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## Future Hope Quarterly Newsletter - Summer 2022



Summer Greetings,

As I am writing this newsletter, I am aware of all the blessings being in this role has given me.

The people I meet, and the stories shared and the honour I feel to assist people to meet their goals and hopes and dreams is truly a gift for me, and all involved in Future Hope.

I mentioned in our last newsletter how change continues to be a part of the Future Hope Family.

It is during these changes that we need to continue to rely on each other and the supports and relationships we find within our communities. We have found that support with each other as change continues around us. Keep us in your thoughts as we prepare to hire a new Executive Director for the Fall as Fedja has moved on from our organization. John Hutton who is a Board member is filling in as Interim Executive Director for a 4-month time period and we are grateful for



We are currently meeting with 17 men who live in the institution and who look forward to joining our Next Step group once passes become available again. We have a few awaiting parole hearings, and we are hopeful to see them in the community very soon.

Quixote House continues to be a place of joy and kindness and a safe and sober space for mento live. Quixote House has 2 fellows who have returned to Stony Mountain for a short time to continue serving their sentence. Sometimes people's journeys have challenges, and we will look forward to being there for them when they return to community. In the meantime, we have welcomed 2 new men to the home and are grateful they are able to join us. have welcomed

It is with incredible sadness that one of our long time Next Step members died at the end of April. A loving, compassionate and beautiful human who we will miss dearly. We were grateful to be able to host a Celebration of his life with our Future Hope community and his family.

Our Next Step group continues to meet weekly in person, and we have a wonderful time at group. A couple of our volunteers have been incredible in their support of presenting at group as well as solid peers for the men we are working with. We have had wonderful topics of

literacy, reading and writing, Earth Day, Volunteering, Heartfulness meditation, self-esteem, getting to know each other, freedom, and Enneagram. We have also celebrated a couple of birthdays, as well as a graduation. Our Next Step group currently has 8 members who are attending regularly as well as 5 volunteers.

A wonderful joy each week is going out to Stony Mountain to visit and meet with the men who will be joining our community in the future.

into community. Family, work, finances, enneagram, relationships, friendship, school, and general supports is where you can find us in people's lives.

We have some very generous donors who bless us with their contributions. In April, May and June we give thanks to St. Saviour's Anglican Church, St. Ignatius, and St. Mary's Academy-Mission Club. Your trust in our work is appreciated.

Wishing you much love, renewed hope and compassion for a safe and warm summer from the Future Hope Community.

*Kim*

Kim McIntyre Leighton  
Next Step Coordinator

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## Community Building



Community building and social activities have become a favourite of ours at Future Hope. Most fellows who have been incarcerated face many hurdles and challenges when released. The re-entry period is a time where they try to catch up on things like ID, clothing, getting familiar or re-



We have been diligent in the past few months to offer the opportunity to anyone involved at Future Hope to join us in some community building and social time activities. This not only creates community within our own group but enables us to participate in external activities in the Winnipeg community. We have attended a Goldeyes game, gone mini golfing, bowling and toured and enjoyed an evening at Fort Whyte.

We make these outings available to all as we feel creating balance and being connected socially is an important aspect in everyone's life. For those that have been isolated for many years, and have

enroll in training or getting their GED, most of their time is spent at work, learning about finances, budgeting and managing debts, attending support programs, sleeping and other life things. There is little time for what we like to call a balance: for nature, fun, building new prosocial relationships, socializing, and caring for each other.

In the future, we plan on volunteering as a team in community events as well as adding activities such as barbecues, time in the garden, fishing and perhaps even canoeing. We have permission from participants to share these photos:

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## Meet Orry

My name is Orry and I am happy to be here to share about myself.

I was born in Saskatchewan and moved to Manitoba when I was little. I lived with my grandpa for a while but after that due to a lot of family issues I moved out of the house, moved around quite a bit, went to live with an auntie and then grew up in the Selkirk area.

It was a tough time growing up and I don't like to talk about it a lot as it's in the past and I like to focus on the future.

I have spent time in both provincial and federal prison and the first time I went, it was due to my lifestyle at the time and my choices. It was very rough in prison, very messed up and very very stressful. I did not have great coping skills or life skills and my life became a dark place. Each time I went to prison I saw some change in myself as there is some programming in jail that began helping me get to the root of some personal issues.

I was introduced to Next Step while living in a halfway house and one of the staff who worked there thought this group would be good for me. We go to group each Thursday night and we talk about all kinds of things, anything in fact and we learn new skills. We share our thoughts, create a community of friends and can feel good talking about our feelings. When I was able to move to Quixote House, I have found I feel safe. It is a clean and sober environment and it's a place to be normal. It's a healthy environment.

