

# Irish Soups

3-5-16

Notes - Rambling - Poems - Short Stories - Art - Steve - Bull  
I ask myself when did I last sing to myself? to  
someone else? I sing to myself all the time as the  
music plays in my head. I sing to you everytime I smile 😊  
"The guard want to force a helpless old man into a cell  
with a known violent prisoner, who would murder the old  
man." Robert Outnar (Mastering words, Hot Peeds)

There are times I feel the people around me can hear  
I'm thinking - able to listen in on all my secrets  
I feel tired and alone all the time with no one  
to talk to. My hands have been hurting - I tried to  
sketch something out to paint yesterday and my right  
hand and fingers started hurting, so much I couldn't push  
down on the pencil.

"Punishment hardens and numbs, it produces concentration,  
it sharpens the consciousness of alienation, it strengthens  
the power of resistance." Nietzsche (Genealogy of Morals - 1887)

"We tell ourselves stories in order to live. Always  
judge a person by what's in their heart today.

Our eyes are the windows to our souls. I would like to  
just stare into your eyes for an hour you staring back  
at me while we tell one another all our secrets  
with our minds.

A forever memory is one of a person or event that changes  
your life forever. You are number one of my forever memories. 😊

California is the only state that pays their turnkeys  
(prison guards) more than their school teachers.

I find that I get mad (blow up) at the little things  
again. I remember when I was mad about everything, it  
kept me in trouble - I have to work on this again.



There was this prisoner whose password included his 10 number ☺  
not me, but, can you guess what my password would be? 😊

Theresa's B-day is the 15<sup>th</sup> of March. Happy Birthday Baby.

Leave a message and/or ask a question, say hello, let me know  
what you think of my drawing/painting, my poetry ??????



3-2-16


 Tigana
 

I got 3 posts from you Monday the 29<sup>th</sup> so things are getting faster, mostly. The weather here has been warm mostly into the 70's the last couple of weeks so my arthritis hasn't been so bad except in my hands/fingers. Still I haven't seen the doctor yet (for the arthritis) I did see a doctor (telemed) for my COPD. She put me in for an X-ray of my lungs (don't remember the last time I had one) she also put me in for a C-scan of some vein, can't remember what she called it. Got a new comprehensive accommodation Chrono: Bottom Bank-Permanent, UV Exposure Restriction - I can only have 30 minutes of direct sunlight between the hours of 1000-1600 so I'll have to come in at 10 now, and a Lifting Restriction of no more than 19 pounds. Now I'm looking for another job - an inside job where I don't do anything - I'm using 3 different inhalers now DOLERA, ATROVENT, and XOPENEX proresae. What I need right now are some gas pills, I wouldn't want to be my celly - Got VADP today, got my homework done - I hate having to do homework. You're the only <sup>love</sup> one I've heard from in awhile. Linda was going to send me her new phone number in Jan. Theresa's birthday is the 15<sup>th</sup> I made her a card - a painting of me - so vain. The moon is bright and beautiful here in the early morning hours but it can only be sad if ~~one~~ is alone, you have always been my only escape. I got these new shoes back in Oct. (medical wouldn't help me - get me any) Now the discoloration in my toe nails have all but disappeared, one of my old bosses here who has moved on up the ladder here approved them \$95.00. I got a new pair of glasses in Dec. Now I can see what a great <sup>artist</sup> painter I am. Now that they are getting the post out every week I'll be posting more, hopefully my post will go up faster in the future. I love you everyday, I miss holding you, I miss your smile, I miss your laugh. You are the keeper of my heart - always - forever + ever. I love you, you keep me from going sane.

I think my short term memory is failing, but then I can't really remember



3-5-16

keeping my memories hidden  
I feel the aloneness  
crashing down on me  
a huge stone hitting  
hard upon my heart  
it's cold inside me  
disturbing all my memories  
changing them one-by-one  
into long twisted scars  
causing tears of sorrow  
painful memories of childhood  
I race between feelings  
love-hate-betrayal-confusion  
keeping these memories safe  
there is only yesterday  
all tomorrows are lost  
blank worlds surround me  
time slows - then goes

Steve Burkett  
3-3-16