



**CREATE**

**VOL. 1**

**WORDS AND ART FROM WCC**



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Words and Art from WCC

Volume 1

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## Foreword

*“If there’s a book that you want to read, but it hasn’t been written yet, then you must write it.”*  
— Toni Morrison

The Prison Libraries Committee (PLC) has worked for a number of years to bring books into the Women’s Correctional Centre (WCC) and into other similar facilities. We believe in the importance of promoting access to books and literacy both inside and outside the walls of these institutions. For those currently incarcerated, we regard access to books and literacy as basic human rights. As part of the Prison Libraries Network, we assert that incarcerated Canadians do not relinquish the rights and freedoms guaranteed to them under the Canadian Charter of Rights and Freedoms. In fact, certain freedoms, such as those of conscience and religion, thought, belief, opinion, and expression have a heightened importance when incarcerated.

Coming full circle through this current project, we are now proud to bring a book out from WCC and into the world. The art and words that fill these pages have been created by our community members at the Women’s Correctional Centre in Headingley, Manitoba in response to a call for submissions by the PLC. We hope this will be the first of many volumes.

*“There is no greater agony than bearing an untold story inside you.”*  
— Maya Angelou





**Untitled**

by Charlotte Berens



## **My Friend** by Sheila Dawn

There are no mysteries, only  
unanswered questions that  
have no answers and  
the memory of people who  
enter and leave our  
lives for a short or a long  
time and stay only as long  
as they are meant to...  
We cannot change the  
patterns of life but  
only observe them and  
bend to their will  
with grace....

I sure miss my friend.

## MY FRIEND....

THERE ARE NO MYSTERIES, ONLY UNANSWERED QUESTIONS THAT HAVE NO ANSWERS AND THE MEMORY OF PEOPLE WHO ENTER AND LEAVE OUR LIVES FOR A SHORT OR A LONG TIME AND STAY ONLY AS LONG AS THEY ARE MEANT TO... WE CANNOT CHANGE THE PATTERNS OF LIFE BUT ONLY OBSERVE THEM AND BEND TO THEIR WILL WITH GRACE.....

I SURE MISS MY FRIEND

WRITTEN

By

SHEILA DAWN

## **Rants and Raves of W.C.C. (Jailhouse Struggles)** by Kelsie Lesergent, Selena Redhead, and Amber Roberts

You know what really grinds my cuffs???

1. When you wake-up to get bfast trays, but it's tray return....
2. When it's razor day and the water is cold so you end up getting razor burn....
3. When the lights go on @7am, like really, it's too early for that shit....
4. When you go to slide a kite under the door and a guard catches your play, and reads it out loud....
5. When you miss laundry day and have to wash your panties in the sink....
6. When your eyebrow game is on fleek and the guard tells you to wash them off....
7. When you go to get trays and they ain't serving juice....
8. When you get a new room/cellmate and you have to deal with that first awkward fart....
9. When you go to use the washroom in the middle of the nite and the toilet seat cold AF...
10. When you ask for sandals and they smell like cheese....
11. When you forget to put up the blind and a guard walks by and you have that awkward moment of eye contact....
12. When you're trying to get turned up and the guard won't pass you tampons for your speakers....
13. When you get up for meals in the morning and bump your head on the desk....

# Rants And Raves of W.C.C (Jailhouse struggles)

You know what really grinds my cuffs???

1. when you wake-up to get blast trays, but its tray return...
2. when its razor day, And the water is cold so you end up getting razor burn...
3. when the lights go on @ 7am, like really) its too early for that sh\*t...
4. when you go to slide a kite under the door And a guard catches your play, And reads it out loud...
5. when you miss laundry day) And have to wash your panties in the sink...
6. when your eyebrow game is on fleek, And the guard tells you to wash them off...
7. when you go to get trays And they aint serving juice...
8. when you get a new <sup>cell</sup> roommate and you have to deal with that first awkward fart...
9. when you go to use the washroom in the middle of the nite And the toilet seat cold Af.
10. when you ASK for Sundaes And they smell like cheese 🍷
11. when you forget to put up the blind And a guard walks by And you have that awkward moment of eye contact.
12. when your trying to get turned up And the guard wont pass you ~~speakers~~ tampons for your Speakers.

Turn over. →

13. when you get up for meals in the morning  
AND Bump your head on the desk...

