


“Looking Back”
By Gideon Hopper, Managing Editor



It’s hard to believe that A Touch of Light.org has been operating for five years now—time goes quick! With Memorial Day right around the corner, we want to pay a special homage to Jerry “Doc” W., one of the very first artists to sign on with us, back in 2015. A veteran of Vietnam, with a tremendous breadth of talent and a true passion for story-telling with both brush and pen, Doc’s brilliantly detailed works have been exhibited coast-to-coast in the United States.

To Doc, and all the other veterans with us, and those who are not, we just want to say,

Thank You!



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For fifteen hundred years, the Lighthouse of Alexandria (named Pharos, after the island it was built on), guided travelers safely to port. Borrowed from the Egyptian Coptic ‘phareh’ (guardian), in Greek, the word ‘pharos’ means lighthouse.

Whether this publication lasts for five years or fifty, it is our aim to keep watch over the Captive Arts™, and to be a guarding and guiding light home for all those artistic sailors currently adrift on stormy seas.

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This publication is shared with our arts affiliates around the globe, and is available in digital format at www.ATouchofLight.org/pharos

Editor’s Note

To all of our talented artists and writers out there, we want to say how tremendously grateful we are for the wealth of articles and art you all have submitted for this publication.

THANK YOU!!

- Our goal is to publish The Pharos Gazette every month, and we need all the help we can get. Justice-involved stories, articles, poems, drawings, art, music, you name it, we want to publish it! Given our current size & format limitations, we ask that all of our contributors follow our publishing guidelines below—this helps us tremendously in getting each new issue of the Gazette out accurately and on time.
- Single column: 400-450 words (this is ideal for showcasing a single art piece, along with a short description of your artistic process/inspiration for the piece/etc.)
 - Full page: 900-1,000 words (good for stories & articles with an accompanying illustration/photo/art piece)
 - Letters to the Editor: 100-250 words (if we can fit more than one per issue, we will!)
- The best way to send us submissions is via Jpay.com, using our publishing email pharos@atouchoflight.org. Due to the volume of submissions we receive, we are unable to reply to Jpay emails—however, every contributor will receive a copy of the issue in which they are published. Art submitted for publication will be considered a donation, unless you are one of our contracted artists, or return postage is included and you specifically request we return it.

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The Pharos Gazette™
Volume I, Issue IV *April 2020*

“Prison Gardens Pay It Forward”
By Reve de Papillon, Assistant Editor & Contributing Artist

In these difficult times, one of the greatest trials for those behind bars/is being unable to help our loved ones out in "the real world". We know our families and friends are struggling. It hurts that we can't be there for them. We long to show our gratitude and pay them back for their love and support. Though we can't necessarily pay them back with our own support at this time, there are still opportunities to pay forward with love and service.


At this institution we are paying forward through our gardens. Our garden program has always provided fresh vegetables for local food banks. Now, however, the food banks are taxed more than ever before. Those in need of food grow exponentially every week and the need for food will linger long after the pandemic subsides. To help meet that need, we have been tasked with expanding our gardens and increasing productivity.

Last year our gardens produced more than 13 tons of fresh vegetables. It was enough to keep the food banks stocked and still supplement our own meals. But this year the need far surpasses our ability to provide. In response, we have been allowed to double the number of gardeners in the field. The institution has allowed us to expand our gardens dramatically. We are already harvesting hundreds of pounds each week. Our goal is to provide local food banks with more than 20 tons of produce this year. As our vegetables help fill the void in others' stomachs, our service fills a void in our own hearts as well.

Other prisons in our state are helping serve the community by making face masks and hospital gowns. Men and women in captivity are finding ways to make a positive difference,

even in isolation and behind bars. What are you doing to help? Are prisons in your area finding ways to serve your community? Please share your stories with us. It is so important at this time for everyone to know .we are not alone. We stand together, even though we are physically apart. Let us know how you and your community are paying it forward.
(Submitted 5-3-20)

"Life loves those
who love life."

