I have been “Stripped of Everything in Life” and my freedom. Accused of doing “Everything Right in Life”, for being “REHABILITATED” having “Emotions”. Never doing anything wrong, never acting on my “Emotions”, being “Persecuted” and being accused of being “Crazy”, falsely labeled and “Punished” beyond all measure.

However, not a crime nor a charge in 21 years since 2002. I had been at minimum security prison for 17 years, since 2005. I have lived in the community for the last 12 years, 6 years on my very first day parole, 6 years on my very first full parole as a productive, “Law Abiding Member of the Community”, not even a speeding ticket, no one ever called the police on me ever, never even got into a fight, not even an incident. Suspended, “Illegally Detained and Imprisoned”, not just once, but 3 times now over the last 12 Years, for no wrongdoing what so-ever, I've only experienced “Systemic Discrimination Based on Disability”, only caused by “Defamation of Character” by case management only, forced to take anti-psychotic medication against my will for no reason for 26 years. Six psychiatrists saying that there is nothing wrong with me paid and contracted by CSC. All of these doctors “Vindicated” me of all CSC’s allegations and “Removed all Medications” twice. However, I'm currently sitting here in this high-medium security institution for no reason or wrong doing, locking me down trying to “Nail me to the Cross” for another 2 life sentences, begging someone to fix this “Horrible” wrong or move me forward. Such, “Disrespect for Human Life”, they are trying to keep me in prison my whole entire life; I have done time from 1988 to 2008, 20 Years on a Life sentence.

When is enough, enough? How many more life sentences would you like to “Nail me to the Cross” According to “Correctional Service of Canada” their “Commissioners Directives”, “Mission Statements” and their “Correctional Programs”. I have done everything that they told me, that I had to do, to get to live in the community as a productive, “Law-Biding member of Society”. In addition, I have done no wrong since I was released for the first time in 2008, and if it were not for this “Systemic Discrimination”, I would have lived in the community now for the last 24 years, not just the last 12 years.

It took me “44 Years of my Life” to get to sit at my own kitchen table for the first time ever in my life, doing it the right way and please excuse me for...
To our Cell Count readers,

Thank you for picking up the 99th issue of Cell Count, the ‘Staying Healthy’ edition. I am excited to feature some new contributors to our team, which consists of incarcerated writers and artists from across Turtle Island. In this issue, you will read about someone who is caught up in the system because of lack of adequate services to prisoners, ex-prisoners and their families.

We also know the holiday season is here, love to see, and anything else that may look like for you (and we are thinking of you). You will find a beautiful holiday art piece in the art section, we hope this brings you a little bit of joy.

November 20th - Trans Day of Remembrance

For this Transgender Day of Remembrance, PASAN would like to call attention to the human rights abuses experienced by gender diverse prisoners in Canada, which is a contributor to trans death. The following is a CTV article containing detailed accounts of how diverse prisoners are discriminated against by carceral systems.

Documents show a pattern of human rights abuses against gender diverse prisoners

BY DENIO LOURINCON DECE, CTV NEWS, MAY 16, 2022

TORONTO: For gender diverse people in the Canadian prison system, the act of keeping a low profile can be the difference between life and death, but for those who are visibly queer or transgender, the situation is much more volatile, and they have become targets for violence and abuse.

Despite a recent societal shift in attitudes towards LGBTQ2+ people, documents obtained by CTV News show a pattern of human rights abuses against gender diverse prisoners at the hands of prison staff.

To capture the full picture of what’s happening inside these institutions, CTV News has reviewed hundreds of court documents and spoken with several people in the Canadian prison system who are transgender, non-binary and two-spirit. Their accounts contain distressing details of sexual violence and physical attacks that are being revealed for the first time.

December 1st - World AIDS Day

For World AIDS Day 2022, PASAN joined fellow AIDS service organizations across Toronto for the annual Laying of the Black Rose Vigil and Interagency March. Afterwards, community members gathered at YMCA to kick off Indigenous AIDS Awareness Week with a feast. And to open the day, PASAN attended a community fair in Kensington Market with music and food to share stories and spread awareness about HIV/AIDS, hepatitis C, and overdose prevention.