Rants And Raves

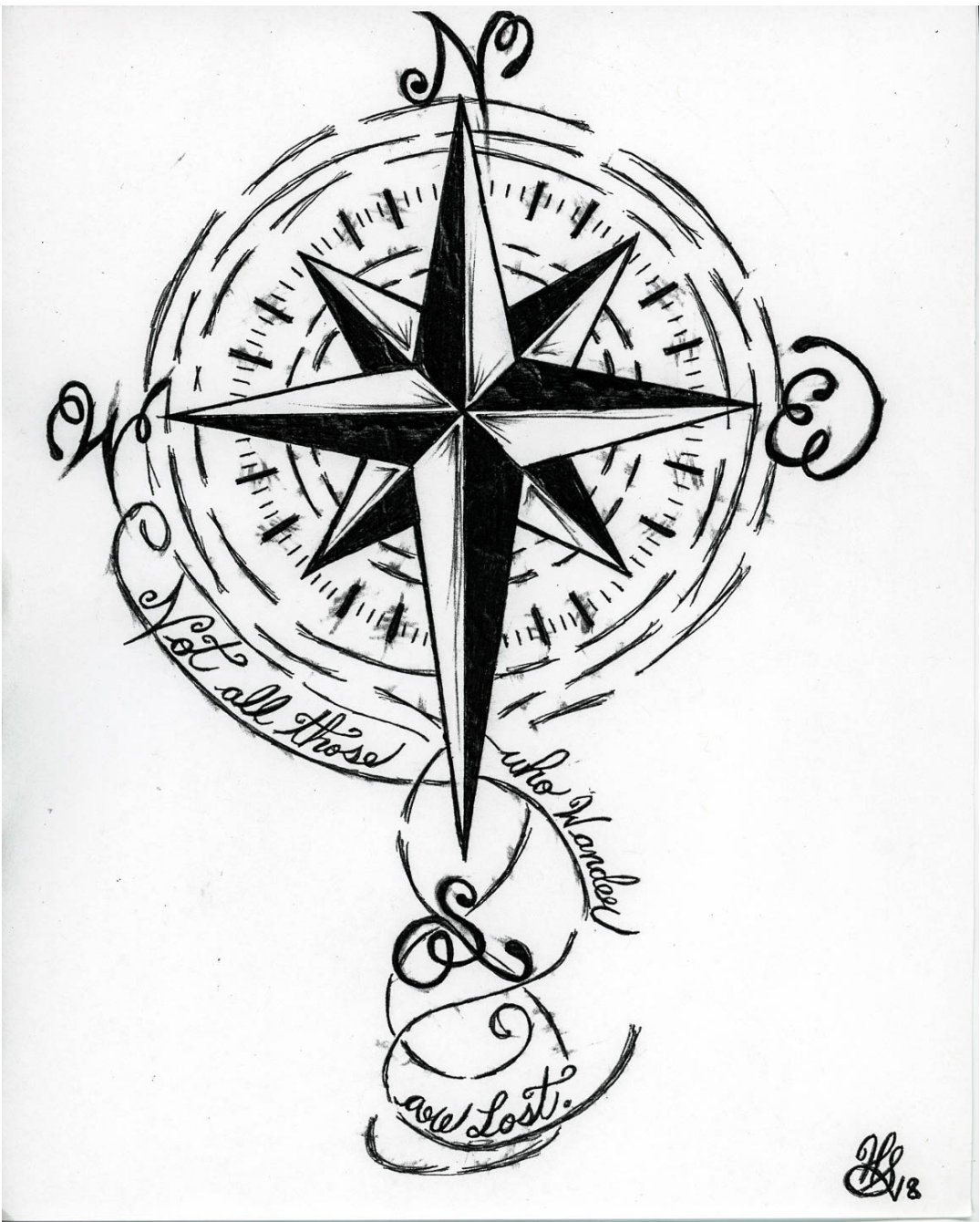
From Alpha #16

Kelsie Lesergent

Selena Redhead

Amber Roberts

**Untitled**  
by Holly Sullivan



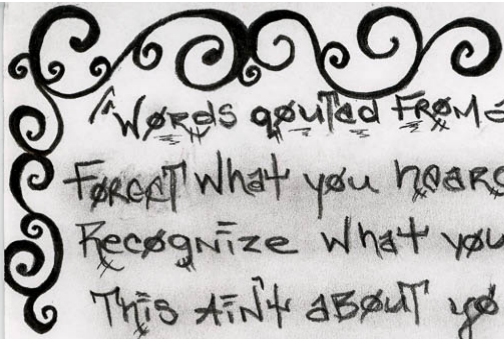
*HS*  
18

## **Words Quoted from a Boss** by Amber Roberts

Forget what you heard  
Recognize what you see  
This ain't about you  
It's about me  
So if you don't like it  
Close your eyes  
'Cause all you haters  
Need to realize  
You can love me or hate me  
But in the end  
Only God can Judge me