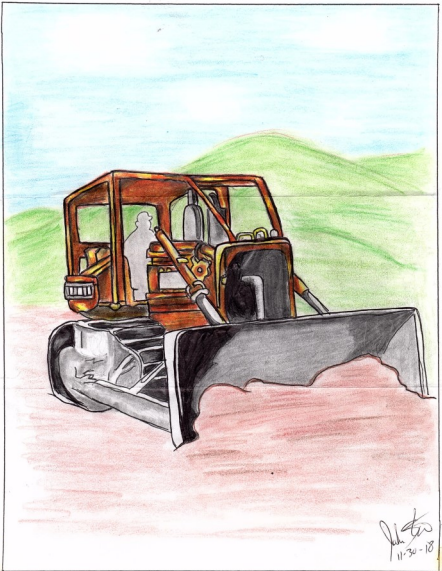


“Bulldoze Your Debt: Step One”
By Maître de la Dette, Contributing Artist

I was born just after the second world war and started working at the age of thirteen. I attended a boarding school where I worked as a janitor, on the farm, in the dairy and the furniture factor to pay for my schooling and my room & board. I have owned three businesses, worked in construction and also financial services, where I took continuing education classes every year to be able to renew my licenses in insurance and investments. Between what I learned from my dad, the classes I took, and over sixty years of life experience in the workplace, I’ve learned a few things. I would like to present a series of articles and snippets from my book, “Financial Pitfalls, Potholes, and Bulldoze Your Debt,” which I expect to be published in the summer of 2021.

Most people are familiar with the concept of writing a budget. I say that you should expand your vision to more than that. The word ‘budget’ is French for “small purse.” It is constraining, and some may feel that they are being told what to do. So instead of writing a budget, make a spending plan. Then it is your decision about where you want to put your money.

You can get out of debt fairly easily and probably more quickly than you think, by following some basic principles. These are some of the same principles that Jerold Mundis used in his book, “How to Get Out of Debt, Stay Out of Debt, and Live Prosperously”, where he paid off \$34,000 of debt in four years. But, before you can make changes in where your money is going, *you have to know where it went.*



“Bulldoze Your Debt” by Maître de la Dette

(Continued on page 2)

Step One: Get a notebook and keep track of every penny that you spend. You need to do this for one complete pay cycle. Don't just track the large items like rent or the mortgage, the car payment, utilities, insurance and food. Write down that lunch you got from that fast food place, and even when you bought that pack of gum or newspaper.

At this point, you don't know what you don't know. Just one of the principles that I teach may save you more than \$100,000. Now is the time to find out just where your money is going, so that you can free up some dollars and then apply those dollars to your debt. That is part of your spending plan that will get the earning power of your money back to working for you. Until next time...Happy Tracking!
(Submitted 5-4-20)

“Hope Rises in Hong Kong”

By Esther Tung, Chief Ministry Officer, HKCKSA

In collaboration with A Touch of Light.org and their Arts affiliates around the globe, we're pleased to announce an international Call for Artists! We will be holding an exhibition of prison art from October 31st—November 1st, 2020 at the Maritime Museum of Hong Kong.



Victoria Harbor, Hong Kong

Our original purpose was to hold this exhibition as a celebration to coincide with the Hong Kong Correctional Services Department's 100th year anniversary. While this is still true, since the COVID-19 threat there has arisen a deeper purpose, as all our in-prison classes were suspended to ensure that no infection would enter the prisons. This proved successful as there was no outbreak in the Hong Kong prison system.

The downside is that the prisoners have felt more isolated and were not able to worship and congregate together with volunteers, they also do not have internet and social media so they cannot access online resources. This art exhibition is an outlet for the prisoners to release their emotions, to anticipate and hope for better things to come in the future. The theme of the exhibition is 'Hope Rises.'

We want to open this exhibition up to also showcase prisoner art from around the world to reflect on the international city that Hong Kong is, but also as a sign of solidarity & hope from all us for the future. We are hopeful that a successful show this year will provide opportunity for a larger, month-long exhibition in 2021.



