

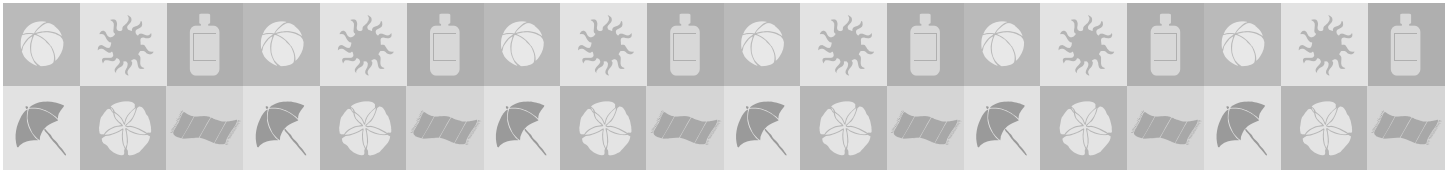


Strafford County Department of Corrections

Family Newsletter

August 2008

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Dear Families & Inmates,

You might remember that the April issue of the inmate and family newsletters talked about the new Second Chance legislation passed by a bipartisan vote in Congress. This was a great statement for inmates and inmate families to hear. Other very significant individuals are coming forward with the same message. The message is that a valid Second Chance effort with all parties participating including welcoming communities means safer communities for us all.

In addition to Strafford County's efforts, I am happy to report some encouraging messages coming from others in Corrections who are also advocating for support of inmates both while incarcerated and upon release.

In a recent article written by Jak King and published in Syscon Justice Systems, New Hampshire's DOC Commissioner Bill Wrenn recently spoke to Rotarians about the pressures facing both local and national prison settings. The Commissioner stated that it costs fifty billion dollars a year in the US to incarcerate people. Commissioner Wrenn said, "We have to forget about being tough or soft on crime in the future because it costs too much money." Wrenn said, "the average stay for an inmate in state prison is three years and 97 per cent of these placed into the facility will be released back into the community". Wrenn goes on to say that inmates need to be better prepared to return to society. "For a lot of years it was lock them up and throw away the key. That's not going to make that person a better person when they come out and are your neighbor."

In Ghana, the Director of the Ghana Prisons Service in-charge of Finance and Administration, Mrs. Matilda Bafour-Awuah, has attributed the vicious cycle of crime in society to the reluctance of the public to welcome ex-convicts into their fold. She explained that negative attitudes towards prisoners, had the propensity to harden criminals to perpetuate crime in society."

These messages bring hope for inmate families and inmates. This message encourage corrections to think smart by addressing inmate deficits while incarcerated and calls on communities to support those returning to our communities upon release. The challenge is to lessen the divide between incarceration and society for everyone; those returning and those communities accepting these people back into the fold.

For all those advocating for this concept however, there will people who don't believe that this concept will make a difference. That is where your role as an inmate or a family member really counts. You must share your success stories and let people know that you have bridged the divide and you are out there surviving and blending into society as a productive citizen. As a family member we are called to share and break down the myth of "who is a family member." It can happen to any family and it is very painful. We are called to share our journey also and support those who must still travel that road and hopefully help them to make the journey a little less painful by our support as they support their loved one. As I recently attended a Drug Court graduation here in Strafford County I listened to the graduates also thank their parent or parents for being there for them through this very challenging but growing time. Parents never doubt but what being there does indeed make a difference. As I have said before the success of inmates and the support of families make the real difference. People can advocate on your behalf but your success story as a released inmate or a family member makes the biggest influence on changing minds and influencing the type of changes that are presently being proposed by many in the field today. Society is a winner if you as an inmate or family member succeed!

Sincerely,
Marilyn Allen

First Certified Solderers from Strafford County Jail Industries



Congratulations to the women who comprise the very first class of employees who are certified to the IPC Standards (IPC-A-610D, a nationally recognized certification) for Lead-Free Hand Soldering and Through-Hole Solder Joint Workmanship Standards.

This is a copy of the article that appeared in *The Echo*, the newsletter that is published by Airmar Technology, the private sector company that Jail Industries has partnered with. We wish to thank them for making it possible for us to accomplish this certification training.

Working Inmates

Did you know that while criminals are paying their debt to society, some of them are helping Airmar? Inmates who have demonstrated good behavior can work for Stafford County Jail Industries in Dover, NH. Because the jail houses both state and federal offenders of both sexes, there are men and women doing Airmar work. They supply kits for shipping, as well as press pins into connectors, make cable assemblies, and solder Hall cells.