Grace





Words quoted from Jesus

Forget what you heard  
Recognize what you see  
This ain't about you  
It's about me  
So if you don't like it  
Close your eyes  
Cause all you haters  
Need to realize  
You can love me or hate me  
But in the end  
Only God can judge me



GRACE

DONALD  
#AMBER 2019  
#HOCKEYTS


## **Juicy: The Game Chose Me...** by Amber Roberts

Dedicated to Big Ham  
From Juicy

I say  
Maybe  
This is a  
Mistake.  
Maybe we  
Need more  
Than love to  
Make this work.  
You place your  
Lips on mine.  
When our faces  
Are buzzing with  
The ecstasy of kissing  
You say, Tell me that  
Isn't right? There is the  
Answer you're looking for.  
In my loss of breath.  
My lack of words. My Silence.  
My inability to speak means  
You've filled my stomach  
With so many butterflies  
That even if this is a mistake,  
IT COULD ONLY BE RIGHT  
TO BE THIS WRONG WITH YOU..

The Game  
Chose Me...

# Swiped

Dedicated To   
Big Ham  
FROM Juicy

Dave By  
AUBER  
ROBERTS  
KAT  
TC  
2019

I say  
Maybe  
This is a  
Mistake.  
Maybe we  
Need more  
Than love to  
make this work.  
You place your  
lips on mine  
When our faces  
are buzzing with  
the ecstasy of kissing  
you say tell me that  
isn't right. and as much  
as I'd like to think with  
my head. My racing heart  
is all that makes sense.  
There, right there is the  
answer you're looking for.  
In my loss of breath.  
My lack of words. My silence.  
My inability to speak means  
you've filled my stomach  
with so many butterflies  
that even if this is a mistake.  
It could only be right  
to be this wrong with  
you...



## **The Biggest Lie** by Holly Sullivan

The biggest lie I ever told was to myself.

I don't know if I even want to admit it to anyone yet, as it's kind of embarrassing. I told this lie for years and years, the whole time never second guessing the facts behind it.

How could I have been so gullible to believe something so stupid? As if my own worst enemy was my psyche!

But that's ok because I found out the truth finally.... And I'll never be able to lie to myself like that again!

Because I finally believe I AM good enough to deserve better.

# The Biggest Lie

By: Holley Sullivan

The biggest lie I ever told was to myself.

I don't know if I even want to admit it to anyone yet as it's kind of embarrassing. I told this lie for years and years, the whole time never second guessing the facts behind it.