December 6th - Violence against Women and Girls Day

This December 6th, PASAN would like to bring attention to the large number of women who are criminalized for protecting themselves in instances of intimate partner violence and other forms of gender-based violence. Here is an excerpt from a Policy 4Women policy briefing note entitled “RISING INCARCERATION RATES OF RACIALIZED WOMEN” about this very subject:

If a woman uses force to protect herself or others – especially if a weapon is involved – she will commonly face the full, often disproportionate, weight of the law.

She is likely to be quickly criminalized and then imprisoned. Due to differences in the average size and strength of men and women, if a woman engages in hand-to-hand combat with a male attacker she is likely to be severely injured or dead.

Women who respond to physical threats by picking up a frying pan, knife, or even an attacker’s gun are likely to be charged and considered more deserving of blame than the attacker. They are also then subject to a mandatory minimum prison penalty for using a weapon in their reactive use of force.

The vast majority of women charged for using reactive – usually defensive – force, don’t pursue a legal defense and are likely to plead guilty.

Sometimes it is because the only witnesses to the attack or abuse are their children, and they do not want to subject their children to the trauma or shame of publicly testifying. Sometimes it is because they are persuaded to plead guilty in order to avoid a possible trial and mandatory minimum sentence. Many Crown prosecutors offer set sentences in exchange for guilty pleas when they learn of women’s histories of abuse.

True justice would be withdrawal of charges when prosecutors realize women responded in a reasonable (though unenforceable) way to unreasonable, violent threats toward them or those for whom they care.

Why do rising incarceration rates matter to women?

The fastest-growing prison population in Canada is racialized women, particularly Indigenous women. More than one in three women in federal custody are Indigenous. The number of South Asian women and African, Caribbean, and Black Canadian women in custody is also increasing.

There are many linkages between the increased marginalization, victimization, criminalization, and institutionalization of women. Studies involving self-reporting by individuals indicate that virtually no one reaches the age of majority without doing something for which they could be criminalized. Who is labelled a criminal (or “criminalized”) and imprisoned is usually determined by the relative privilege or lack thereof of those involved and the circumstances of the act – who does what, to whom, in what context – rather than the actual risk to public safety or likelihood of harm.

It is no coincidence that 91 percent of Indigenous women and 87 percent of all women in federal prisons in Canada have experienced physical and/or sexual abuse. Most also live with disabling mental health issues.

Calling all creators!

The Federal Team is looking for submissions for our Grief and Loss pamphlet – whether looking for support, short poetry, or personal experiences with grief and loss inside. Let us know if you would like your submissions to be anonymous, or include your name. If you have any questions, call or write to us (see contact info below).

Cell Count Contributors to this issue (in order of appearance):

Pazzo
Peter Collins
Mark Zammit
A Lifer
Zakaria Amara
Inmate X
Phoenix Poisson
Brian E. Kerr
Kasia Margriff
Sic Chick
K 22
Forgotten Warrior
Warrior Forever
Rob Surridge
Chris Robinson

PASAN is a community-based harm reduction/HIV/HCV organization that provides support, education and advocacy to prisoners and ex-prisoners. PASAN formed in 1991 as a grassroots response to the HIV crisis in the Canadian prison system. We strive to provide community development, education and support to prisoners and ex-prisoners in Ontario, HIV, Hepatitis C (HCV), overdose prevention and other harm reduction issues. Today, PASAN is the only community-based organization in Canada exclusively providing HIV and HCV prevention, education and support services to prisoners, ex-prisoners and their families.

Support Services

- Individual support, informal counseling, case management, pre-release planning, and referrals for those in custody living with HIV and/or HCV
- We assist our clients in accessing adequate medical care and support while incarcerated
- You can reach us via our toll-free number at 1-866-224-9978. If you can’t get through, please use our toll-free number, we also accept collect calls from prisoners across Canada at 416-820-9667, but we prefer people use our toll-free number
- Please provide ongoing support, community development and individualized harm reduction workshops for community groups across Ontario.

