



## **Tracey Nadirah Ali Shaw**

451 Fullerton Avenue  
Cambridge Springs, PA 16403



### **STATUS:**

- Incarcerated in 1995 at the age of 27
- Tracey “Nadirah” has served 20 years of her life sentence
- Hometown: Philadelphia, PA

**Objective:** When I have my freedom again, I will run through these gates to find my son. I pray every day that he is blessed! I want to advocate for abused women and children and the wrongly convicted. I plan to support myself and reconnect with my family.

### **Education:**

Adult Basic Education with Perfect Attendance and Outstanding Achievement Awards, 1998-99 and 2005  
Leisure Education Class, 1998-99  
Data Entry-Alpha Numeric and Numeric, 2000  
Microtype, 2001  
Marvis Beacon Typing Institute, Level 1, 2 and 3, 2001-02  
Key Boarding, 2012  
MS Office, ICDL, Excel, Access and PowerPoint, 2012-13

### **Required Programming Completed:**

Family Violence, Parenting and Special Needs Support Group, 1997  
Exploring Parenting Group, 1997  
Anger Management, 1997  
Parenting Workshop, 1998  
Self Esteem, 1998  
Stress Management, 2000  
Citizenship and Award, 2004  
Thinking For a Change. 2005  
Self Esteem, 2005  
Long Term Offenders, 2009  
Violence Prevention-Moderate Intensity, 2010

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**Voluntary Programming Completed:**

Project Impact, General Membership, 1997  
Health Classes, 1999  
Life Skills Class, 1999  
Health Class, 1999  
Stress and Coping Group, 2000  
Life Skills, 2001  
Healing Hearts and Changing Lives, Level 1 Parenting Skills, 2003  
Parent Program Level 2 and Perfect Attendance and Outstanding Participation, 2004  
Advanced Parenting Skills Level 4, 2006  
House of Hope, outpatient abuse group, 2007  
Grief Counseling and Support Group, 2009  
Tools for Success, 2013  
Money Smart Program, 2013

**Work:**

Commissary Clerk  
Trained Floor Buffer  
Maintenance  
Janitor-Unit Detail, Education Building and Chapel  
Laundry-Unit Detail

**Community Engagement:**

Muncy Inmate Organization Committees, 2000-2013  
Committees served on:

Picnic	Camera
Girl Scout	Toy lift
Soda	Ice Cream
Runathon	Banquet
Picture	Hickory Farms
Capital Case	Criminal Justice
Lifer's	Parole and Commutation
Spring Walk	Bingo
Long Term Offenders	Women's Support Group

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**Special Recognition Awards:**

Appreciation for T.E.A.M., 2003-04  
Leadership Skills and Dedication for Capital Cases Committee, 2008  
Loyal Dedication and Unwavering Commitment, Ways and Means Committee, 2009  
Making a Difference, 2010-12  
Card Committee Co-Chair, 2010-12  
Card Committee Chairperson, 2012-13

**Spiritual Life:**

I accepted Islam over 18 years ago. I pray five times daily. I am learning Arabic and studying the Quran.  
Salaatal Jumah-with Outstanding Achievement, 1999  
Tahleem Class-with Perfect Attendance and Focused Work  
Tahleem Arabic Class 1

**The Woman I am Today:**

I am my own woman now. I am wiser than I was 20 years ago. I work with outside groups who are helping to make positive changes. I write poetry and try to make people smile. I have learned the art of forgiveness. I don't want to die alone in prison. My life matters.