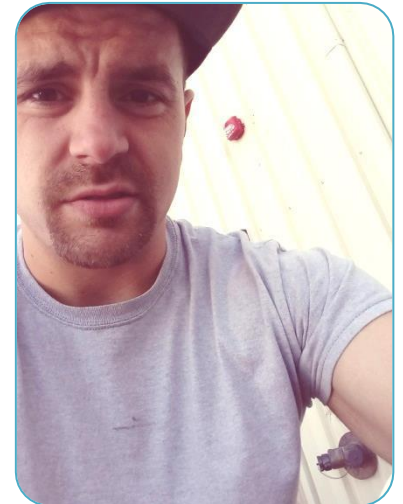


## RESIDENTS OF THE MONTH

### East Campus

Nominator States: Mr. Liapis started his Individual Program Plan with ten goals. In November he added another goal, and as of this date he has completed five of these goals. Mr. Liapis requested authorization to obtain a second job and started a second job in November. By doing this Mr. Liapis is taking the initiative to pay on his fines and fees and improve his financial position for release. Mr. Liapis is actively working on his remaining goals, which tie into his last goal of developing a viable release plan that he will use to be successful once he is back in the community. Mr. Liapis developed his goals in a manner that once complete he will all be able to build on, and incorporate into his release plan. He applied for and was selected to be a member of our Honors Program. Mr. Liapis is running a great program.



Joshua Liapis

### Women's Center



Nominator States: Nicole Webster is quiet and very polite. She has a positive attitude. She does not complain about being in the center or with what she is asked to do. She is setting goals and working towards them. She is consistent with keeping scheduled appointments and following through with what she says she will do.

Nicole Webster

### West Campus

Nominator States: Trenton Hiler is quiet and focuses on his program. He has followed recommendations and has not complained about what he has to do. He is polite and respectful.

Second nominator states: Mr. Hiler is finishing up his groups and is about treatment complete. He has a solid release plan set up, and has managed his program well while here to include all his meetings, groups, mental health, and CD treatment. All around he is a solid resident who has kept his focus and drive during his program.



Trenton Hiler

# Gift Bags



Kayla Williams and Karen Conley



Thanks to donations from our friends in the community, each resident received a gift bag for Christmas



Robin Castle



Ray gifted Joe this University of American Samoa sweater from the Better Call Saul series.

Here is a quote Joe wanted to share with everyone. It's one he's always liked, but doesn't know who the author is.

**You can lose all your money or spend all your money, and if you work hard you can make your money back.**

**But if you waste your time, you can never get your time back.**

# Christmas Dinner

The ladies worked hard to make their Christmas meal special



## Bobby Reich - Honors Member



Bobby Reich could have sat it out. From prison or a pre-release, either way he was discharging. So, why go through all the struggles inherent in a community corrections program, that half incarcerated, half in the community tightrope, that is often so difficult to navigate?

Short answer: the human need for a challenge. Because anything can become routine, boring even, and the risk is that this lethargy will drag a person under until they become institutionalized. Stagnation is often comfortable, but can start to chip away at a person's spirit, until it reaches a point where easy isn't good enough. Bobby experienced this and he told me, "Prison had become easy. The difficult part would be living right in the real world."

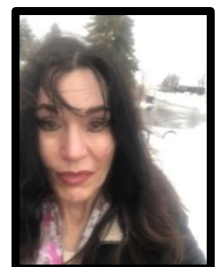
But after deciding to challenge himself in a pre-release setting, a harsh reality set in. Away from the comfort zone and familiarity of incarceration, Bobby found himself increasingly anxious and fearful. Outwardly his program was going well, but inwardly it was rough. Bobby began to feel that he had made a mistake thinking he could do a community program. Maybe it would be better to sign out. He was worried about the schedules and simply finding his way around. Life was coming at him hard and he wasn't in control of it. But still, he kept coming back to an essential truth about his life, "I was broken and needed to fix something."

Bobby, however, is a determined person and a man who keeps his word. He had made a commitment to himself to change his life and he wanted to honor that. So he began to pull himself out of the panic mode by telling himself to calm down, slow down and tackle this new environment step by step. Bobby explained, "Every day I had a set schedule. I focused on what I had to do each day and it fell into place." Bobby also did motivational self-talk and began an internal dialogue. "Why am I feeling this way? What are my worries? Is what is bothering me today going to matter tomorrow? Will it matter next week?"

Bobby's self-inventory renewed his commitment to his new challenge. He began to feel stronger and more in control of his journey. This strength allowed him to make a serious commitment to doing well. Bobby also explained, "Motivation came from seeing the fear that people had around me because of my impulsive behaviors. I wanted to change so that people could be comfortable around me."

Bobby continued to refine his strategy. He committed to his daily self-inventory and mediation. Prison and street life had sharpened his instincts to rapidly assess people and situations. Making use of these skills he chose to limit his personal interactions. If others perceived him as isolating, Bobby knew that he was actually setting healthy boundaries, boundaries that were critical to his survival.

Bobby was all in and spared himself nothing in his quest to strengthen his decision to "live right in the real world." In his previous life, Bobby, in his own words, "had been through it all." But now, he had turned a corner and knew that he couldn't go back. More importantly, he didn't want to go back. He was shedding his old life rapidly and even his cravings had disappeared. He no longer felt the urge to do "dumb stuff". He confronted his fears, rather than stuffing them. He faced his demons.



## Bobby Reich - Honors Member - continued

But Bobby wasn't finished. As valuable as all of his tactics were, there was still another tough hurdle. Setting aside his previous mind set, when Bobby began to feel a certain way and got too far into these feelings, he went to his CTS Roxi and found understanding and advice he needed.

**“Reach out and ask for help. Ask for the help that others can provide. Don't let your emotions bury you. Break through your previous mind set by asking for guidance. “**

Bobby has found a contentment and peace that had been missing from his life. He stated that he has found patience and compassion. He keeps his daily schedule tight and essential. When asked if this has all been worth the effort, Bobby stopped to consider and then chose his words simply and carefully. “I feel really good. My kids are back in my life and my business is lined up.”

Bobby told me that when he applied for Honors, it was not to have extra pass time or any of the other perks. Bobby said he viewed Honors as the logical step in completing a well-run program, a tangible marker of a strong and honest program.

Bobby Reich is a thoughtful and insightful person. I am grateful to Bobby for agreeing to do this interview, for we both knew it was a bit out of his comfort zone. When I asked Bobby, I was hopeful he would agree to be interviewed, but was certainly prepared to be respectful of his request for anonymity and privacy. But Bobby knew this interview was not just about him; it had a broader and higher purpose. While Bobby's story is unique to him, his story can touch a chord in everyone who has struggled, anyone who has thought it might be too late to change, who has wondered if change could even be a thing in their lives, having been through so much.