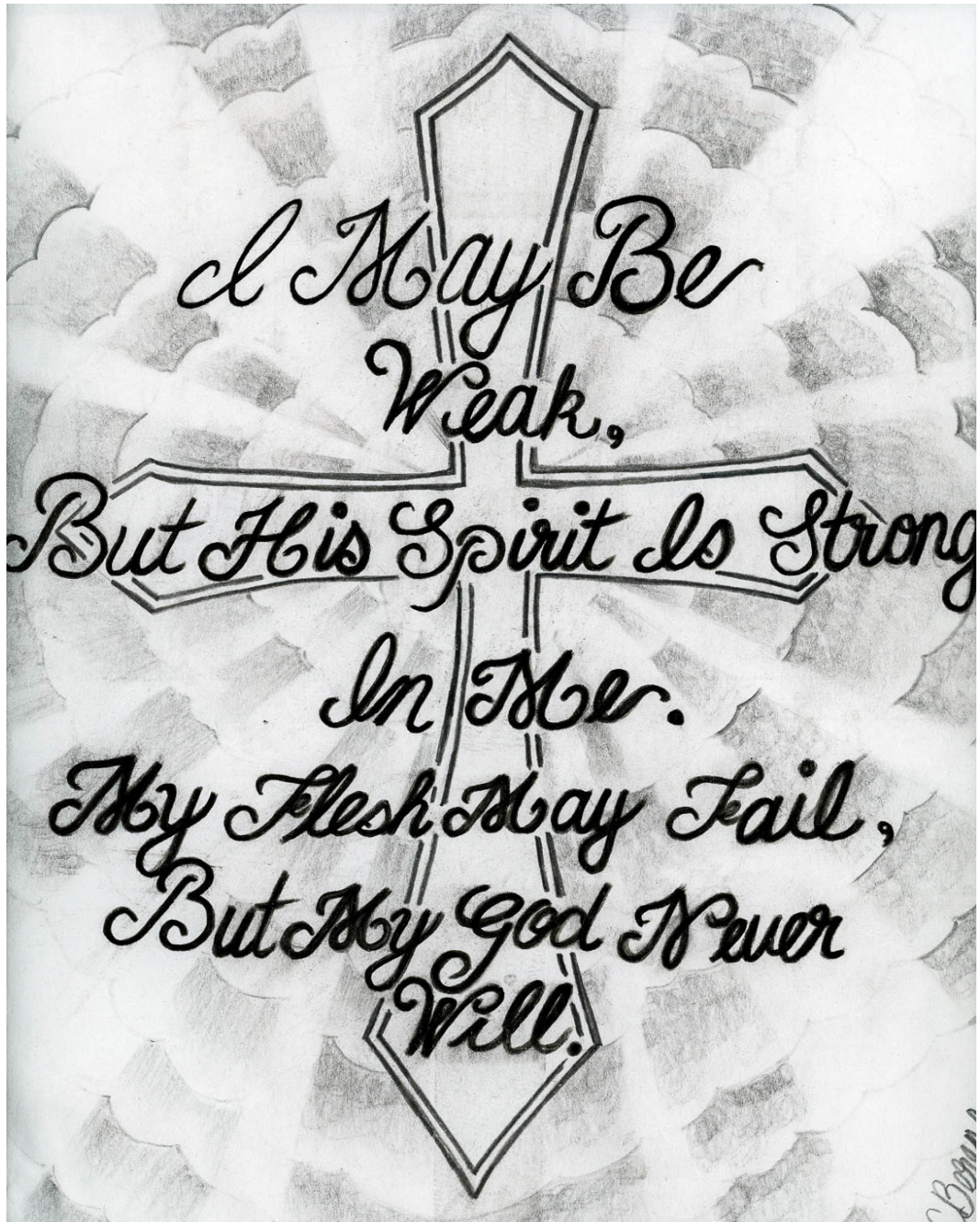
How could I have been so gullible to believe something so stupid? As if my own worst enemy was my psyche!

But that's ok because I found out the truth finally... And I'll never be able to lie to myself like that again!

Because I finally believe I AM good enough to deserve better.

**Untitled**

by Charlotte Berens



# Broken Promises

by Lisa Meilleur

For Crystal

I know you felt let down  
I know you're feeling the hurt  
I know you're tired of being broken  
Cuz it's not what you deserve  
People tell you that they love you  
But they ain't here to stay  
People say that they don't judge you  
But then they walk away

Inside you feel like dying  
You're running outta hope, girl  
I know you're tired of trying  
Broken promises left you hurt  
Feeling like everyone you ever loved is gone  
Either in jail or lying in the dirt

All your life it's been a battle  
Burses and broken dreams  
You're at war with yourself  
Nightmares and silent screams  
Feeling like people just pick you up  
Just to fucking let you down  
Wondering what the fuck you did to  
deserve this now

Inside you feel like dying  
Running outta hope, girl  
I know you're tired of trying  
Broken promises left you hurt  
Feeling like everyone you ever loved is gone  
Either in jail or lying in the dirt

See baby I understand  
I listen to you when you speak  
I see the damage I have done  
The realization makes me weak  
I am someone who has hurt you  
I'm someone that's let you down  
I have added to your pain, girl  
you felt fear the last time I was around

Inside you feel like dying  
You're running outta hope, girl  
I know you're tired of trying  
Broken promises left you hurt  
Feeling like everyone you ever loved is gone  
Either in jail or lying in the dirt

And now I'm sitting here filled with regret  
Knowing I let you down is the worst pain I  
felt yet  
Your words are cold and they cut me like a  
knife  
But I deserve it though, cuz I know what I did  
wasn't right  
Now I'm on my knees and I'm begging for  
forgiveness  
That person wasn't me, we can start from the  
beginning  
I understand what I did and know I can make  
it right  
I know I can show you the love you wanted all  
your life.