I am currently in School studying to be a hair technician. I was told by many places I applied for money at that I would never be able to succeed at this schooling and I would not get hired in a job after I graduate. Others just told me to give up and get a job. I was stubborn and persistent and determined to change my future. I managed to get a student loan and some other supports to live at Quixote and I have a very high average in my schooling. My teachers are excellent, and I am proud, and I know I will make a wonderful hair technician.

As of now I am not sure where exactly it will lead me, but I know my options will be plentiful. In my free time I love to walk, go fishing, and go to the gym. I have some great supports and I am thankful for them.

I appreciate all you do to support me on my journey,

*orry*

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## Message from the Interim Executive Director

John Hutton

In May, I resigned as a Future Hope Board member to take on the part-time role of ED until this critical position is filled. This offers me a delightful opportunity to get to know Kim and our Quixote House and Massie Apartment Manager, Scott Storey much better as they are the ones who have daily contact with our participants.

While the number of inmate connections at Stony and Milner Ridge as well as Next Step participants has increased steadily over the last quarter, the other good news is that Quixote House is at full capacity and 2 Quixote House graduates moved into Massie Apartments. After these difficult pandemic months, we now have a waiting list for Quixote House admission! Kim's message speaks to strengthening our programs, focusing on how best to continue to support each other and develop balance in our lives.

I wish to share a few of the things that have been brewing these last months such as the completion of Phase 2 of our program outcome database and the launching of our first annual 50/50 Public Raffle. I continue to be surprised and inspired because we are such a small team of staff and volunteers and yet do and accomplish so much! While our program staff and volunteers have been busy ensuring supports and accompaniments to our participants, others have been focusing on other organizational priorities which are exciting as well!

We made considerable progress in moving from paper to digital data collection which is essential in being able to demonstrate our program outcomes when applying for grants and asking for donations. Businesses are responding with interest and enthusiasm in becoming second chance employers. This offers new opportunities and greater hope for Future Hope participants. In our commitment to better respond to the needs of our participants and become better as a culturally competent social agency, we met with Garrison Settee, Grand Chief of Manitoba

Heather, Louis and Pauline also met with the Sisters of the Saviour Committee and Compassion Network to discuss continued capacity building support at Future Hope. Their financial contribution enables us to keep our capacity building resources for another year. We are very grateful for their generous support!

Our first annual public 50/50 Raffle event had two objectives: create community awareness and collect funds. Although ticket sales were not what we hoped for, we certainly achieved getting better known throughout Winnipeg and the whole province. We learned so much from this experience and are grateful for all who participated: ticket purchasers, sponsors, volunteers as well as radio, tv and social media. You will learn as you scroll through our newsletter which are team worked hard to both pare down and still give you enough information, that our Succession Committee worked quietly and steadily to bring new board members: welcome to Larry and Ted!

Going into 2022-2023 as of August 1, we are excited about the Jesuits of Winnipeg gifting of Massie Apartments property to Future Hope Inc.; collaboration with Milner Ridge in providing support to provincial inmates and those on probation and, exploring opportunities to provide housing for 55+ parolees. We are finishing the year strong and full of hope, in a good place to not just continue operating our programs, but also improve and enhance them.

Thank you for all your help and support – we look forward each time to sharing our quarterly news with you! Our whole team wishes you a season of summer full of sunshine and brightness, vacations, safe travels and good times.

Just so you know, I will be resuming my board duties when the new ED arrives either this summer or fall. You may see me around over the next weeks, learning from Scott and Kim about what makes our programs tick – but I already know that it is largely you, the participants and alumni who make Future Hope the success it is.

recently connected with inmates at Stony and performed with his Band to Celebrate National Indigenous Peoples Day toured Quixote House and discussed the needs for reintegration support and accompaniments for MKO citizens. Our Fund Development Committee and Board members, Heather Grant-Jury and Louis Balcaen and the Capacity Building team, Pauline Hince and Angèle Bernardin work diligently at finding new revenue streams and more specifically, federal and provincial government funds that would help stabilize Future Hope's operations.

volunteers, staff, and consultants who have worked so hard to support our participants. We have an incredible team, and I am glad to be a part of it.

Take care everyone,

*John*



## 50-50 Raffle Winners

Future Hope is happy to announce this year's winner of the 50/50 Raffle final draw of \$7,807.50 on June 30th:

**Andrew Carrier from Winnipeg**

**CONGRATULATIONS to Early Bird Winners;** Nathan Hiebert from Winnipeg (7 nights stay @ St. Malo Cabins), Darren Bouchard from LaBroquerie (2 TuckTec Kayaks and paddles, Andrei Dumitrescu from St. Adolphe (\$1,000 Red River Co-op Gas Card) and, Daniel Dyck from Winnipeg (\$1,000 pork meat packages from Hylife).