Bobby left me with a quote that speaks to these struggles, **“The best view comes after the hardest climb.”**

We are so proud of Bobby and wish him continual success and happiness.

### Tidbits from Robin

A flower does not think about competing with the flower next to it. It just blooms.

*Totally The Bloom*

Robin Castle

Licensed Clinical Professional Counselor

455-9333 robin@gfprc.org



## Setting Realistic Goals

MY GOAL IS NOT TO BE BETTER THAN ANYONE ELSE, BUT TO BE BETTER THAN I USED TO BE.



Holding yourself up to an unreasonable standard is no way to win at life. It's OK to lower the bar a tad, especially when you're just starting out. For example, normal people who want to get fit aren't likely to wind up looking like Kate Upton. Striving for that goal is like running toward a finish line that will always be moving farther and farther away, which is really discouraging. Instead, set realistic goals based on what annoys you about your life – not based on someone else's measurements – and begin the process of sweeping it out the door. Understanding and accepting what might be too far out of reach is not only completely OK, but essential to winning at life. Give it a try.

## Kristie Harrison - Honors Member

Kristie Harrison, new Honors member, has found that special happiness that is granted only after going through rough times and then emerging stronger and better. This is the joy reserved for those who persevere.

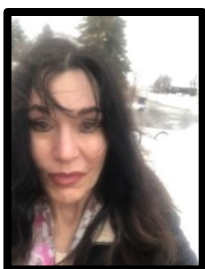
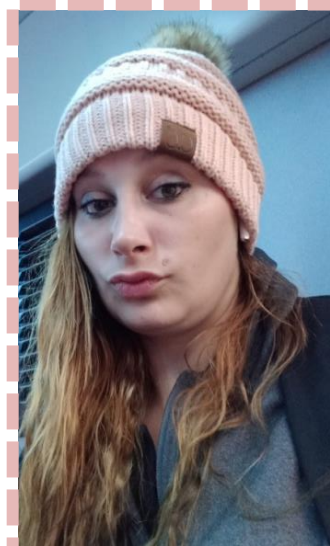
Kristie was pleased to do her interview, but she is one busy person! Even though it was Kristie's day off, she was trying to juggle numerous appointments and had calls coming in from other staff even as we talked. Her crazy, busy schedule made us start laughing.

Kristie recently hit the trifecta of being on Honors, Resident of the Month and phasing up to Phase Four. But this doesn't mean she is slowing down or not striving for the next success. Kristie is all about being organized, efficient and working toward her next goal.

Kristie came prepared with an outline for our interview, and the first topic she wanted to share was her commitment to her clients. To understand who Kristie is, is to understand how deeply she connects to her clients, "My residents are worth so much. I love them so much. They are unique individuals and have a special place in my heart." Kristie works in the Independent Living wing of the Eagles Manor as a Dietary Aide. Prior to our interview, word had already reached me as to Kristie's proficiency in knowing her clients and anticipating their needs, i.e. coffee for this client, tea for the next and so on. This is more than memorization. This attention to detail shows a deep respect and care for her clients. Kristie brings more than food and their favorite drink. Kristie brings respect, love, concern and an unwavering commitment to brighten the day of her clients. Kristie's presence brings a spark of joy. While her clients may have creature comforts of housing and food, they can suffer greatly, however, from the emotional toll and the lonely feelings of being away from family. Or, in fact, they may have no family, no one at all. But whatever their situation, this is where they live and Kristie respects this when she said, "Take into consideration you are in their home." Dealing so closely with those in need of care and perhaps sick and those dying does weigh heavy on Kristie's heart and she finds comfort in prayer. Kristie lets her clients know that they are important and have a place in this world, a world which often treats the aged as invisible or as an uncomfortable reminder of mortality.

Kristie is going to expand her career in health care and she is taking smart moves to do it one step at a time. As painful as it will be for both her and her clients, she is going to leave her job a month early to take the CNA course offered by MSU College of Great Falls. Working with Allen Heisler, Education Dept., she will devote her time and attention to the three week course at the end of which she will test and become a CNA. Kristie has navigated the difficulties of school/work and is taking the leap to advance for her future. Returning home, she will continue in health care, but now with a degree and skills insuring a better paying job and increased job flexibility.

Given her devotion to her work, that goes way beyond just doing her job, it is no surprise that Kristie has been Employee of the Month, twice. Kristie's commitment to her career also coincides with her commitment to her new life. As she said, she was so very tired of living her old life, "You get to a point in your life where you are just done. I'm over it." So now she is prioritizing her own well-being. "I can't save the world until I save myself." When Kristie arrived at the Pre Release, her first goal was to be on Honors. Before, she might have felt this was a goal too far out of reach, meant for someone else, but not for her. Kristie now knows that she is somebody, somebody deserving of honors and awards. Kristie showed wonderful self-worth when she told me, "I'm tired of being an underdog. I want to be on top of my game. I love who I am. I love myself and I'm letting myself enjoy things in my life. I love the results." Furthermore, her strength will only increase when she returns home. "If I can do this in here, you best believe I can do it out there."



**NEWS BY SHEENA JARVEY**

## Kristie Harrison - Honors Member - continued

"Sweet, fun fact about Kristie: she is the mom of twins. Zamaya is one minute older than her brother Zander and she hugs him often, because, Zamaya is a mother hen!

Kristie knows that goals are the building blocks to realize our potential and give us the tools to be a positive force in the world. When the time is right, Kristie will obtain her R.N. degree in Missoula. Being in the health care field is also personal, as Kristie cared for her dad at home until his death from cancer. Kristie has true empathy for all those who suffer. "I have a lot of love in my heart and I want to give it. I want to make a positive imprint in people's lives."

Kristie does have such a caring heart and has a great sense of humor. She is the first one to laugh at herself and can change the mood by her fun and upbeat personality. It has been a hard road, but she is not weighed down by her past. She is grateful for where she is today and looking forward to her future. Kristie will continue to let her talents and heart make the world better. She is guided by this: "I can be a voice for someone who doesn't have a voice for themselves."

**And for those wondering if they can overcome and advance, Kristie gave this advice, "Yes, because you are worth it."**

We are so proud of Kristie and wish her all the best going forward in life.



## *Commitment to Excellence Awards*



Jon Boutilier, Bob Dompier, & Alan Scanlon

**Bob Dompier** has been described as a "breathe of fresh air." His warm personality, strong work ethic, and ability to connect with staff and residents have made him an important member of the team.