Contact Info

526 Richmond St E, Toronto, ON M5A 1R3
Call us toll free at: 1-866-224-9978

Criminal Stamp at PASAN

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Anton Mazumder x222
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Jennifer Porter x235
Harm Reduction Program Manager
Cheeria Shivchand x233
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Harm Reduction Community Care Coordinator
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November 20th - Trans Day of Remembrance

PASAN

PASAN

PASAN

CELL COUNT//ISSUE 99 // STAYING HEALTHY
**Key Messages about HIV Non-Disclosure from the Canadian Coalition to Reform HIV Criminalization**

A consultation is taking place by the CCHR, Informed by years of community advocacy and extensive community consultations, the CCHR recommends that organizations and individuals emphasize several key points when responding to the government’s consultation:

1. Canada’s approach to criminalizing HIV non-disclosure is unsound, contributes to HIV stigma; undermines public health efforts to stop the spread of HIV; disproportionately affects Black, Indigenous, and gay communities; and imposes significant harms on people living with HIV. Many of those who have faced charges or been found guilty experience barriers to housing and employment, social exclusion, and increased risks of violence and abuse. HIV criminalization does not address the gender inequalities and violence that can put women at risk of HIV, but has been used to threaten or victimize women living with HIV.

2. Sexual assault charges should never be used to prosecute allegations of non-disclosure, exposure, or transmission of HIV (or other sexually transmitted or blood-borne infections). Using the law of sexual assault to deal with non-disclosure in the context of consensual sex is harmful to people living with HIV (including the many harms that flow from mandatory designation as a sex offender). Trying to adapt the law of sexual assault to such situations also raises concerns about damaging important principles in the law of sexual assault more generally.

3. If the criminal law is used, it should only be used as a measure of last resort, in rare cases where there was actual and intentional transmission of HIV. Changes to the law should clearly state that people are not criminals for engaging in activities that, according to the best scientific evidence, do not pose a significant risk of transmission (e.g. sex with a condom, sex with a ladyboy, AID) or suppressed viral load, oral sex), or when extenuating circumstances were present (e.g. a person did not disclose because they feared violence). The law should be clear that any conviction requires proof that a person purposely and actually transmitted HIV.

4. As with HIV, the criminal law should be strictly limited with respect to other sexually transmitted and bloodborne infections (STBBIs) and never apply in absence of actual and intentional transmission. While HIV has been singled out for prosecution, current criminal law applies to some other sexually transmitted infections as well. The solution to the stigmatization, discriminatory treatment of people living with HIV in Canada is not to expand criminalization further to people with other STTBIs. Rather than exacerbate the harms already seen with overly broad criminalization of HIV, the solution is to properly limit the scope of the criminal law.

5. Avoid the creation of a new HIV- or STB-Bi-specific offence. Instead, amend the Criminal Code so that existing offences cannot be used to prosecute non-disclosure, exposure or transmission in absence of actual and intentional transmission. An HIV- or STB-Bi-specific offence would further stigmatize and discriminate against people living with HIV and STTBIs.

6. End the deportation of non-citizens following conviction. This policy and this practice are racist in their effect. A criminal conviction based on HIV/STBI non-disclosure must not affect immigration status.

7. Review past convictions so that people living with HIV previously criminalized under these harmful and stigmatizing laws no longer must live with the label of being a criminal (and a sex offender in the case of most convictions to date).

**Staying Healthy Behind the Walls: Hepatitis C and HIV in Prison**

10 Things to Know about Hep C and HIV if you are in prison:

- **The rates of hepatitis C (Hep C) and HIV are higher in prison than in the community.**
- **You can do many things to protect yourself and others from Hep C and HIV while in prison.**
- **Hep C is an infection that attacks your liver. HIV is an infection that makes it difficult for your body to fight infections.**
- **Hep C or HIV can be passed when sharing equipment to inject illegal drugs.**
- **Hep C or HIV can be passed when getting a tattoo with equipment that hasn’t been sterilized.**
- **HIV can also be passed through sex. Sex is low risk for passing Hep C but the risk increases with condomless anal sex where blood, HIV and other STIs are present.**
- **Getting tested for Hep C and HIV is the only way to know for sure if you have Hep C or HIV. You can get tested by making an appointment at healthcare with the nurse.**
- **Hep C treatments can cure Hep C. There is no cure for HIV but there are treatments that can help a person stay healthy for a long time.**
- **You can do many things to take care of your health if you have Hep C or HIV.**
- **If you need support or have questions about Hep C or HIV, you can talk to a Peer Education and Counselling (PEC) worker or call PASAN (1-866-224-9978) or CATIE (1-800-263-1638).**

**What is Hepatitis C?**

Hepatitis C (also known as Hep C, or HCV) is a virus that attacks the liver. If untreated over many years it can lead to liver damage, liver cancer and liver failure. What is HIV? HIV is a virus that makes it difficult for your body to fight infections. This means that you can get sick more easily and more often.

