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**APRIL HATH PUT
A SPIRIT OF YOUTH
IN EVERYTHING.**

William Shakespeare



**Spring -
April 4, 2022**

Renewed once more



As I am writing this newsletter, the snow is falling outside of my window, it is March 29, 2022. We have moved the clocks forward, the snow melt has begun, and I am excited for the renewed hope that the Spring season brings us.



Omicron arrived and visits were moved to video for January, February and March, however, along with today's snow we returned to Stony Mountain to have in-person visits. We are currently meeting with 13 men who live in the institution and who look forward to joining our Next Step group once passes become available again.

continue to rely on each other and the supports and relationships we find within our communities.

Brian our Executive Director who has provided much love, compassion and support to many of our members has left the organization. His care for others and his genuine spirit will be so missed in the house, and we hope he will do amazing things in his future and remember to visit us often.

It is very often that I hear the words, “How is Kathleen doing?” Our members miss her around the group circle and miss her considerate and compassionate heart in all we do. We continue to wish her all the best and look forward to her visits at the Next Step group in the future.

Our Next Step group continues to meet weekly in person at our new larger location and it has worked out very well. 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 Nonviolent Communication, Relationships, Laughter, Finance, Anxiety, Gratitude, American Sign language, Literacy and a special evening when our new Executive Director Fedja who came out to meet everyone and shared some of his life story with the group. Welcome to the community Fedja and we look forward to getting to know you better. Our Next Step group currently has 10 members who are attending regularly as well as 4 volunteers who alternate weeks.

We had begun in person visits at Stony Mountain before Christmas, however after a few weeks

have one person who has moved from Quixote House to the Quixote House suite and now holds the position of Quixote House and Massie House Manager. What a gift and blessing it is to work alongside Scott as he continues to bring wisdom, a listening ear and care for all the men he lives with. Quixote House continues to be full with the same folks we told you about in our winter newsletter. A wonderful home of stability and warmth.

It continues to be an honour and a privilege to walk with people on their journey into reintegration into the 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. For January, February and March we are thankful and grateful for the donations from St. John Cantius Church, Holy Rosary Church, Our Lady of Perpetual Help Parish and St Peter’s Church. Your trust in our work is appreciated.

Wishing you all much love, renewed hope and compassion for a beautiful Spring from the Future Hope Community.

Kim McIntyre-Leighton, Next Step Coordinator

Next Step Program

Meet Moe

I am excited to be doing this interview to share with you how Future Hope and Next Step have impacted my life. I grew up in rural Manitoba on a farm a few hours from Winnipeg. My memories of being a kid involve lots of outdoor fun, hard work, lots of involvement in growing crops and helping with the animals. I enjoyed hard work but always saw it as just what we did as a family. Our family worked together, went school and clothes shopping and we bought new things to improve our farm. No family is perfect; I argued with my siblings I am sure, and I mismanaged myself as a young person. I had a lot of temper and anger issues, and I am not even sure why. I had no way to express my emotions and I did not realize that it was ok to be angry and sad, but it was not ok to act out on it. My anger eventually got me into serious trouble. I did not stop to ask for help and I eventually went to jail for 11 years. I pushed away anyone who wanted to help me, and I realize now I scared people away who cared about me.

institution.

What I learned most while being incarcerated is that family is the most important thing in the world. My family are the only ones who stayed with me. They wrote to me and never lost belief in me and my future. I have learned that people who support me need to be kept close. People I often thought were my friends were not. It is my continued goal to surround myself with family and good supports and stay away from negative influences and negative people.

I first heard about Next Step while I was in the minimum and I would see Kathleen visiting other inmates. I was scared to approach her although she seemed very nice and helpful. I got a new Parole officer who then suggested I join Next Step and I began meeting with Kathleen. When we first started visiting it was awesome.... a positive person to visit with and like visiting with a family member.

Once I was released on parole, I started going to Next Step peer support group in the community and honestly if it wasn't for the group and the supports, I may have gone back to Stony. Kim came and helped me, and I feel so comfortable with the group. It has helped me not feel overwhelmed. Group is a nice safe space to be. We do different things each week. Even if it's not a topic I think I need to learn about I always end up learning something. We do a lot of sharing and it's good to know that others have gone through many of the things I have gone through.

I don't live at Quixote House, but I am able to visit there and have attended some Friday night community meals. It is a positive and helpful space and there are always guys there to help. Everyone is kind and friendly. I would like to live there one day once I am able to leave the halfway house. I see Quixote house as a halfway house but without the halfway house if you know what I mean!

Today was my first day at my new job and I was so excited! I am a hard worker and want to give back to the community but especially I want to fix and work on giving back to my family for the years I have missed with them. I cannot undo what I have done but I can go forward into the future being the best person I can be.

I am thankful for my supports...my family and the Next Step supports and group. I would have given up. I have positive people in my life who help me problem solve, and this will ensure I can continue to do good.

It was hard for me to go for parole as I was not supported to do so, but now I am doing awesome. I could have gone down the drain after my crime, but I am not that person. I am kind and compassionate and one of a kind. Something kept me going after I went to prison. I could have died or went to drugs. I was in pain and perhaps that would have been a reason to do that. Instead, I kept going for my family and for me.