Leading by example can be an overused phrase, but this man does this every day. His commitment to the center was made evident back when he was on the Board of Directors. When our Business Manager retired Bob volunteered his time and came in for 40 hours a week for 4 weeks to help out, and then he decided to apply for the job.

Bob has been invaluable to the center, not only for his outstanding work as our Business Manager, but also for his friendly personality and his upbeat attitude.

**Keith Davies** was nominated by his peers for the outstanding job he does with the residents and for the example he sets for his co-workers when he is the shift leader. He is very reliable and can frequently be found working extra hours whenever the center is shorthanded. He was complimented for always leaving the next shift in good shape before he leaves for the day.

Keith always works hard and does his best for the center and his co-workers. He can be counted on to help whenever asked and he usually volunteers before management even asks him for help. Working hard to help the residents, his co-workers, and the Great Falls Pre-Release Center on a daily basis makes Keith a wonderful choice for the 2022 Commitment to Excellence award.



## Jason Garberg - Honors Member



*Heading into Ulm from the canyon, the topography of the land starts to dip. Great Falls isn't yet visible, but rising up the hill out of Ulm, the city soon starts to appear. Almost home.*

Jason Garberg, new Honors Member, told me that he had started his life behind bars at the tender age of six. Not only that, he couldn't wait to get back behind bars and, in fact, it was one of his release goals. He smiled a gleeful, impish grin and explained that he loved the sport of motocross and was excited to be back behind the handlebars!

Jason credits his friend, and also his boss, at Precision Concrete, Sean Williams, with his strong and unwavering support in helping Jason not only get back into motocross but also, as Jason put it, "get back to being me." Jason and Sean have been friends since childhood and have remained friends until this day. Their dads, both military men, were friends and Jason and Sean have worked together for years. They also have competed in motocross together since they were young. In fact, Sean and Jason's families were part of the founding fathers of the Great Falls motocross scene. Jason said that Sean has been an amazing friend to him, and in fact, the whole crew at Precision Concrete, have been supportive and encouraging. Friendships, true friendships, are truly golden

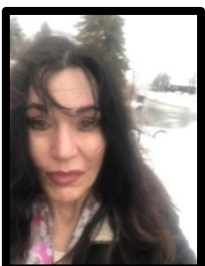
and Jason said that Sean has been an incredible friend in his life.

Jason is also a recent hire at UPS, his second job, unloading the trucks overnight. He said that it is crazy, busy, fun and intense and the sheer volume of packages is unreal. Jason has an easy laugh and a relaxed, but focused personality, so the demands of his new job are definitely perfect for his skill range. Also, UPS hires from within for drivers and driving for UPS would afford him financial stability with a sound future for retirement. As much as Jason does enjoy concrete work, it does get harder with age. Plus, driving is so perfect for Jason. Thinking about his career in concrete, his friendship with Sean, as well as his new job, Jason smiled, "I am super blessed".

Jason is also experiencing the blessings of giving back to the community and to his family. Jason is a dedicated member of Faith Lutheran Church and he explained how the church helps out homeless kids by donations, including sleeping bags and also sponsors a giving tree. Jason summed up the bliss of generosity the heart, "It feels so good to give back." Jason supported his daughter to become part of this caring community of faith and is delighted that she will be getting baptized. Jason beamed, flashing one those proud, uninhibited dad smiles that are close to tears, when he told me, "I'm super proud of my daughter. She is a good kid."



All these blessings are coming at Jason fast, including his one year of sobriety at the end of December. Jason makes it clear that to be the man he is today, is the result of guidance and support from his friends, his work family, his family, the community and divine intervention from God. The chaotic place Jason was previously in will be familiar to many. After a life event that shook his world, his divorce, he lost his footing and his coping skills dissolved in the disarray of drinking and drugs and he descended into a place where he lost himself. He was angry at life and his motivation vanished. His life kept falling apart until he was incarcerated. Jason reflected that it was, "pretty humbling to go to jail at 45 years old." Also humbling was accepting his PO's recommendation for treatment, for which Jason is now incredibly grateful. Jason's sobriety is with God's help and he told me, "I stay in constant prayer."



**NEWS BY SHEENA JARVEY**

## Jason Garberg - Honors Member - continued

After having his life shattered, Jason is unapologetic about being grateful to be at the Pre-Release. Let others think what they may, but Jason is positive, "Being here is a blessing. I am stable and able to stack money away." Jason wants to help others see that they can use this time to improve their life, by offering this advice: **"If a guy is doing what he is supposed to do and what he needs to do, it's good here. Stay focused and work hard, because those qualities are what it takes to succeed when we leave here. Be willing to put one foot in front of another. Suit up and show up. You can do it."**



Jason was very close to his dad, William "Billy" Garberg. Mr. Billy Garberg served in the U.S. Army as a combat engineer in the 101<sup>st</sup> Airborne Division during the Viet Nam war and participated in the Tet Offensive. Mr. Garberg went on to be instrumental in helping other veterans in the community. He was a founding member of Vets 4 Vets, Veterans Support Group and the annual Veteran's Stand Down. In addition he was a Veterans Treatment Court mentor and volunteered at the Grace Home. The wellbeing of other veterans was always close to Mr. Garberg's heart and he knew firsthand the traumas, including his own exposure to Agent Orange. Mr. Garberg was also an active member of his church, Faith Lutheran. He cherished his family. He dedicated his life to helping others, with his faith as a guide. Jason's admiration for his dad is unconditional. "If I could be half as cool as my dad, I'd be so bad."

While in treatment at CCP, Jason had a two hour visit with his dad. At that point, Jason was within 30 days of returning to Great Falls. During the visit, Jason assured his dad that he was doing really well, and that his mind was clearing. He would see him soon. They had always had such a close bond, so their short time together was special and bitter sweet. They ended the visit by expressing their love for each other.

Jason never saw his dad again and, in fact, his dad didn't live to see the end of that day. His dad died by Ulm on the way back to Great Falls. In his grief, Jason was resolute and relied on the power of his faith. "God rescued me, so I could handle it with a sober mind." He also held on to one of his dad's favorite saying, "I have God in one hand and Jesus in the other, so everything will be okay."

One of the many things Jason and his dad bonded over was their love of motocross. Motocross is in Jason's blood and he proved himself so skilled at the demanding sport that, by the time he was around 8 years old, he was passing his dad on the courses. Riding motocross with his dad was one of Jason's happiest memories. Jason will, however, ride again with his dad. This summer Jason will compete in the 40 Plus Pro Championship, a series of 12 motocross races across Montana. Jason will ride carrying his father's ashes and will honor him with each win.

