

af# AL062019-Cover Page, Journals Bundle #3,

From: Allen Lau, 08-A-3668,
Green Haven Correctional Facility
P.O. BOX 4000,
Stormville, New York, 12582-4000

June 20, 2019 ©

Journals Bundle #3

Faint, illegible text at the top of the page, possibly a header or introductory paragraph.

Main body of faint, illegible text in the middle section of the page.

Faint, illegible text at the bottom of the page, possibly a conclusion or footer.

TO: My Dear Good Friend, (S/O/RDS/MQ/J/SVM//)

From: Allen Lau, *8:01pm Wednesday June 19, 2019 (C)

af# AL061919-A, Articulating My Thoughts Best Possible for You,
While Fully Knowing that Saying More with Less Just Does Not Work for Me,
Has Most Times Later led to Problems by Me Needing to Further Explain from Questions Asked,

Greetings,

* Since this mid-afternoon, started reading some of SVM's Exhibits that are attached to Main Legal Brief, Only gotten passed #3 of 26!

?(#27 & #28 will be my NYPD Resume & Life Experience Dossier?); I'm anticipating these will be further appended? But needed to stop for a break moments ago, because found my self "Time-Traveling Back to lots those very moments in time". And during each instance momentarily reliving back-in-time. A great Remorseful Sadness/Somberness came over me, I really feel that I failed everyone...Then & Present day!

* Re, Recent af#s, Wrote myself a memo just to note recent af#s copies that I set-aside for mailing to Atty S/, AL06;(03, 04, 05, 07, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18);19-A, Another part of me felt uncertain if should I at all mail any this to him?

Reasons are that I realized been having great difficulty in struggling with many decisions about how to best express/share my thoughts without (sounding as if) berating myself, Any matters, situations or Pretending as if everything is just fine by writing extended stories about events of my day, what I was doing since etc., When nothing at all really been fine.

* Its been rumored that our package room is back-logged for 9+days, So I don't even know, if whatever S/ if mailorder? Other than past week received invoice copy of 3 t-shirts ordered; *No, Package Room Callouts yet... There was nothing else confirmed before he went on vacation 06/06/19.

* RE, af#s Page Length & Opening contents,
It seems that if I don't start af#s Journal letter's with initial topics about how my day began/went or events. Then lots journal contents is lost for further explaining details.

And if to, keep it simple & to the point...

*(There may also be too many Points in topics to be made as most af#s has multiple contexts to several topics).

* So Keeping it simple & to the point? *In trying to Say More with Less, Really Does Not work for me... as I'd always sometime later need to further explain details to any matters, questions inquired me about. I can do so, but in-duality, I CAN'T because I've done so many times before. And If I do so, Friends sometime later still Ends-Up asking Questions that, later still need to further explain about...

* This Morning, just as I woken, wrote a 1-page long explanative letter to Murray about a concern of mine woken up with it from our phone call that night before. I feel ashamed that I even needed to question myself; it might of appeared like too much a ranting letter that if Murray reads may think whats wrong with me??

It was better that I did not mail that letter; if even during moments when writing it felt was so important wanted to say... But afterwards just did not appear good to mail all that to MQ/. As it was much better articulated during this afternoon's lunch time phone call, was difficult to get access, as one other inmate decided to stayed-on for 30+ minutes. And after waiting for nearly most the lunch/rec period, When I finally said something to him; It almost started a fight! As he became very Belligerent in words.

Good a CO near that wall phone said for him to stop, that it was enough...!!! So asshole inmates here, does not follow their own alleged courtesy rules of 10 mins limitations for each person on phonecalls, and I am the one that usually gets chased off the phone when rules are convenient for these here; They'll complain "that others are also waiting to use the phone" whenever I am on the phone for few moments. Even the CO after "Sham" had his ranting out-burst; said that he has issues!

* As for my concern wanted to remind Murray, You & everyone; I am only human that there are many moments I too

will not realize, that anything I may mention while at that phone, if even seems like harmless questions that I was answering for you;

While in this environment, seemingly harmless information spoken & overheard by any inmate can later become serious problems used in some evil nefarious ways against me! It happened many times when at Auburn CF, in ways of gossip & used by nosy inmates as their form of 'fuel/excuses' to just promote their own jealous maliciousness of anyone that has the least bit more of anything than them etc. *In other ways during 2016 while I spoken openly over a phonecall with S/ about when he & Oska intends to come visit with me; suddenly that very morning was a Albany DOCCS mandated Cell relocation to the otherside of building and 2 medical callouts for that same morning; Except for cell-relocation; which was no time to reorganize due to my expected visit, all my relocated property was piled up at one corner in that relocated cell; for until after my visit, so that I can take time to still cleaned-up that filthy cell and reorganize my possessions. And I had to cancel those medical call-outs by signing a refusal form; with an explanation as to why am cancelling/refusing callouts. And it was the worse possible day for all to happened as I just gone to bed at 6:30am that morning; was up most that night packing up a bag of personal property for visitor's pickup, besides not having visitors for so long was feeling lots apprehensiveness; I now remember that visit with friends was actually during April 12, 2016; a day before what would had been my mother's birthday; *Was a matter that I intended to talk about with Sam & Oska. But due lack of sleep; as none that resulted from that day's morning was anticipated, and I knew that they'd not call me out to visit floor until sometime after 11am; was trying to get a few hours sleep, then Suddenly 7:30am CO Compo, woken me up with bundle of draft-bags in hand & said Pack-up! You're moving! Which started all calamity with combination of all else; totally derailed my best intended thoughts for discussing with friends at our visit; * My mother had passed-on Feb.9, 2015, that year before, 60 days shy of her 97th birthday. And was intending to just mentioned all that during 04/12/19 visit, for a moment of remembrance for an incredible Woman; My Mom!