**Why do Hep C and HIV matter? if you are in Prison?**

The rates of Hep C and HIV are higher in prison than outside prison. Hep C is much more common in prison than HIV. That is why it is important to know how to protect yourself and others from these infections.

**How do you get Hep C or HIV?**

Hep C is passed from one person to another through blood. It may also be passed in semen and anal fluid. HIV can be passed from one person to another through:

- **Blood:**
  - cum (sperm/seminal fluid)
  - pre-cum
  - vaginal fluid or anal fluid
  - breast milk

For Hep C or HIV to be passed on, the blood or other body fluid that is infected has to get into the blood stream or body of another person.

Hep C is a strong virus that may be able to survive on a surface for up to six weeks. HIV can only survive on a surface for a few minutes. Both HIV and Hep C can survive inside a syringe for several weeks. How Hep C and HIV pass from person to person:

Hep C and HIV can pass from one person to another when:

- people share equipment for injection drugs (works)
- people share crack pipes
- somebody gets a tattoo or piercing and the artist does not use new equipment, sterilize the tools or re-uses ink
- HIV is in cum, pre-cum, vaginal fluid and

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**HeP Yes, Hepatitis C Can be Treated and Cured**

Hepatitis C is a liver disease caused by the hepatitis C virus.

**Facts about Hepatitis C**

- **44%** of those living with hepatitis C are unaware of their infection
- **67%** of Canadians reported never being tested for hepatitis C
- **44%** of Canadians reported that their most recent test was > 5 years ago

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**Protect Yourself. Know Your Risk.**

You may be at risk if you:

- Shared drug-use equipment, even once
- Shared personal care items (e.g. razor or toothbrush)
- Lived in a region where hepatitis C is common
- Were exposed to blood during sexual activity
- Received a blood transfusion or blood products before 1992

**There is no Vaccine for Hepatitis C**

**BUT, did you know?**

- Hepatitis C can be treated with medication that has cure rates > 90%
- Earlier diagnosis and treatment lead to better health outcomes
- Early treatment may even prevent liver disease, liver cancer, or cirrhosis

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Testing is quick and simple with a blood test.

ASK your HEALTHCARE PROVIDER for a test, if you think you could have hepatitis C.

The best way to know is to get tested.

To learn more about how to protect yourself and where you can get tested:

Visit Canada.ca and search hepatitis C.

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**Cont’d on pg 4**
4 // HEALTH AND HARM REDUCTION

If you test positive for HIV or Hep C in prison, there are a lot of things you can do for yourself to stay healthy. Learn about the treatment options for Hep C and HIV. There are also treatments that can cure Hep C and HIV treatments that can keep you healthy for a long time. It may be difficult to maintain a healthy diet in prison, but do the best you can. If you are having trouble eating enough to keep yourself healthy, see if you can access new nutritional supplement drinks like Ensure. If people ask why you are getting Ensure and you tell them you have Hep C or HIV you could say it’s for another health issue.

If you have Hep C, drink coffee. Many studies show that a few cups of coffee a day may reduce the risk of developing Hep C.

Drink water. Try to get at least 7 hours of sleep. Exercise regularly -- this can help improve your immunity and harden your liver. Get regular health check-ups.

Try to reduce your stress by talking to someone who you trust or doing exercise or meditation. Even taking deep breaths may help you feel more calm.

Get the hepatitis A and B vaccines if you haven’t gotten them already. Getting another infection or having Hep C could make you feel even worse. Drinking alcohol is hard on the liver, so try to cut down or stop.

If you have Hep C and are experiencing numbness, tingling, burning and pain in your toes, feet, lower legs, hands or arms then you could have a health problem called neuropathy.