*Heading into Ulm, as a friend drives, you can see the evening is coming on, lighting up the prairie so that the shapes of the land start to take on new colors. You feel calm and happy because your son is healing and finding his own peace and happiness. You can't see Great Falls yet, but you know that your heart is full, your faith is strong and you are almost home.*



Let me be a little kinder,  
Let me be a little blinder  
To the faults of those around me,  
Let me praise a little more  
--Edgar A. Guest





## What are your plans for 2023?

Anonymous: I plan on successfully completing my program so I can get out.

Alice Boyle: Graduate with a degree before I turn 50!

Bob Dompier: Retirement and travel.

Cheryl Haynes: Rest and relax and get my house in order.

Heidi Hunter: We have a few travel adventures planned for Orlando, Honduras and Alaska. The most exciting event that is being planned is my oldest son's wedding!!! They got engaged before Christmas!!! I think it's going to be a busy year indeed.

Jack Ellwood: To finish my house. Move into my house. A lot of projects. Get more grounded in my work. Collect more knives. Work on relationship with family. Make goals. Fish a lot more. Lose weight (popular resolution). Write and study. Get even healthier mentally physically & spiritually. Fish more. Really fish more. Hope to fish more. Vacation after move into house.

Jason Skaw: To make it outta this year alive!

Jesica Pedersen: To make this year MINE!

Joe Marten: To start working out with the kids and get back in shape.

Kacey Schulze: Stay sober and keep my job for a long time. I also hope to be able to see my 8 year old daughter more often. Happy New Year to all!

Keith Davies: Be nicer to Cheryl (JK).

Keith Ricketts: I plan to live by faith and not by sight.

Nelson Alexander: I want to be with my children.

Pete Gammill: To strive to be more like Alan Scanlon.

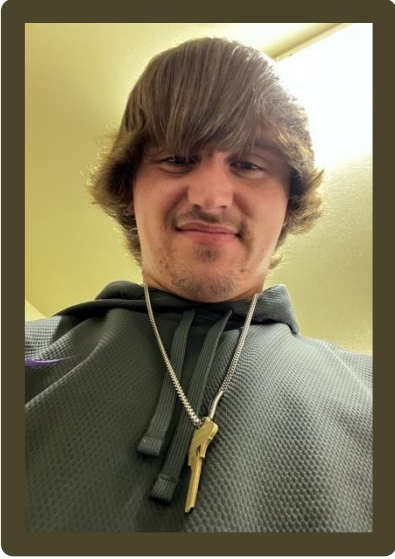
Robin Castle: My daughter's wedding.

Shilo Nightshoot: Work and reuniting with my Harley.

Steve Rogers: My plans for 2023 are to graduate with Master of Science in Mental Counseling, finish getting my house built in the Philippines, and for my wife and daughter to finally move here from the Philippines after eight years of trying.

Vanessa Petersen: I will be graduating in May from Montana State University Northern with a bachelor's in Criminal Justice and Psychology! :)

## Jacob Loesch - Honors Member



Jacob Loesch, new Honors Member, is getting ready to celebrate 15 months clean and sober the end of January, 2023. Jacob is proud of that, and rightfully so, but then again, Jacob is pleased and happy with all the ways that his life has truly changed and the ways that good things really are now coming into his world.

Jacob had an unusual start in life. When Jacob's dad turned 65, he retired. That was also the same year Jacob was born. So Jacob was directly influenced by a generation that most people know only through stories of older family members. Jacob's dad, born in 1932, started work in the steel mills of Springfield, Illinois at the age of 11. He served in the U.S. Navy, after which he went on to work for 50 years with the IBEW, the International Brotherhood of Electrical Workers. Jacob's mom died when he was six, but his father lived until his late 80s. He would have turned 90 on Dec. 10, 2022.

Jacob's greatest fear was that his dad would die when he was incarcerated or incapacitated with drug use. Jacob was at home when his dad passed, but, as he had feared, he was still using and, "the worst part was mentally I was not there." The shock of losing the one person in his life that had always been there, along with his guilt, sent his drug use into over drive and he fell hard into his addiction. His PO had given him chances to fix this, but she finally called it and had him revoked. In jail, Jacob's stress began to ease and his anxiety lessened. Jacob recounted, "I was flooded with a sigh of relief. I was glad it was over with."

When his head cleared, Jacob's new life came into focus. Jacob stated he was thankful for jail, thankful for treatment and is certainly more than okay with being at the pre-release, which he said is his home for now. He has a good roomie, fellow Honors member Jason Garberg, and in fact, they are friends who support each other and have worked together at Precision Concrete. Sean Williams, their boss at Precision Concrete, has been a huge positive part of Jacob's life, showing him support, guidance and wise patience. Jacob knows that Sean believes in his potential. "He (Sean) has my back" Jacob said gratefully.

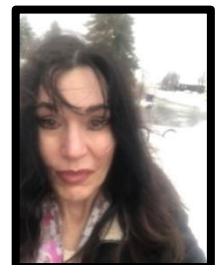
Jacob is immensely relieved to be where he is in his life. He no longer seeks the disruption and craziness of things in shambles, with all his possessions sold for drugs and his self-respect and sanity vanished. He no longer wants to live in a trap house with his only goal to find more drugs and living with the fear that what if he doesn't. Mornings are so much better. "I don't have to worry about waking up and being dope sick."

Jacob has a mellow personality and a glow of contentment. He proudly ticked off his accomplishments, including paying off all fines and fees, \$3,500 in total. Now, all of his income can go to savings for his new life. He is working at getting his driver's license back. His CTS, Keith Ricketts, is helping him navigate these steps and Jacob showed his appreciation for CTS Ricketts, "He does his job. He's good people." Jacob also received his HiSET, finishing the one test he still had to go. He said it was by the skin of his teeth, but, he did get his degree and that is a very proud accomplishment.

When Jacob did get serious about fixing his life, he realized, "I never listened and my life never went anywhere." So he started taking in information and ideas to improve and change. Before his arrival at the Pre-Release, Jacob was at Connections. He said he benefitted from the program and said the Five Big Truths and the Four Steps to Self-change especially resonated.

And then there was this that really struck home. Jacob remembers clearly what his Counselor at Connections told him.

"What makes you think, what internal dialogue are you using, that allows you to think you can use one more time without consequences?" Jacob realized this to be true.



**NEWS BY SHEENA JARVEY**

## Jacob Loesch - Honors Member - continued

When I asked Jacob how he was carrying on his dad's legacy, he was quiet at first and shook his head. But then he took a breath and said, "I am like my dad. He was a hard worker and sober. He earned everything he had and now I'm doing the same." Watching Jacob's expression as he spoke, it was evident that his dad's legacy and love was alive in him.