In my spare time I love to do beadwork, exercise, go for walks, gardening, outdoor activities, fishing, dirt biking, swimming, cooking, and baking.

This summer I look forward to spending time with my family. I met my niece and nephew for the first time recently and it was so awesome. I look forward to all the good things I will do in my future.

Sincerely, Moe

Welcome to our First Future Hope Executive Director



Hello!

My name is **Fedja Redzepovic**, and I am the new Executive Director of Future Hope. I was born in Sarajevo, Bosnia and immigrated to Winnipeg, Manitoba in 1994. I am a father, a brother, a son, a friend and a helper. I bring with me decades of experience in non-profit organizational leadership in Inner-City communities, innovative vision and strategic thinking specializing in grassroots community development, leading from a values-based approach. I am a changemaker; skilled in service-delivery gap identification and purposeful organizational advancement.

I am passionate about supporting the most vulnerable and marginalized members of our society, spending my personal and professional life ensuring that no one is left behind. My previous experience focused on working in the areas of homelessness, mental health and children/youth services. Most recently, I served as the Manager of Housing and Development at Wabung Abinoonjiig, an Indigenous family violence prevention, crisis and healing center for children and their families.

As a front-line community worker at heart, I am dedicated to amplifying the community voice and the provision of meaningful, participant-centred service delivery that empowers the community and meets their expressed needs. My creative, hands-on leadership approach builds meaningful relationships and honours the inherent gifts within a team and the individuals we work with and for. My personal and professional mission is to ensure that everyone is treated with dignity, feels a sense of belonging and has a place to call home.

Future Hope helps individuals rebuild their lives, contributing to stronger, safer communities. The COVID-19 pandemic has intensified challenges faced by marginalized members of our society, particularly those with involvement in the justice system who face multiple barriers to successfully reintegrate into community living. Future Hope recognizes these challenges, and I am proud to be leading this new stage of growth and revitalization to better meet the needs of existing participants and enhance our capacity for future participants through the redevelopment of a participant-focused support system that builds a sense of personal responsibility and collective communal responsibility.

My commitment to social justice is rooted in my lived experience and my personal and professional experience supporting the most marginalized members of our society, who carry a multitude of intergenerational traumas and multiple barriers to wellbeing. I am dedicated to ensuring Future Hope is creating meaningful safe spaces, support systems and a family for individuals involved in the justice system. I believe everyone is entitled to have access to resources and support to meet their basic needs and build their capacity, in order to achieve holistic community reintegration. Every human has the right to take the lead in their own healing journey and the opportunity for a second chance. The reality is our collective mission is to help. To invest ourselves and our hearts in others.

I am looking forward to meeting and spending time with all of you and growing our Future Hope family. Together we can ensure that Future Hope is a place for anyone and everyone to have the support their need to take the first step in the right direction.

Fedja

Youth in Philanthropy

We were delighted to be invited by Mathieu and Shelli, Winnipeg Foundation representatives for École secondaire Oak Park High School's Youth in Philanthropy (YiP) committee. This school is part of the Pembina Trails School Division.

YiP is a project of The Winnipeg Foundation that is designed to introduce young people to philanthropy and local community development. This committee can allocate funds to local charities. It may recommend grants of up to \$2,500 to a single charity and this year have a total of \$6,140 to distribute. After researching and reviewing many non-profit organizations, they were interested in meeting and learning about Future Hope to determine if there is a good fit between our organization and YiP's granting interests and requirements.

Prior to our meeting, we had delivered copies of our books *"Two Steps Forward... Journeys from Prison to Community"* to their school and links to our website videos and Value Case. The meeting was held via Microsoft Teams for a period of about 30 minutes on March 17. Two student members conducted the interview and there were about eight others in the audience listening and taking notes. During the call, they asked us questions regarding our programs and services. Scott made an excellent presentation, and the students were most appreciative to hear a testimony of someone with lived experience at Stony.

We could tell they were captivated by Scott's sharing of the impacts of having participated in our Next Step program and living at Quixote House. They applauded when Scott informed them that he recently came on board as Future Hope's Quixote and Massie House Manager. We also provided the committee with our powerpoint presentation. We are waiting for a reply from YiP representatives.

"Thank you for the opportunity Pauline. I enjoyed the spirit of their project: *Philanthropy and Local Community*. It was an honour to present to the caring and compassionate young men and women that formed the YiP Committee. I applaud their work and effort in helping others in our community. For our part, Pauline and I presented on challenges and sacrifices faced by men reintegrating into society from prison as well as some insight into how "We at Future Hope" help. They were interested in how inmates and those being released coped with the COVID-19 pandemic. We got a chance to explain how donations are so valued and important in our ability to provide support. We outlined how their donation would be spent and whether they decided to gift us their fundraising dollars or not, we welcomed the opportunity to get Future Hope better known."

Scott & Pauline

Scott Storey
Quixote and Massie House Manager



Pauline Hince
Capacity Building Manager





Get Ready ...