Here are a few things you can do:
- avoid wearing tight-fitting shoes and socks
- avoid standing for long periods
- drinking too much alcohol
- reduce stress
- get enough sleep

Hep C and HIV Treatment

Good treatments are available for both Hep C and HIV. Hep C treatment has changed a lot. New treatments have high cure rates, few side effects and short treatment lengths. Hep C can be cured.

For people living with HIV, medical experts recommend starting treatment as soon as possible after being diagnosed with HIV, because people are often healthier when they do this. There are many HIV treatments that are easy to take and have few side effects.

If you want to know more about treatment, speak to your nurse or doctor or you can request to see a specialist.

You can also speak to other prisoners who know about Hep C or HIV or you can reach out for support by calling PASAN at 1-866-224-9978 or CATIE at 1-800-263-1638. Both organizations are able to accept calls from federal institutions.

PASAN is a great resource for support and information about your diagnosis and treatment options or if you just need to talk about what you’re going through.
Despite this supposed advancement, been marginalized so that these may be certain circumstances or ways they have a "Gladue report," which may outline offenders who identify as Indigenous to prepare rights" for all persons who self-identify as nous people in the justice system reflects the disproportionate number of Indigenous offenders that bear on the sentencing decisions considering the underlying causes of the high incarceration rates. Moreover, the overrepresentation of Indigenous people in the justice system reflects significant historical traumas and inequalities, intergenerational trauma, and colonialism.

Calls to Action of the TRC that outline the need for the recognition and redress of anti-Indigenous racism in the justice system. Support for the abolitionist movement that promotes non-carceral models of justice such as the Indigenous Justice Program, sponsored by the Assembly of First Nations. This program can help reduce the harm of the carceral system. It is therefore crucial to view "restoration" with regards to Indigenous offenders as a centred on rehabilitation after "as evidence of an Indigenous offender’s human rights violations in this system across the country." Last year, Human Rights Watch and Amnesty International launched the joint campaign to lobby provinces and territories to end the practice of holding immigration detainees alongside criminal offenders that promote non-carceral models of justice and to mandate the use of Gladue reports to consider an offender's human rights.

The Supreme Court of Canada’s landmark decision in R. v. Gladue (1999), a case surrounding the sentencing of a young Indigenous woman who pleaded guilty to manslaughter with a weapon, brought the system into closer alignment with Indigenous law.

The research by Dr. Aimee Chappell-Sheppard and her colleagues found that Indigenous people were more likely to be sentenced to solitary confinement, mass lockdowns, and other forms of punishment. The report calls on the Canadian government to end the practice of holding immigration detainees with criminal offenders.

The documents show a pattern of immigration detention centres, including new facilities in B.C. in 2020 and in Montreal this year, to reduce reliance on provincial jails.

A spokesperson for the border agency said "As the number of immigration detainees has increased, we have been asked to consider whether we can safely house immigration detainees in provincial jails. The decision to house immigration detainees in provincial jails is a complex one that involves considerations related to facility capacity and availability, as well as the safety and security of both detainees and correctional staff. While the agency has never housed immigration detainees in provincial jails, it has occasionally housed immigration detainees in federal penitentiaries for short periods of time. In making decisions about housing immigration detainees in provincial jails, the agency considers a range of factors, including the need to ensure the safety and security of all detainees and staff, as well as the availability of appropriate facilities.

The agency is committed to ensuring that all detainees are treated with dignity and respect, and that their rights are protected. The agency has established clear policies and procedures to ensure that detainees are treated in accordance with their rights and the relevant laws and regulations. The agency also works closely with provincial and territorial partners to ensure that detainees are housed in facilities that meet the necessary standards and that the agency's policies and procedures are being followed.

The agency recognizes the importance of ensuring that immigration detainees are treated with dignity and respect in their time of need. The agency is committed to maintaining open and transparent communication with the public and other stakeholders, and it values feedback from these groups. The agency will continue to monitor developments in this area and take appropriate action as necessary to ensure that the rights and needs of all detainees are protected.
is skeptical of the frequency in which CSC uses this exception to the policy.

"With all the transgender claims represented, CSC has used that special exception," Paquette explains.

