhile endeavor.

Our East Unit chapter is looking forward to the 30<sup>th</sup> Anniversary celebration. We are working on plans to grill hamburgers for a meal to be given to all the East Unit inmates. This will be topped off with a watermelon feed with watermelon grown in the Garden for Good. We hope all your plans are going well and would like to wish you all a great year.

Dave Harding, Secretary

### **Two Wolves**

**O**ne evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two wolves inside us all."

"One is Evil – it is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego."

"The other is Good – it is joy, peace, love, hope, serenity, humility, kindness, benevolence, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather "Which one wins?"

The old Cherokee simply replied, "The one you feed."

## **A New Day**

A new day begins when I am seeing, receiving, and believing;

No longer lying, cheating, or thieving.

It's a new day and I have come to appreciate that I cannot only listen, but I can hear

The words of my family, my friends, and my peer.

I am *reaching out from within* to understand the needs of another,

No longer picking and choosing who it is I call my brother.

It is a new day, and it is for the greater good.

It's the love we have for others, that need to be understood.

It's a new day, and we must live in it, not our past.

It's what we want, and foresee lying ahead, that is truly going to last.

It's a new day, and I am beginning to see, that it is very good loving me.

No longer am I bound to the past. I have been set free.

It's a new day, and I can look forward to tomorrow,

No fear of how I should live, no tears or sorrow.

It's now a true peace, the truth and the life, for it is the only way.

I choose to be happy, that it's a new day.

Terence Ponder, LCF Minimum

### **Russ Thompson named "Mentor of the Year"**

Russ Thompson, president of the ROFW Board of Directors, was named Mentor of the Year at the May 14<sup>th</sup> Annual Volunteer Appreciation Dinner at LCF. Russ currently mentors several LCF men and conducts a weekly reentry group. He is co-author of a re-entry brochure and is an active advocate for mentees.

KDOC staffers Marcy Konkader and Candace Ayala-Pagan also recognized the ROFW organization as a model mentoring program. Each ROFW mentor received a plaque crafted by the LCF's Laser Engraving Shop.

### **Inside & Out**

Published for the benefit of ROFW members by

Reaching Out From Within

P.O. Box 8527

Prairie Village, KS 66208

913-706-6667 [www.reachinmates.com](http://www.reachinmates.com)

Articles, comments and questions may be sent to the above address, or to:

[pshowalter1@hotmail.com](mailto:pshowalter1@hotmail.com)

**Next Submission Deadline: July 28, 2012**