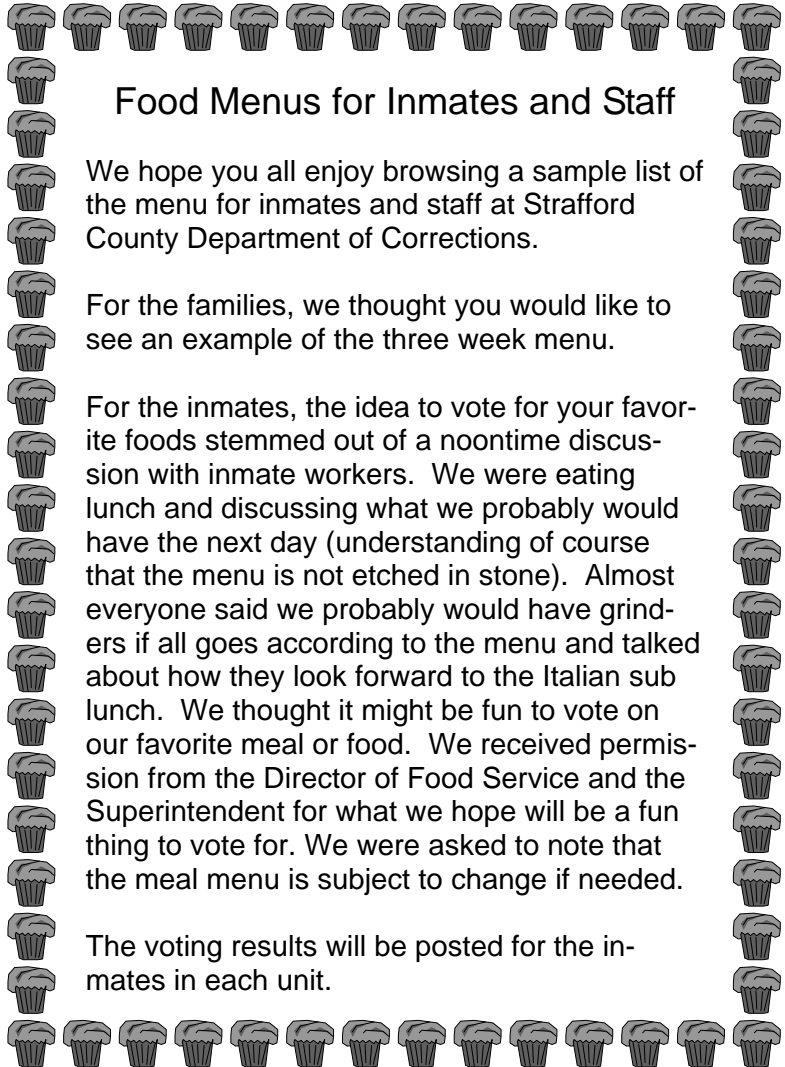
Before anyone thinks that felons are taking jobs away from Airmar employees, state regulation forbids inmates displacing paid workers. Airmar contracts with the jail when our workload is more than we can accomplish in-house. The jail is able to deliver products at a cost savings to Airmar, since their prices are lower than our offshore vendors.

Scott Hart and Sue Martin manage the program. And Scott tells us that Airmar has trained correctional officers to be class-two solder trainers. Recently, he received a letter from Marilyn Allen, Industry Director, expressing her appreciation to Scott and Airmar for the support she has received.

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours.