**Untitled**  
by Amber Roberts

If you can meet with triumph and disaster  
And treat those two imposters just the same...  
— Rudyard Kipling, from the poem “If”

Real eyes

Realize

Real lies

Family

My Heart ... My Soul

# CONVICT

Done By  
Amber Roberts  
#9033318  
Jan. 2019

— STOIC —

Definition: We will speak of anyone as stoic who remains serene and detached at all times, particularly in the face of pain and disaster...

Blood makes you  
related ... Loyalty  
makes you family

Ride for you, Shy Glizzy    Rochelle    S.M.K.    W.C.C.    A.A.    Crooks & Castles    Kye

Can't Stop, Won't Stop

J.F.    Gucci

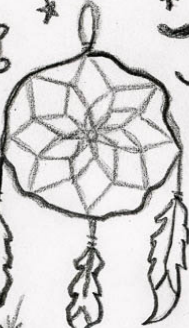
Talk About It  
Be About It

A.F.    Pain Is Love    Was here 2019    G.G.S.    Elle



IF YOU CAN MEET WITH TRIUMPH AND DISASTER / AND TREAT THOSE TWO EMPLOYERS JUST THE SAME...  
RUDYARD KIPLING FROM POEM IF

Real eyes  
Realize  
Real lies



# Family

MY HEART... MY SOUL

# STOIC

-STOIC-

DEFINITION: WE WILL SPEAK OF ANYONE AS A  
STOIC WHO REMAINS SERENE AND DETACHED AT ALL TIMES  
PARTICULARLY IN THE FACE OF PAIN AND DISASTER...

DONE BY  
AMBER  
PARENTS  
JAN. 2019

8153509000

# Blood Makes you Related... Loyalty Makes you FAMILY



## **Why!** by Candace Street

Why is it that nobody  
takes the time to appreciate  
all they have until it's too late.

Why is it that somebody  
isn't enough for you until  
all the time you had together is gone.

Why is it that anybody  
can see things in you that  
you can't see in yourself.

Why is it that today  
is the tomorrow that we  
never thought we had.

Why is it that nobody  
will be as important to you today  
until you appreciate the somebody  
they were yesterday, only then  
will you understand that you  
will be enough For Anybody!

## Why!

Why is it that nobody takes the time to appreciate all they have until it's too late.

Why is it that somebody isn't enough for you until all the time you had together is gone.

Why is it that anybody can see things in you that you can't see in yourself.

Why is it that today is the tomorrow that we never thought we had.

Why is it that nobody will be as important to you today until you appreciate the somebody they were yesterday, only then will you understand that you will be enough for anybody!

written by. Candace Street

## **Untitled**

**by Tamara Cochrane (soon to be Colomb)**

My broken heart ceased to love  
the day we said goodbye.

Scared to love again! I promised  
myself I would try to love again.

On my lowest day, there he stood  
like a ray of sunshine on the  
cloudiest day.

We fell in love almost in the  
instant he looked my way.

We've decided to get married and  
I'm locked up until that day.

I've done time all my life, so he'll  
have to wait to make me his wife.

Then we'll be sentenced together to life.

Feb. 25/2019

MY BROKEN HEART CEASED TO LOVE  
THE DAY WE SAID GOODBYE.

SCARED TO LOVE AGAIN! I PROMISED  
MYSELF I WOULD TRY TO LOVE AGAIN  
ON MY LOWEST DAY, THERE HE STOOD  
LIKE A RAY OF SUNSHINE ON THE  
CLOUDIEST DAY.

WE FELL IN LOVE ALMOST IN THE  
INSTANT HE LOOKED MY WAY.

WE'VE DECIDED TO GET MARRIED AND  
I'M LOCKED UP UNTIL THAT DAY.

I'VE DONE TIME ALL MY LIFE, SO HE'LL  
HAVE TO WAIT TO MAKE ME HIS WIFE.

~~WE'VE DECIDED TO GET MARRIED AND~~

THEN WE'LL BE SENTENCED TOGETHER TO  
LIFE.

Jamara Cochrane  
Soon to be Colomb.