* And there are many reasons why I'd ask you/friends to confirm & tell me, without further questions, that I've asked.

Problem is how to discuss without me having to answer your questions in this Open Area Phone?

Prisoners here are so dam nosy especially when I use the phone, the whole place goes dead silent... during entire time while I'm at phone!

Plus time of night when finally use phone also has great part why place at times becomes very quiet; can hear a whisper!

* And looking at those exhibits records of me; I can understand why most everyone my friends has assumed reasons of me that does not exist.

Most times I feel like am stuck in the middle, that no matter directions, that I still get looked at badly. And its frustrating because there's always sentiments that I can-not speak openly at the phone; Endup writing you these long "Ranting??" letters, that also 'does not goes over well with friends'.

* I was surprised to hear that murray's son Jeff, reads my letters? Said that I write very "Deep"; Yes, well...by habit write in abstract detailed multi-dimensional/levels. Its just that most does not want to invest the time to read my letters; I can understand & admit that I write far too many lengthy pages.

** Can it be as simple if I just say to you here;

Please Always Do Your Best to Remember & THINK whenever you ask me on phonecalls about anything; Rarifications, Consequences at my end; Words I say to answer you. And I don't know how to answer @ times?

Its like past time S/ blurted out over this recorded phone call lengthy about his name;

And I don't think neither he nor my friends ever considered that all those security names were created because I cared about each your safety. I reiterate that everyone's security names were initially created for my outmail or when on phonecalls was different context then gotten too accustomed in using it for other purposes that we've never anticipated problems. *And We've Never had any Problems Before when friends mailed anything with Just their 1st name initials & full surnames at return address label area... And No-one outside will...

* As of 06/30/2019, PIO goes online only. So can't postal mail further af's. Been already too much posted; Although as for my daily journaling & af's, I don't know what to do? As few to no one else reads my af's as is.

Sincerely Yours, AL

*reEdited & Printed out 2:45pm 06/20/2019 (C)

TO: (S/O/RDS/MQ/J/SVM//);

From: Allen Lau, *Since 2:45pm Thursday June 20, 2019

©

af# AL062019-A, Duality for What Works and Doesn't work for me; And Further for Everyone Else to Know & Think About it Please!

Greetings My Dear Good Friend,

* Since after printed-out of #AL061919-A,

PS; Lastnight after doing some further reading of SVM's Exhibits, taken intermission for my late dinner & washing up, did continue reading & Memorizing up to Exhibits #7; It was then 1:28am, time for Prayers & bed.

* If I were to admit during the time of all those psychiatric examiners further about extra Sensory and or Spiritual abilities. And I was very careful how I answered any questions while any psychologist/psychiatrist were interviewing me. While known even then any admissions would only gotten written denigratively against me in records as something else of mental illness in nature that its Not! I only discussed as far as having spiritual precognitions and even then I could see that it was all being misjudged in negative ways against me.

* During 2006 - 2011 and possibly much prior to then, I did not have my Religious and Spiritual training and school degree credentials as I do present day. That allows me to openly discuss and speak about any those esoteric spiritual abilities and topics.

* Prison of itself has a near constant negative atmosphere, If I write about persons/situations, as I did years back, People will just not be able to see beyond my words; And I've possibly caught lots of flak in silent judgements by most outside, Whom read any my af#s both mailed & by some that were publicly posted online.

* In my situations due to reasons that nearly any matter can be convolutedly nefarious beneath the surface of moments.

Its benefits me to talk as least as possible with anyone in prison; no matter whomever.

* Its also beneficial for me have recurrent questions ask myself, for reasons of re-evaluating any past decisions for publicly posting majority af#s online, and I'll note again that unless anyone reads through every af#, They will miss entire greater compendiums of perspectives.

I should not need to apologize for lengthy topics to anything/matters. And far too often have apologized to friends just due to my own inner low self-esteem assuming that I may said anything wrong;

** My self esteem and how I articulated myself in comments/words, was a constant matter being worked upon to have me feel and speak more confidently, highly about myself and personal dispositions, When I was in regular private counseling with Mr.Gerald Kelly, the Founder of NYPD Employee Assistance Counseling Unit. He passed on sometime during 2012?13 was when lost total contact with him; Mr.Kelly, told me that he was very ill with Cancer. There are often times I wish that he was still alive, just so that Mr.G.Kelly can further speak in my behalf just to confirm all I've ever written about in my article files#("af#s").

* Anyway... its now Already 7:15pm...And I can see that I am a bit off topics, just rambling on thoughts that may be irrelevant.

So best I stop here. And Do one last read through edit & print this out, to make TW-M room for important matters in correspondence to.

* Just Please also do your best in remembering whenever you may ask me questions over phonecalls; To 1st ask can we discuss any this ... etc... I know me mentioning any this may presently sound silly to you, but if you think about my side of environment, the type of people that I am living amongst, is then not so silly nor illogical at all to remind me; what I may miss be aware to and careful what I answer or say back to you, ok.

* Same as when worked at MISD/OTSD, spent most my days "figuratively speaking," talking to/ interacting with only computer systems all day long every day!" I been typing so much is liken to talking with this machine, as I've no other safe for me human beings outside to talk with....LOL.

• And people outside whom unable to understand why I write so many daily af#s, will really assume that I am crazy for my near constant writing, but it helps to pass my time in years now and for the most part has kept me out of trouble with most amongst me in prison.

Sincerely Yours, Allen

*Printed out @ 7:57pm 06/20/2019

©