Another family source of love and inspiration is Pam Olson. She is Jacob's third cousin and was his teacher in elementary school. She has been a huge support and Jacob wanted to thank her for all that she has done. Pam and another teacher from his childhood have stayed in contact with him to this day, including jail visits. Jacob said, "She has been there my whole life and has been a mom figure to me. She's cool."

Jacob projects happiness, optimism and excitement for his new life. **Jacob explained his formula for success. "I do positive self-talk. I tell myself I can make it. I take it one day at a time. I feel good about myself. I am focused, content and happy. It feels good to be clean. My mind is clear and I actually have no bad thoughts. God is with me."**

Jacob is a young man setting out to explore the world and enjoy his freedom – freedom from demons that drug his life down in the past. He is single with no kids, so he intends to make the most of his ability to chart his own course. He wants to travel and explore new areas. Jacob is an outdoor guy and likes all things outdoors, including hunting and fishing. When he talked about skiing, his eyes light up and he said he can't wait to ski Discovery Basin near Anaconda.

Job wise, Jacob has a range of options including the oil rigs. He has also been talking to a Marine recruiter – it might be a long shot, but, hey, it may be possible. But whatever happens, Jacob is okay.

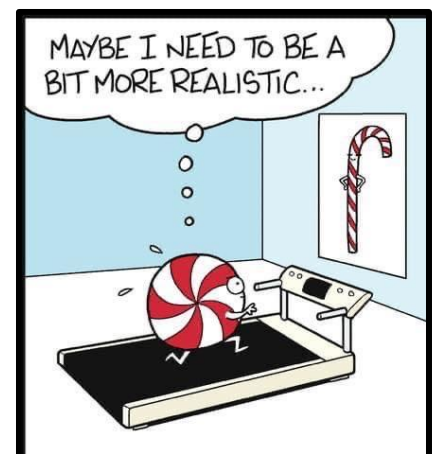
Well, so, total honesty, there is one thing wrong in Jacob's world, "Jason (my roomie) snores like a sucker." When I wondered if Jason would be upset to see that in print, Jacob just gave me a big grin and said Jason would find it funny. So, there it is!

At the end of the interview, Jacob reflected on his journey. "I am at ease with myself. I know my dad is proud of me for doing the right thing."

We are also very proud of Jacob. It is inspiring to see a young man get a fresh start and be so filled with happiness. Wishing him all the best.



GRILLED CHICKEN



# NOW THAT'S TALENT!



Brian Dolatta teaching Rusty Friend to bead



Brian Dolatta made this hummingbird and this owl.

If you would like to learn how to bead, please let leave a note for Brenda or Sheena at your respective CO desk.

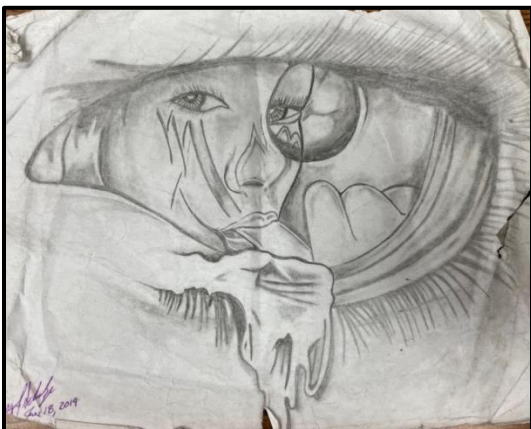


Kasey Schulze had never beaded before, and made this beautiful necklace!

Below is some of Kacey's artwork.



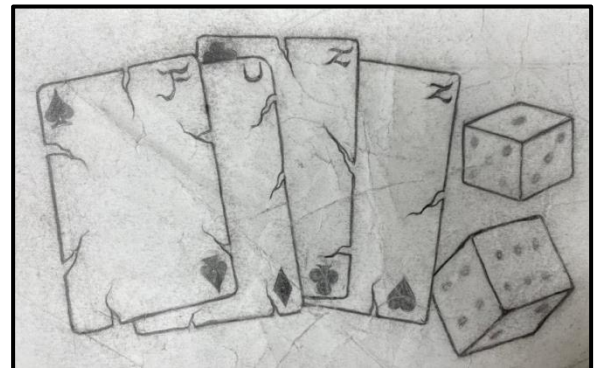
Eric Wick made this Redskins keychain



Kasey named this drawing, "My Daughter in my Eye." It is one of his first drawings.



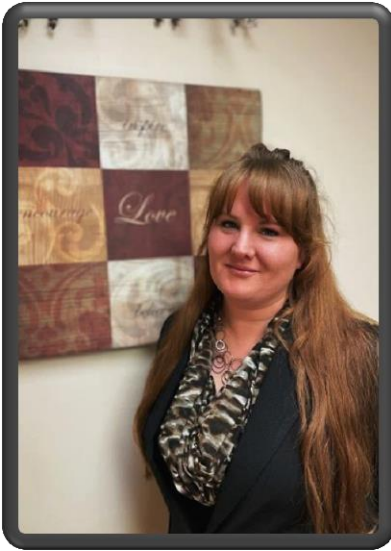
Kasey drew this as a memorial of his grandma Myra Pier. She loved horses and she was full Sioux.



Kasey drew this after his best friend Joe Fuzz overdosed.

## Congratulations to Cindy Bright for completing the Inmate Worker Program!

By Brenda Demers

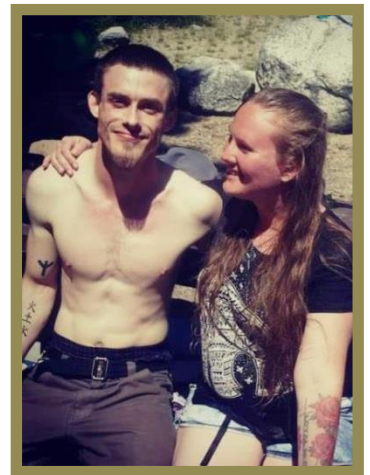


“You need a complete identity change.” This admonition takes on a different meaning depending on the person and the situation. Cindy has never forgotten these words from a wise prosecuting attorney and finally made a conscious decision to embrace that advice. Cindy turned 30 in August and proclaimed, “This is my decade to do things differently. I want it in my heart now, not just to appease others. The change inside of me comes from finally surrendering.”