**Untitled**  
by Sherry Lagimodiere

Here I go chasing my pain  
Through the city streets again  
Following the tracks on my arms  
Like a detailed map  
Always leading me back  
To the places where I got these scars.  
I live in these street  
But I am never home.  
I am surrounded by others like me  
But we are all forever alone.  
Every non-existent day and never-ending  
night  
I'd sell my soul to the Devil for a better life  
But I already sold it for a fix  
The last time I was dope sick.  
Fuck with the Devil,  
Find yourself in Hell turning tricks

Or is this real life?  
Is there somewhere with more torture and  
strife?  
A place where every waking day  
Sticks you and twists like a knife?  
Shit, I keep talking about my life  
Like it's something on its way  
And not what I'm already living.  
And I've already sold my soul  
So there is no being forgiven.  
This ain't a nightmare and it isn't a dream  
Keep turning tricks for that fix  
Spinning circles in a fucked reality.  
But I'm not worried, eventually  
The drugs will give me eternal sleep.

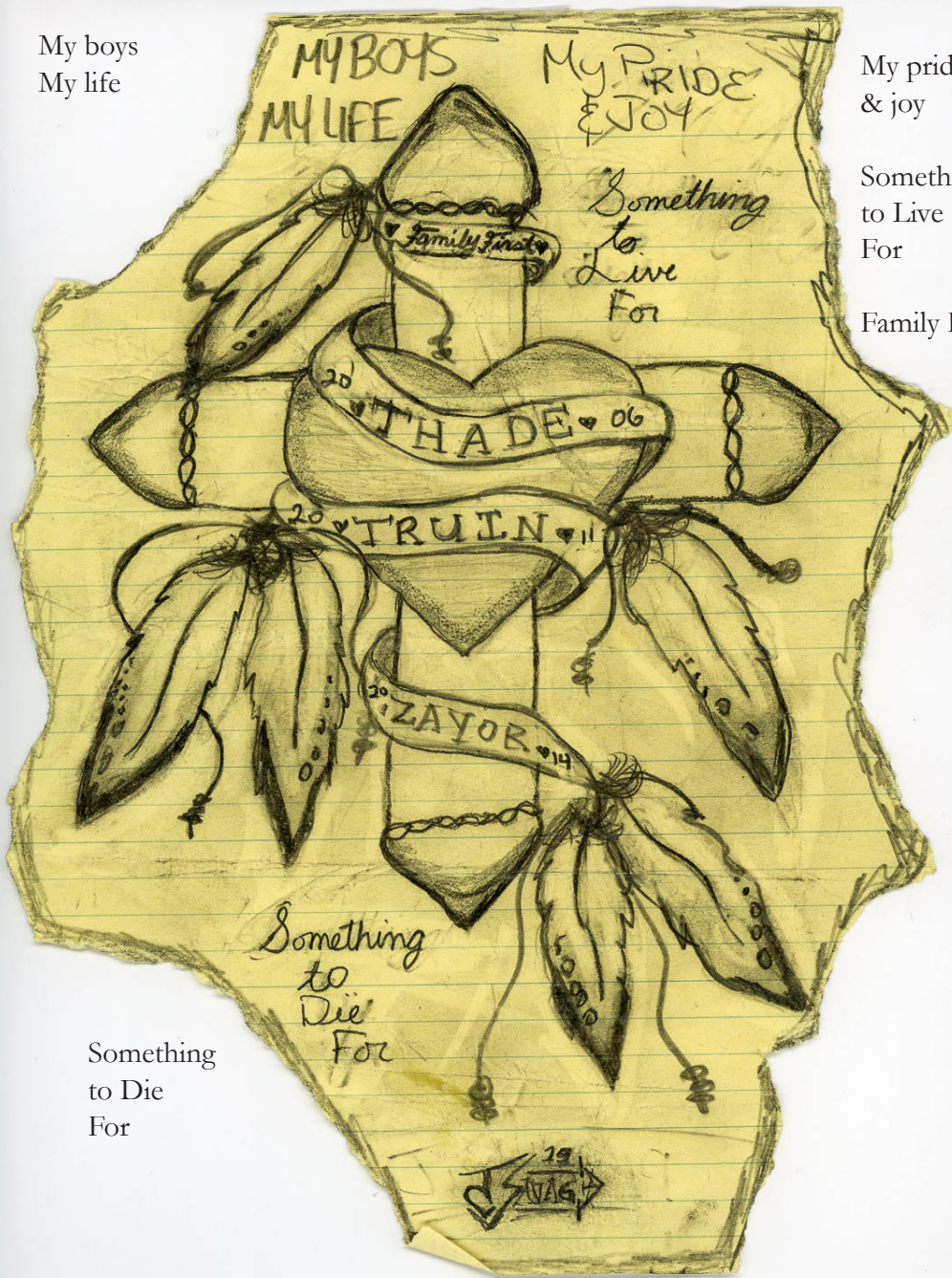
**Thade, Truin, Zayor**  
by Jasmine Savage