~Swedish Proverb

BREAKFAST	LUNCH	DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD CEREAL JUICE EGGS, TOAST MILK,	SLOPPY JOE SAND. POTATO CHIPS BULKY ROLL PEAS SCOTCH PUDDING PUNCH MILK	SLICED TURKEY BREAD CORN CHIPS SALAD, VEG SOUP CHERRY CRUMBLE PUNCH MILK	COLD CEREAL EGGS TOAST MILK JUICE	COLD CEREAL EGGS SCONES MILK JUICE	OATMEAL EGGS MUFFIN MILK JUICE	COLD CEREAL PANCakes SYRUP MILK JUICE	COLD CEREAL EGGS TOAST HASHBROWN MILK JUICE	COLD CEREAL EGGS TOAST DONUT MILK JUICE	COLD CEREAL EGGS SAUSAGE TOAST MILK JUICE
OATMEAL JUICE EGG, COFFEECAKE MILK,	CHIX NUGGETS MASHED POT GR. BEANS BREAD JELLO/ PUNCH MILK	CHILI CON CARNE RICE SALAD CORN BREAD <i>French</i> PUNCH MILK	SPAGHETTI MEAT SAUCE GR. BEANS PUNCH, MILK, BREAD <i>Mousse</i>	ITALIAN SUB CHIPS PUNCH, MILK, PICKLE JELLO	CHICKEN PATTY NOODLES CORN SALAD: <i>Baked Chicken</i> PUNCH, MILK, <i>Bunzetto</i> Rice SALAD PUNCH, MILK, BREAD FRUIT SQUARE	FISH SQUARE MAC N CHEESE BROCCOLI PUNCH, MILK, BREAD WHOOPIE CAKE	FISH SQUARE MAC N CHEESE BROCCOLI PUNCH, MILK, BREAD WHOOPIE CAKE	HOT DOGS BEANS / BREAD COLE SLAW PUNCH, MILK, CUSTARD	FR. CHICKEN SWEET POTATO MIXED VEGGY PUNCH MILK, BREAD ICE CREAM
COLD CEREAL JUICE EGG, TOAST SAUSAGE MILK,	HAMBURGERS ROLLS, PASTA SALAD CORN PIE PUNCH MILK	FISH STICKS AU GRATIN POTATO STEWED TOMATO BREAD SALAD BROWNIE PUNCH MILK	RIBLET FF POTATO MIXED VEGGY PUNCH, MILK, BREAD <i>Little Debbie</i>	SCRAMBLED HAMBURG SUB TATER TOTS SALAD PUNCH, MILK, BREAD COBBLER	COLD CEREAL JUICE EGGS, QUICK BREAD MILK,	CHICKEN STEW MASHED POTATO SALAD BREAD <i>Cookies</i> PUNCH MILK	HOT POCKETS RICE CARROTS BREAD, SALAD FRUITED JELLO PUNCH MILK	TURKEY SANDWICH PASTA SALAD SALAD, SOUP DU JOUR PUNCH, MILK COOKIES	HOT POCKETS MASH PEAS, SALAD PUNCH, MILK, BREAD PUDDING
COLD CEREAL SYRUP JUICE FRENCH TOAST MILK,	FISH SQUARES BAKED POTATO MIXED VEGGY BREAD PUNCH COOKIES, MILK	MEATBALL SUB FRENCH FRIES SALAD <i>Baked Chicken</i> PUNCH MILK	FR. CHICKEN SWEET POTATO MIXED VEGGY PUNCH MILK, BREAD ICE CREAM	CHICKEN CROQUETTE MASHED POTATO CARROTS BREAD ICE CREAM MILK PUNCH	BAKED BEANS HOT DOGS BREAD / SALAD PUDDING PUNCH MILK	TUNA SANDWICH PICKLE CHIPS BREAD, SALAD PB. BUTTER COOKIES PUNCH MILK	MEATBALL SUB MASHED POTATO CARROTS MILK/PUNCH CHOC. PUDDING	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
COLD CEREAL JUICE EGGS, MUFFIN MILK,	SALIBURY STEAK MASHED POTATO CORN BREAD <i>Little Debbie</i> PUNCH MILK	CHEESE PIZZA TOSSEDSALAD MILK /PUNCH COOKIES	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	CHICKEN CACCIATORE NOODLES BREAD MILK/PUNCH CAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
COLD CEREAL JUICE MILK, TOAST SCR. EGGS	HAMBURGER ROLL, MACARONI SALAD PICKLE MILK/PUNCH JELLO	CHEESE PIZZA TOSSEDSALAD MILK /PUNCH COOKIES	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	CHICKEN CACCIATORE NOODLES BREAD MILK/PUNCH CAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
HOT CEREAL JUICE MILK, EGG HB TOAST	CHICKEN CACCIATORE NOODLES BREAD MILK/PUNCH CAKE	SALISBURY STEAK MASHED MIXED VEG, SALAD MILK/ PUNCH CHOC. PUDDING	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	CHICKEN CACCIATORE NOODLES BREAD MILK/PUNCH CAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
COLD CEREAL JUICE MILK, EGG SCRAM, TOAST HASH BROWN	HOT DOG W/ ROLL, BAKED BEANS MILK /PUNCH PINEAPPLE CAKE.	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
CEREAL HOT JUICE MILK, EGG HB	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	MEATLOAF MASHED POTATO CARROTS MILK/PUNCH <i>Ice Cream</i>	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
CEREAL COLD JUICE MILK, FR. TOAST STIX	BAKED FISH SQUARES RICE BREAD BROCCOLI MILK / PUNCH LEMON MER. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
CEREAL COLD JUICE MILK EGG SCRAM MUFFIN	BAKED BEANS HOT DOGS / BREAD COLE SLAW MILK /PUNCH PEACH COBBLER	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO
CEREAL COLD JUICE MILK, EGG HB DONUT	HOT POCKETS RICE CORN/ BREAD MILK /PUNCH ICE CREAM	TUNA SAND PRETZELS PICKLE /SALAD MILK / PUNCH CHOCOLATE CAKE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	CHICKEN LEG MASHED POTATO BEETS MILK/PUNCH CHEESECAKE	FISH SANDWICH POTATO SALAD PICKLE SALAD BREAD STRAWB. PIE	MEATBALL SUB CHIPS PICKLE SALAD MILK/PUNCH CHOC CHIP COOKIE	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO	AMERICAN CHOP SUFY MIXED VEG / BREAD SALAD MILK/PUNCH JELLO