Cindy has a quiet, yet well-spoken demeanor. As I learned about her background, I understood why her self-confidence doesn't come easily. Cindy pointed to the scar on her neck and explained that as a newborn the medical team hooked up a line to transfer the blood from her tiny body to a machine that cleaned the toxins passed on from her drug induced mother. Needless to say, Cindy was put in foster care and eventually adopted into a loving home. As most adopted children do, she questioned her identity and worth, wondering why she wasn't wanted by her birth parents. Yet, she had some good years as a child being raised in a suburb of Los Angeles. Both her parents taught at a prestigious private school, and Cindy's favorite thing to do was ride her longboard.

Cindy vividly remembers the day she unexpectedly found out that her parents were divorcing. She and her brother and cousin were sitting in the back seat of the car as her mom drove them to school and shared the news. At the tender age of 7, the affects were traumatic and confusing.

As a teenager, Cindy admits that she was shy and chose not to have a lot of friends. She was only 15 when she found herself pregnant. Later, she formed a relationship with and married a different man –the one that introduced her to meth and ultimately controlled every aspect of her life. Cindy felt impending doom, and sought to get away from him by moving to her aunt's in Montana. There was a problem with that supposed solution: He came with her. She described how he broke her down mentally to keep her controlled. She didn't have friends because he didn't allow it. Drug and alcohol use compounded the problem. Word got back to her baby's father and his parents in California. Cindy couldn't understand at the time why she was ordered to send her child to live with them. Eventually she realized her blindness to what they could see, and commented it was a blessing in disguise. Cindy explained that in 2018 her eldest was diagnosed with leukemia and was living with her grandparents who took great care of her. She is now in remission, and they are rekindling their relationship.



**Cindy hanging with her brother at Lake Como**

Cindy continued in the abusive relationship long enough to bear 2 more children. It was during that time that she was arrested for the first time. She recanted the crime openly and honestly, acknowledging her addiction to alcohol. Amplifying the situation, it happened in the small town where they lived. As the news spread via the newspaper and the grapevine, so did the embarrassment to Cindy and her family. Cindy served time in jail followed by a treatment program and conditional release. She faked it to make it through the treatment program so she could get back to her little ones. When things were rough at home, she turned to alcohol to cope, and the cycle began all over again. The defining incident in freeing Cindy from her abusive partner was when he strangled her to the point of passing out because he was late for work and she couldn't find him a pair of matching socks. That was the last straw; however, it took many years and lots of counseling to unravel the mental and emotional trauma.

## Cindy Bright - continued

Cindy told me that this is her first time at a pre-release and her first time at adulting. Pre-release is different because she has to think for herself. Before this she relied on whatever the treatment center she was in told her to do. As Cindy put it, she had to sink or swim and is relying on a higher power. She reflected on her past and what didn't work. As a changed person she is not just going through the motions, she is putting in sincere effort. She has a newfound respect for authority, and the inmate worker program gave her a chance to practice her attitude change.

I asked Cindy what types of challenges she faced here and she responded, "Breaking the cycle. I know what I'm supposed to do, but I procrastinate. I don't know how to start. I'd rather hide. I'm like a hobbit in a hobbit hole and that's where I'm comfortable. I'm an introvert. It's been a challenge to develop relationships and become vulnerable." Cindy was forced out of her hobbit hole to venture into an unknown city to convince an employer she is worth taking a chance on. Cindy described her body shaking the first day she had to sign out. She got on the wrong bus and found herself sitting on a bench in tears. She pulled herself together enough to pray, and upon opening her eyes, there was the building she was supposed to go to. Cindy quoted this from Batman: *Why do we fall, Bruce? So that we can learn to pick ourselves up.*

I asked Cindy what advice she could share with others. She said, "integrity; do what's right, not what's easy. I see girls doing the same thing I used to do. I would make myself look good until no one was around, and then break the rules.



**Cindy is talented at crocheting. She is pictured here with one of her many creations.**

Even if you're doing something little wrong, it's a stepping stone to old ways. Ask yourself, 'Why am I doing this when I know it could send me back to jail?' Have a goal in your mind that's worth more to you than using is."

When Cindy goes back home for her court audit she wants the judge to notice that she does have that new identity, and that identity has to come from her higher power, Jesus Christ.



**Cindy with her parents and her children**



**Residents:** You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact Brenda. Any suggestions are also appreciated.

Would you like to learn sign language? Kasey Schulze and Brian Dolatta have offered their time to teach ASL. Please leave a note at your respective CO office for Sheena or Brenda if you are interested.

**PRE-RELEASE PRESS**  
**Editor:** Brenda Demers

**TRANSITION CENTER**  
GREAT FALLS PRE-RELEASE SERVICES INC.

## Education Center Schedule for the Month of January 2023

Tuesdays, and TABE testing on Wednesdays and Thursdays at GFCMSU. Ed Center hours will be adjusted pending resident registration for testing day and time.

### Monday 1/9:

Computer Learning 0830 – 1030  
Connections Check @ GFCMSU 1100 – 1200  
East Campus 1300 – 1430  
Women's Campus 1430 – 1600

### Tuesday 1/10:

Ed. Center Hours 0800 – 0930 and 1300 – 1700  
Staff Meeting 0930 - 1030

### Wednesday 1/11:

Ed. Center Hours 0800 – 0900 and 1330 - 1700  
TABE Testing @ GFCMSU 0930 – 1230  
New Resident Intake 1300 - 1330

### Thursday 1/12:

Ed. Center Hours 0800 – 0930 and 1600 - 1700  
East Campus 0930 - 1100  
Connections Check @ GFCMSU 1300 - 1400  
Women's Campus 1430 - 1600

### Friday 1/13:

Ed. Center Hours 0800 – 1030 and 1430 - 1700  
Life Skills – Coping with Conflict  
    East Campus 1030  
    Women's Campus 1130  
    West Campus 1330

### Monday 1/16:

Computer Learning 0830 – 1030  
Connections Check @ GFCMSU 1100 – 1200  
East Campus 1300 – 1430  
Women's Campus 1430 - 1600

### Tuesday 1/17:

Ed. Center Hours 0800 – 1200 and 1300 - 1700

### Wednesday 1/18:

Ed. Center Hours 1030 - 1200 and 1330 - 1700  
Computer Learning 0830 -1030  
New Resident Intake 1300 - 1330

### Thursday 1/19:

Ed. Center Hours 0800 – 0930 and 1600 - 1700  
East Campus 0930 - 1100  
Connections Check @ GFCMSU 1300 - 1400  
Women's Campus 1430 - 1600

### Friday 1/20:

Ed. Center Hours 0800 -1200 and 1300 - 1700

### Monday 1/23:

Computer Learning 0830 – 1030  
Connections Check @ GFCMSU 1100 – 1200  
East Campus 1300 – 1430  
Women's Campus 1430 - 1600