Future Hope Inc. is happy to announce a 50/50 Grand Raffle event from **May 16 to June 26th**, with the BIG DRAW on June 30th. Win up to \$50,000 ... tickets will be sold online and in person. We also have 4 great Early Bird draws every Friday in June.

Stay tuned for a special info bulletin!

We are looking for sponsors! *If you are interested or know of someone, a group or business we could reach out to, please let us know at contact@futurehope.ca.*

Ten reasons why keeping prisoners in touch with their families is so important

Source: [drjameswoodall](http://drjameswoodall.com)

The role of the family cannot be underestimated – for most people the family offers a feeling of belonging and provides support, both in practical and emotional ways. More often than not, they are there to offer guidance and provide a listening ear when needed. What happens though when those family connections are disrupted and fragmented when someone goes to prison?

This article discusses this and highlights how the preservation of family connections offers great benefits for prisoners, families and wider society. It's an area I have a huge interest in due to being involved in research in this area for a decade.

I've never served a custodial sentence or have visited anyone in prison on a social level, but I know from doing research in prisons that receiving visits from family members is massively important for those inside. In short, they keep people going and provide much-needed punctuation to the humdrum of institutional life. Perversely, visits with family members are used as a 'carrot and stick' for prisoners – behave and comply with the rules and visits will be fairly regular; cause disruption and problems and visits are taken away. For families, the financial and emotional ordeal of visiting can be immense and so often prisons are poorly linked in with public transport services creating mammoth journey times for relatively short visit periods.

The visit itself is pretty much as you would imagine. Fixed tables and chairs and physical contact are pretty limited. Children get restless fairly quickly. It's for these reasons that sometimes visits become sporadic and family ties are weakened – this shouldn't be the case.

So why are family ties so crucial and why, in my view, should prison administrations do everything they can to keep them going. Well here are my 10 reasons:

1. *Humanitarian reasons. A prison sentence means the loss of liberty, not the desolation of family ties.*
2. *Prisoner well-being. Visits are important markers for prisoners, often providing a much needed 'boost'.*
3. *Visits from family and friends mitigates against prisoners becoming institutionalised.*
4. *Visiting helps family (children especially) to understand what prison is like for their loved one. Often, it's not as bad as they have been imagining and myths are often dispelled.*
5. *Prison visits make it more likely that the family remains intact this means that when the prisoner is released, he/she is better able to integrate into society.*
6. *See previous point – better integration means lower likelihood of re-offending.*
7. *Visits allow prisoners, albeit temporarily, to maintain their role as*

9. Visits keep families together and potentially prevent family breakdown.

10. Visits and the maintenance of family ties can help prevent intergenerational offending.

Family Jail Visits are important ... inmates who stay connected with family while behind bars have a better chance of turning their lives around. [Watch the video here](#)

What to read this spring or summer? (info from CBC website)

In these days of isolation, Canada Reads explored stories that inspire readers to reflect on community and who each of us is in the world we live in. Over four days, five [Canada Reads](#) champions brought their diverse perspectives to this year's theme: **One Book to Connect Us** in broadcasts hosted by [Ali Hassan](#) on [CBC Radio One](#), [CBC Listen](#), [CBC TV](#), [CBC Gem](#) and on [CBC Books](#).

The champions and their chosen books were:

- [Ojibway author and Vogue fashion writer Christian Allaire champions *Five Little Indians* by Michelle Good](#)
- [Actor and activist Malia Baker champions *Scarborough* by Catherine Hernandez](#)
- [Entrepreneur and former Syrian refugee Tareq Hadhad champions *What Strange Paradise* by Omar El Akkad](#)
- [Forest ecologist and author Suzanne Simard champions *Life In the City of Dirty Water* by Clayton Thomas-Müller](#)
- [Olympian and LGBTQ2+ advocate Mark Tewksbury champions *Washington Black* by Esi Edugyan](#)

The debates took place March 28-31, 2022 and the winner was **Five Little Indians by Michelle Good**, championed by Christian Allaire. He successfully presented his case about why this story of five survivors of Canada's residential school system who are struggling to heal from their trauma and rebuild their lives as adults — best fits the [Canada Reads 2022 theme as the "One Book to Connect Us."](#) "Being a citizen of this country, we do have a duty to do these reparations, even if you didn't have a hand in it. I know a lot of people don't want to assume the guilt. It's not about that. It's about us coming together as a country to acknowledge this happened and helping us move forward altogether," [Allaire](#) said during the finale.

[Five Little Indians](#), the debut novel by Cree writer and former lawyer [Good](#), is the second book by an Indigenous author to win [Canada Reads](#). The bestselling book won the [2020 Governor General's Literary Award for fiction](#) and the [2021 Amazon Canada First Novel Award](#). It was also on the [2020 Writers' Trust Fiction Prize shortlist](#) and [2020 Scotiabank Giller Prize longlist](#).



Happy Easter

One of the best ways to celebrate Easter 2022 is by keeping your heart pure and filling it with utmost love. Wishing you all a very happy Easter weekend!



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