Food Menus for Inmates and Staff

We hope you all enjoy browsing a sample list of the menu for inmates and staff at Strafford County Department of Corrections.

For the families, we thought you would like to see an example of the three week menu.

For the inmates, the idea to vote for your favorite foods stemmed out of a noontime discussion with inmate workers. We were eating lunch and discussing what we probably would have the next day (understanding of course that the menu is not etched in stone). Almost everyone said we probably would have grinders if all goes according to the menu and talked about how they look forward to the Italian sub lunch. We thought it might be fun to vote on our favorite meal or food. We received permission from the Director of Food Service and the Superintendent for what we hope will be a fun thing to vote for. We were asked to note that the meal menu is subject to change if needed.

The voting results will be posted for the inmates in each unit.

Game Time

Once again its time for the jail newsletter and Marilyn has asked me for an update on the games. Spades is still the jail favorite followed by 45s, rummy and copy coos. As you know I am always open to new games so if you have one that maybe of interest let me know I will also need a set of game rules with your suggestion.

Basketball has been discontinued as an accepted activity here in the jail due to numerous injuries. However, the Superintendent has allowed me to hold supervised Basketball tournaments. If unauthorized basketball games continue to be played, I will stop doing Basketball all together as I have assured the Superintendent of your anticipated cooperation.

Our star search was kind of a bust as our top people were either transferred to other facilities or bailed out, plus we have had some difficulty getting judges for the finals. We still have some great acts and talent here and hope to get this back on track soon.

Unit J amazed Lt. Roy WHEN THEY PUT TOGETHER THREE MIXED PUZZLES, A TOTAL OF 3000 pieces. This was done by four unit members who won submarine sandwiches for their efforts. Our other contest winners were Unit G handball Unit H spades Unit B holdem. Pizza, subs and Chinese food. All you have to do is play and win.

As of this news letter we are in the middle of a jail wide spelling bee. Some 25 participants in unit G&H gave it their best shot Thursday night as Lieutenant Roy gave them some tough words. It will be interesting to see how it all ends up. The suggestion for the event came from Unit G, my thanks to Mr.R.

I will say that I appreciate the help I get from you guys on the units as sometimes I get busy with other things and when an inmate comes forward and volunteers to help with running an event, it helps out a lot. Proving that we can all work together for a common goal.

“Never admit defeat “ ~ Sergeant McGowen

Song Bird

by T.L.



I woke to a songbird in the early morning hours
And I wonder today what his music will say.
His spirit rides and sings in the wind
And he carries on sometimes for days.

He fills the morning with hope that this day
And his friends will soon come and sing
They will join in this gleeful magic show
Like opera they will soon all begin.

“OH” songbird how you fill my worried soul
You bring to my ears some peace and hope
You play for the world so sound asleep
And for the clouds that are afloat.

The trees have grown to know you
And the wind has become your friend
The more your songbird plays on the earth
The heavens shall have no end.

Sing for me today oh song bird
And my ears shall be in await
You shall wake the most beautiful angels
So far as the heavens gates.

Greetings from Programs!

Since the last newsletter we have had 5 inmates pass the GED exam and several more that are now testing! The program case manager, Chris, has been working to make sure that all inmates have a program schedule and are taking the recommended classes. If you have not been interviewed and would like to participate in the programs that we offer please submit a request to the programs department.

We have recently added life skills classes and have had excellent participation from the students in these classes. Classes in Anger Management and Pet Therapy have also recently been added, and starting in September we will be offering parenting classes in several of the units. We are excited to be able to offer these classes!

~Jail Programs Dept.