### Tuesday 1/24:

Ed. Center Hours 0800 – 1200 and 1300 - 1700

### Wednesday 1/25:

Ed. Center Hours 0800 – 0900 and 1330 - 1700  
TABE Testing @ GFCMSU 0930 – 1230  
New Resident Intake 1300 - 1330

### Thursday 1/26:

Ed. Center Hours 0800 – 0930  
East Campus 0930 - 1100  
Connections Check @ GFCMSU 1300 – 1400  
Staff Meeting 1400 - 1500  
Women's Campus 1500 - 1630

### Friday 1/27:

Ed. Center Hours 1100 - 1400  
Life Skills – Email Etiquette  
East Campus 1400  
West Campus 1600  
Women's Campus 1800

### Monday 1/30:

Computer Learning 0830 – 1030  
Connections Check @ GFCMSU 1100 – 1200  
East Campus 1300 – 1430  
Women's Campus 1430 - 1600

### Tuesday 1/31:

Ed. Center Hours 0800 – 1200 and 1300 - 1700

## Education Center Schedule for the Month of January 2023 - continued

### Special Notes:

- 1) If you need any assistance prepping for, beginning, continuing, or completing the HiSet, please contact Allen Heisler - Education Coordinator to schedule with Great Falls College MSU, and discuss the necessary steps.
- 2) The above schedule is not all inclusive and is subject to change. If you need to use the education center, or discuss anything with the education coordinator, please call 406-455-9346 or stop in to schedule availability.
- 3) The Life Skills sessions will be conducted in the following locations unless otherwise noted.
- 4) West Campus: The Ed. Center or the Downstairs Classroom./Counselor Conf. Room  
East Campus: Downstairs Class Room  
Women's Center: The Great Room
- 5) If you wish to discuss any post-secondary options for pursuing college courses, training, etc. please feel free to contact Allen Heisler - Education Coordinator. 406-455-9346.
- 6) Computer based learning opportunities are available to all residents through the Ed. Department. This includes everything from Hiset preparation, to online courses, as well as career exploration and pathways. Interested individuals should visit the Ed. Center, or contact the Ed. Coordinator for more information.
- 7) Life Long Learning through the Great Falls College MSU offers many opportunities to participate in courses ranging from wood and metal working, to finance, computers, wellness, cooking, business, etc... These courses vary in days and times as well as cost. Interested individuals should contact the Ed. Coordinator for course availability. Also, the Life Long Learning Scholarship is available to help fund the cost of these courses. Applications are available through the Ed. Center.



**By Allen Heisler,  
Education Coordinator**



**Kevin Moore** drew this Bengal Tiger.



## JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER

### DID YOU KNOW

Long ago, Ben Franklin said, "Some of us are weather wise and some are otherwise," and our fascination with weather continues to this day. Weather folklore is far from infallible in its predictions but it is entertaining!

The Farmer's Almanac hit the big time when it came to predicting the weather for the winter of 2023.



**Shake, Shiver and Shovel** - The 2023 Almanac **predicted**, "Got Flannel? Hot Chocolate? Snow shoes? It's time to stock up." According to their extended forecast, this winter season will have plenty of snow, rain and mush as well as some record breaking cold temperatures! They are warning their readers to shake, shiver, and shovel! The first bite of winter should come earlier than last year's. December 2022 looks stormy and cold nationwide with an active storm pattern developing and hanging around for most of the season over the eastern half of the country. (Maybe there will be a white Christmas in some areas?)

### Winter Warnings -

What we hear more often than not is how much snow will you get? When will the winter storm warnings start? (And when will it end!?) Well, according to our extended forecast, there should be quite a few significant winter weather disturbances nationwide in 2022-2023. A few of these dates include

1) **The first week of January** in the Rockies and across the Plains. During this time, we see good potential for heavy snow that may reach as far south as Texas and Oklahoma, followed by a sweep of bitterly cold air.

2) **January 16-23**, we'll raise another red flag for bouts of heavy rain and snow across the eastern two-thirds of the country followed by what might be one of the coldest outbreaks of arctic air we have seen in several years. How cold? Try 40 degrees below zero!

So what do the folks who write the Almanac know that we don't? Here are a few signs of pending seasonal changes that have been used over the years:

1. Seasonal forecasts are forecasts of average seasonal conditions over a region that are made many months in advance due to slowly changing parts of the climate system. One key part of the climate system that influences weather systems is the ocean; for instance, the water's surface temperature may be warmer than normal and still retain that heat over the next few months. When those conditions that differ from the norm (i.e., anomalies) extend over a large part of the ocean, the air above the ocean may consequently be affected. Ultimately, atmospheric circulations and the weather systems over land are affected, as well. Analyzing ocean temperatures provides some ability to forecast average conditions for months in advance. One of the main examples of this phenomenon is the El Niño Southern Oscillation (ENSO), which is the main source of predictability on the seasonal time scale. This means that, when an El Niño or La Niña event occurs, our ability to predict shifts in seasonal average rainfall is enhanced and we should trust seasonal forecasts more. Other sources of predictability exist, and fundamental climate science research helps uncover more sources and improve seasonal forecasts.

### OR – IF YOU'RE INTO FOLK LORE

2. **Woolly Bears** - According to folklore, the amount of black on the woolly bear in autumn varies proportionately with the severity of the coming winter in the locality where the caterpillar is found. **The longer the woolly bear's black bands, the longer, colder, snowier, and more severe the winter will be.**



3. **Acorns** ... that fall heavily mean a cold winter is coming. Similarly, a large crop of walnuts means a snowy, cold season. Thick nutshells predict a severe winter.

4. **Berries** - An abundant crop of berries is also a sign of a cold, snowy winter. Similarly, a plentiful crop of berries means the following winter will be cold.

5. **Bees** – If bees build their nests in a protected spot such as inside a barn or shed, expect a hard winter. "As high as the **hornets** build their nests so will the snow be next winter."



## **JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER** - continued

**6. Flowers** ... that have a second bloom in the fall or hold onto their blooms late in the season forecast a colder winter. *"Flowers bloomin' in late Autumn, A sure sign of a bad winter comin'."*

**7. Leaves** ... which fall early indicate winter will be mild. When leaves fall late, winter will be wild. If the leaves wither on the branches in October instead of falling, an extra cold winter is in store.

