

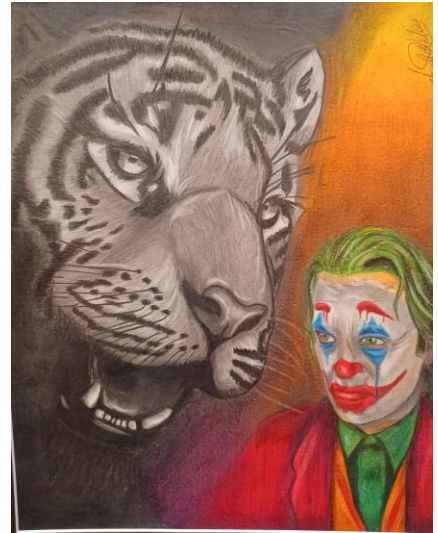
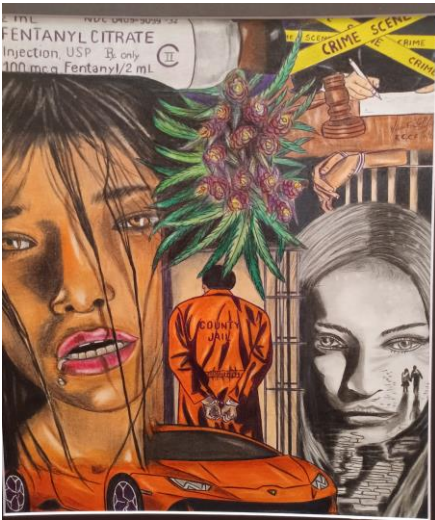


REC NEWSLETTER

ESSEX COUNTY CORRECTIONAL FACILITY
Recreation Department

ISSUE No. 1 Jan, 2023

THE COVER STORY- ART AT ESSEX



And the winner is..... The Recreation Department just recently concluded its annual art competition and Marcelo DaSilva was declared the winner with drawings entitled "The Struggle", "Reflections" and "I See You"

About Recreation...

The Recreation Department at the E. C. C. F. provide activities, programs and a variety of board games and competitions annually for all inmates. These activities include basketball, art, fitness challenges and essay writing competitions to various exercise programs to address their physical well-being. Educational and fun-filled activities like family feud, general knowledge and sports quiz challenge, jeopardy and spelling bee are also some initiatives incorporated to form a diverse nucleus to the entire program



Meet the Recreation Program Specialist

Mr. Knight, BFA (Hons), Recreation Program Specialist is a former military officer (Lieutenant) and teacher who brings a wealth of knowledge of over 15 years of Correctional Recreation experience being a qualified recreation specialist and recreation coordinator. The prime focus of the department is to provide an intensive and diverse correctional recreation program which focuses on activities ranging from physical sports disciplines to programs with strong educational components suitable to the needs of the inmate population. As an IFBB judge, fitness coach and an assistant examiner for CXC (Caribbean Examinations Council) in English and Visual Arts, Mr. Knight has special interest in facilitating multi-dimensional activities that addresses the physical and mental well-being of all inmates.

UPCOMING ACTIVITIES ... AKA... WHAT'S HAP'NIN' SO, GET READY & STAY READY

- **FAMILY FEUD** – coming in January



- **BASKETBALL TOURNAMENT** - March, 2023



- **E. C. C. F. 2023 ESSAY COMPETITION** - May 2023



**A
1 hour workout
is 4%
Of your day**

**MAKING EXCUSES
BURNS
ZERO
CALORIES PER HOUR**

**YOUR BODY HEARS
EVERYTHING
YOUR BRAIN SAYS.
STAY POSITIVE.**

FITNESS & NUTRITION TIP: (BODY BY BRUTUS)

*Exercise at least 3-4 times a week, eat healthy foods and drink lots of water in order to maintain a healthy and well balanced body.....**Brutus Said So!!!***

QUIZ TIME

Solve the brainteaser.....There are 2 ducks in front of a duck, 2 ducks behind a duck and a duck in the middle. How many ducks are there in total? _____