My boys  
My life

My pride  
& joy

Something  
to Live  
For

Family First



Something  
to Die  
For

## **My Favourite Psalm** by Kenyata Green

Psalm 116 1–14

I love the Lord, he hears my voice and my prayer for mercy because he bends down to listen. I will pray as long as I have breath! Death wrapped its ropes around me; the terrors of the grave overtook me. I saw only trouble and sorrow. Then I called on the name of the Lord: “Please Lord save me! How kind the Lord is! How good he is! So merciful, this God of ours. The Lord protects those of childlike faith; I was facing death and he saved me. Let my soul be at rest again, for the Lord has been good to me. He has saved me from death, my eyes from tears, my feet from stumbling. And so I walk in the Lord’s presence as I live here on earth! I believed in you, so I said, “I am deeply troubled, Lord.” In my anxiety I cried out to you, “These people are all liars.” What can I offer the Lord for all he has done for me? I will lift up the cup at salvation and praise the Lord’s name for saving me. I will keep my promise to the Lord in the presence of all his people.

I prayed to the Lord, and he answered me  
He freed me from all my fears  
— Psalm 34-4

With our faith in God we can overcome many trials and troubles we run into here on earth. God makes everything possible. Even though we may be going through a rough time right now God sees this and is still here for us and loves us.

GOD’S LOVE IS UNENDING



My favourite psalm ♡ Psalm 116 1-14

I love the Lord he hears my voice and my prayer for mercy because he bends down to listen I will pray as long as I have breath! Death wrapped it's ropes around me; the terrors of the grave overtook me, I saw only trouble and sorrow. Then I called on the name of the Lord: "Please Lord save me! How kind the Lord is! How good he is! So merciful, this God of ours. The Lord protects those of childlike faith; I was fearing death and he saved me. Let my soul be at rest again, for the Lord has been good to me. He has saved me from death my eyes from tears, my feet from stumbling. And so I walk in the Lord's presence as I live here on earth! I believed in you, so I said, "I am deeply troubled, Lord" In my anxiety I cried out to you, "These people are all liars" What can I offer the Lord for all he has done for me? I will lift up the cup of salvation and praise the Lord's name for saving me. I will keep my promises to the Lord in the presence of all his people



I prayed to the Lord, and he answered me  
He freed me from all my fears

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GOD'S LOVE IS UNENDING

**Kelsie**  
by Amber Roberts

Dedicated to my friend Kelsie L.  
“Keep moving forward, never backward”  
Much love

But in the end she is as bitter as poison  
as dangerous as a double-edged sword  
Her feet go down to death; Her steps lead straight to the grave  
For she cares nothing about the Path to Life  
She staggers down a crooked trail  
and doesn't realize it...

— Proverbs 5 Verses 4–6



Kelsie

Dedicated to my friend  
Kelsie .h.  
"Keep Moving Forward,  
NEVER Backward"  
Much Love

BUT IN THE END SHE IS AS BITTER AS POISON  
AS DANGEROUS AS A DOUBLE-EDGED SWORD  
HER FEET GO DOWN TO DEATH; HER STEPS LEAD STRAIGHT TO THE GRAVE  
FOR SHE CARES NOTHING ABOUT THE PATH TO LIFE  
SHE STAGGERS DOWN A CROOKED TRAIL  
AND DOESN'T REALIZE IT...

PROVERBS 5 VERSES 4-6

Done by  
Amber  
2019

**Untitled**  
by Amber Roberts

Can't Stop  
Won't Stop

#They get to hatin more, when your makin more  
Nikki Sixx with the Boss B#tch

ASHLEY FISHER



Ride For You  
Shy Glizzy

Time for That  
Kevin Gates

TALK ABOUT IT  
BE ABOUT IT

MARRIED  
TO THE  
GAME

**Untitled**  
by Candace Street





[www.mla.mb.ca/about/committees/prison-libraries-committee](http://www.mla.mb.ca/about/committees/prison-libraries-committee)