*"When leaves fall early, Fall and winter will be mild; When leaves fall late, Winter will be severe."*

**8. Apple skins** ... which are tougher and thicker also tell us a colder winter is expected.

**9. Squirrels** ... with very bushy tails in the fall cue a colder winter. If squirrels stash their nuts high in the trees, the snow will be deep. *"When squirrels early start to hoard, winter will pierce us like a sword."*



**12. Beavers** ... were important forecasters for Native Americans. The thickness of their coats, amount of body fat, where they hide their food caches, and how they build their winter dens were all used to predict winter weather. Indigenous peoples believed that the larger and stronger the beaver lodge, the harsher the winter to come. *"When you see a beaver carrying sticks in its mouth, it will be a hard winter—you better go south."*

**13. Birds** ... migrate early cue a severe winter. **If robins** ... are seen near a house during the fall, the winter will be cold. **When wild turkeys** ... perch in trees and refuse to come down, snow is imminent. If turkey feathers are unusually thick, look for a hard winter.

**Roosters** *"If the rooster moults before the hen, we'll have winter thick and thin. If the hen moults before the cock, we'll have winter hard as a rock."*



**14. "If ant hills** ... are high in July, Winter will be snowy."

**15. Mushrooms** galore, much snow in store. No mushrooms at all, no snow will fall.

### **How One Month Affects Another**

*"If a cold August follows a hot July, It foretells a winter hard and dry."*

*"For every fog in August, There will be a snowfall in winter."*

*"If the first week in August is unusually warm, The coming Winter will be snowy and long."*

*"A warm October, A cold February."*

*"As the days lengthen, the cold strengthens." (The coldest time of the year is mid-January, about three weeks after the shortest day.)*

### **Weather Watching**

Thunder in the fall foretells a cold winter. If there is thunder in winter, it will snow seven days later.

### **Date of the First Snow**

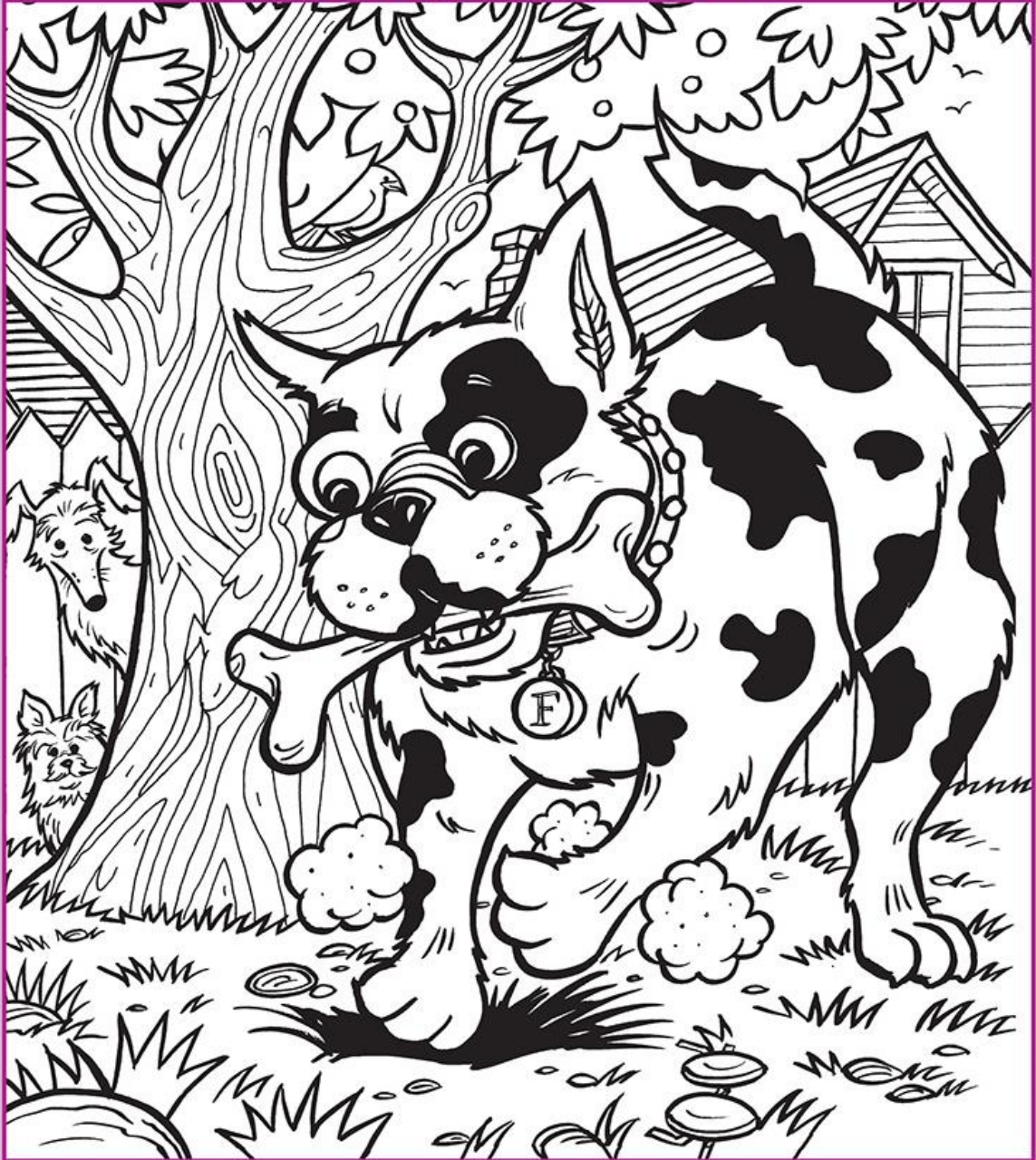
There are many similar variations on forecasting snow, based on the date of the very first snowfall.

- The date of the first snowflakes tells how many times it will snow. Should the year's first snow, for example, come down on the 12th of the month, you can expect 12 more storms before the winter's done.
- The number of days from Christmas the first snowflakes fall will tell you how many times it will snow this winter.
- The date of the first snowflakes plus the number of days past the new moon tells how many times it will snow this winter.

**STAY HEALTHY DURING THIS COLD SNAP. TAKE LOTS OF VITAMIN C AND TRY AND AVOID FROST BITE.**

# FUN & GAMES

## Hiding the Bone



glasses



crown



pencil



feather



bell



bird



glove



paper clip



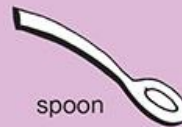
fish



dress



heart



spoon



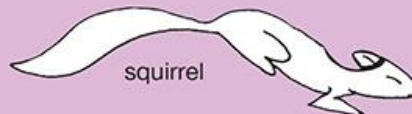
ice-cream cone



ring



mushroom



squirrel