The Long Gallery, MMHK



Captive Art™ from Stanley Prison, Hong Kong



Captive Art™ from Tam Lai Centre for Women, Hong Kong

Submission Details

Theme: Hope Rises (in Chinese, 信心啟航, or “set sail with confidence” *xìnxīn qǐ háng*)

Size: International A4 (21.0 x 29.7cm/8.27 x 11.69 inches) minimum, to A3 (29.7 x 42.0cm/11.69 x 16.53 inches) max.

Medium: No restrictions

Deadline: August 1st, 2020

Any art submitted cannot be returned, and will be considered donated for future use by ATOL & HKCKSA. Therefore, we will also accept print reproductions of original artwork. **Editor's Note:** Work submitted to ATOL for this exhibition will be reproduced and submitted to Hong Kong as Fine Art Prints on A4 paper.

信心啟航!
Hope Rises!

“The Healing Power of a Face-to-Face Visit”

By Yankee Éireannach an Chósta Thoir, Assistant Editor

It is nearly impossible to describe the excitement of hearing your name called for a visit on the prison's speaker system. No medicine has the same power to heal a shattered soul, like a face-to-face visit can. For a brief time, sitting at a table in the visiting room, one feels connected to the human race again. A cup of coffee, an ice cream, and wonderful conversation with someone from the “Free World” – it's like Christmas, New Years, Easter, and all the holidays rolled into a few short hours. For a brief time, all the reasons to be alive flood your thoughts and emotions – someone cares for me!

There are roughly 1,800 inmates at this prison; pretty typical of most prisons, and yet, there are usually a third to a half of the tables empty in the visiting room when I have a visit. This needs to be improved upon! Everyone should have a visit from someone. If you have a son, daughter, niece, nephew, cousin, uncle, aunt, father, mother, or someone you once called “friend” in a prison or jail, please consider visiting them. Unconditional love can change a person for good!

Maybe, you've been hurt by that person. He/she has, in your opinion, “burned their bridges.” You've decided to “wash your hands of them.” Well, I've seen men change. I've seen some remarkable transformations by men who have only served a couple of years – honestly, you'd think you were dealing with a completely different person altogether.

Visiting rooms are safe and secure areas – you can come, meet an inmate you've not seen in a while, and re-evaluate them in a stress-free environment. And, if you feel that they haven't changed to your satisfaction, you can back away and simply choose not to visit again. Most visiting rooms have various vending machines: specialty coffees, cold drinks, ice cream, hamburgers & sandwiches and an assortment of other food & beverage options. They usually have a designated area for children to play, and plenty of board games for everyone. You can even have a picture taken of you and your loved one.

The current nation-wide lockdown of the past few months has everyone eager to get out and about again. Consider scheduling a visit with someone who is not able to get out and about – and bring a smile, your love, your “words of encouragement.” You'll set a powerful and uplifting example for that inmate to pay forward. So, if you have a family member or someone you once called “friend” in jail or prison, take a bold step and come visit them. And always remember, at the end of the day...

FAMILY MATTERS!



Artist Spotlight

By Murphy, Contributing Artist since 2016

Everything I make is made out of various types of paper. I am not allowed to have clay in here, so I had to figure out a way to sculpt using the materials I have access to, and I figured out a way to make a putty type of material out of toilet paper and wood glue. Using this putty I am able to make stuff I normally would not be able to. The materials I use include miscellaneous types and thicknesses of art paper, cardboard from the backs of writing tablets, and Q-tips and sucker sticks. Basically, I build a substructure of the basic shape of something I want to make, then using the putty layer by layer I build



upon that structure to make the finished piece, then paint it with Acrylic or Watercolor paints. I make a lot of different kinds of things, sometimes I do requests for people who want to send something nice to their loved ones, sometimes I make stuff I'm interested in, or things others suggest, or just to see if I can.



To see videos of Murph's amazing sculptures and listen to him speak first hand about the power of Art, scan the QR code below, or visit www.ATouchofLight.org/murphy