## Volunteer Spotlight

Volunteers are imperative to the work and care we provide! Next Step has an incredible group of dedicated, kind and loving volunteers! They faithfully attend group, come early and stay late to set up and tear down the meeting space, present valuable material to group and provide a wonderful listening ear.

The Next Step program held a volunteer appreciation evening in April where the Next Step group thanked them for all they do. The whole Future Hope team sends each of you much love :-)

Thank you Rosalinda, Lenny, Rich, Father John and Eva!





## Scott's Garden

For the 2nd year now, Scott our QH/MH Manager has planted a garden at Quixote House. Scott showing Joanne Pelzer from the BelIMTS Volunteer Giving Program this year's sprouts: tomatoes, onions, peas, beets and more. Scott intends to freeze and can some of the veggies for fall and winter consumption.



## What does it feel like to be in prison, by Alexander, April 25, 2022 ([Source Speeli](#))

### 1. Shock and denial

In the initial phase many prisoners suffer from denial and experience shocks that vary in severity depending on their personalities and coping skills. Some start to think that this is just a bad dream that will end soon.

### 2. Intense fear

Many ex-prisoners reported feeling intense fear in the initial phase, especially on the first day. The fear resulted from the fact that they were about to be introduced to a new environment that they knew nothing about, in addition to the uncertainty they felt about what they might find.

### 3. Wishful thinking and fantasies

During the initial phase, many prisoners fantasize about escaping, being released, walls breaking down, or finding a way out. Some people maintain that wishful thinking for years. This wishful thinking is usually also mixed with intense bad emotions such as depression and helplessness.

### 4. Total loss of control

Many Ex-prisoners reported feeling total loss of control when they were first imprisoned. The fact that they had no control on whatever was in the outside world made them feel totally helpless.

### 5. Confusion and feeling lost

Many people reported feeling confused in the initial phase of their imprisonment as they didn't know what was going on. The shock experienced can lead to intense confusion, in addition to the feeling of being lost.

### 6. Severe loneliness

Many Ex-prisoners reported feeling very lonely inside prisons. Some said that even though they meet people and see others they still feel that they are totally alone. Many described Jail as a lonely place.

### 7. Severe depression

Many prisoners get severely depressed especially after losing hope of getting out fast and realizing that their imagined fantasies about being released are far from being true. (See [How does it feel like to be depressed?](#))

### 8. Feeling numb

Some Ex-prisoners reported feeling numb after some time in prison. Those Ex-prisoners said that after some time they became numb and stopped experiencing the feelings they initially experienced when they got in.

### 9. Feeling remorseful

Some prisoners get remorseful, especially the ones who believe that they have done a big mistake, as they greatly regret what they have done. Many of those prisoners vow to never return to prison after getting out.

### 10. Uncertainty

Many prisoners experience uncertainty about their ability to get out or the chance of getting released. This uncertainty usually makes the pain inside the jail more intense. (See [Why do people hate uncertainty?](#))

### 11. Loss of hope

Many prisoners lose hope in getting out after some time and start believing that they will remain there for a long period of time. This loss of hope usually fuels the feelings of depression.

### 12. Suicidal thoughts

Many prisoners get suicidal thoughts and fantasize about dying especially the ones who are sentenced for a long period of their life.

### 13. Wisdom

Some prisoners reported that jail gave them time to reflect upon their lives and to become more wise. Some said that the experience gave them many insights and taught them a lot of things.

### 14. Helplessness

## 15. A horrible experience

Many prisoners said that the experience is horrible and can hardly be described using words. Some said it's like being buried alive while others said it's like being in hell.

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## Summer taste ... Sweet potato Tex-Mex salad

### Ingredients

- 600g sweet potatoes , cut into even chunks
- 2 tbsp extra virgin olive oil
- 1 tsp chilli flakes
- 400g can black beans , drained and rinsed
- 198g can sweetcorn , drained and rinsed
- 2 avocados , chopped
- 250g tomatoes , cut into chunks
- 1 small red onion , thinly sliced
- 1 small pack coriander , roughly chopped
- juice 1 lime

### Method

- **STEP 1**  
Heat oven to 200C/180C fan/gas 6. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, sea salt and pepper. Roast for 30 mins until tender.
  - **STEP 2**  
Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well. Mix everything well but take care to avoid squashing the avocado. Divide the salad evenly between plates, or serve sharing-style with the sweet potato chunks.
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## Happy Summer to all ... Enjoy!

Enjoy the summer warmth and all it has to bring. It does not last long so make the best of everything :-). To warm days and nights, BBQs, and fun get-togethers.



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