As a story for CTV News, Marie-Pier Lécuyer, a spokesperson for Correctional Services Canada said, "We take this issue extremely seriously. We are committed to ensuring that our institutions are safe and secure as we work to rehabilitate offenders and protect public safety.

CSC says they cannot speak to specific cases due to their obligations under the Privacy Act, however, a spokesperson explained that each transfer request is assessed on a case-by-case basis.

"If an offender was previously denied and re-applies for a transfer at a later date, we always re-assess each request to take into account any change in circumstances that may have changed," the spokesperson added.

A copy of Erica Wilson's transfer request is not available. According to the assessment provided, Wilson's transfer request includes: "negative peers, gang affiliations, entrenched criminal values, and inability to follow procedures, resolving and decision-making skills." It goes on to say that if Wilson is transferred, she will have to sign a document, "There would be cause for concern for the rest of the population at the current population at EiFw [Edmonton Institution for Women]."

Wilson does not have a foreseeable plan to alter her sense of gender, her masculine appearance and deportment pose an imminent risk to the psychological safety of a segment of the population from EiFw.

The assessment, which was completed in March 2022, also raises concerns about Wilson's inappropriateness with female staff that may be transferred to the institution. It says that she has "manipulative behaviour." Wilson has made it known that she began taking hormones in October 2020.

Wilson prefers to wear her hair pushed below her shoulders. Regardless of it, her masculine appearance and deportment pose an imminent risk to the psychological safety of a segment of the population from EiFw.

The transfer decision was made at a committee meeting that included the Deputy Superintendent of Operations, Deputy Director of Health Services, and the Prison Warden. They went on to explain that CSC "fails to address my mental health needs and responds to my mental health needs with a number of unapologetic actions."

In a statement to CTV News, Paquette explains.

"I urge the government to implement that particular call to action."

"The government has provided no data to justify a piecemeal approach to the implementation of Call to Action 32."

The TRC’s 2015 final report urged federal and provincial governments to work together to eliminate the overrepresentation of Indigenous offenders behind bars over the following decade in Call to Action 30.

In Call to Action 32, the TRC urged the federal government to provide funding to assist judges, after weighing all the evidence, can deport from mandates minimum by imposing discretionary sentences.

By not putting this statutory power in judges' hands, Sinclair said the Liberal bill fails to implement that particular call to action.

"In the wake of E.T. and the appointment of Justice Call to Action 32," Sinclair said.

"We need to move away from a one-size-fits-all approach to call all responses, and we need to trust and allow our judges to do what they have been appoint- ed to do."

The Harper government introduced many mandatory minim- um sentences into Canadian law as part of a tough-on-crime agenda. Some, such as mandatory minimum gun crime penalties, have been deemed unconstitutional by the country's highest court.

When introducing C-5, Justice Minister David Lametti touted it as a set of reforms that would immediately address over-incarceration.

Advocates for their repeal, such as Independent Sen. Kim Pate, have argued that they enhance the ability of the criminal justice system to punish Indigenous people, and women in particular.

Sinclair said the bill addresses up to 57 per cent of the female federal prison population, according to Correctional Investigator Ivan Zinger. Both sexes are penalized.

Indigenous men and women combined comprise 32 per cent of the penitentiary population. Zinger said in a release last year, calling the numbers "unconscion- able."
Before the hearing, Pate told CBC News passing C-5 unamend-ed would risk failing to achieve the bill's desired effect. This issue will continue to see the exponential increase in the numbers of Indigenous people in prison as well as those of African descent, and most especially we will continue to see the trajectory of the incarceration rate of Indigenous women skyrocketing," she said.

The bill passed in the House of Commons but not without oppo-sition from Conservatives. Ontario Tory MP Michael Barrett slammed the proposed restriction as "a move — which would disen-franchise municipal councillors could eventually be extended to more residents of Ontario get their say on housing, public health, and if unable to transit, and other matters that impact them, their loved ones and communities. Under the bill, a person with a "serious sentence" — which includes a sentence of imprisonment in a pen- al or correctional institution" is to be prohibited from voting. That said, people in pre-trial detention who are awaiting their day in court — roughly three-quarters of imprisoned people in Ontario — also appear to be prohibited from municipal election voting even though courts have found they are technically eligible to vote.

When we contacted City of Ottawa officials to find out how they were facilitating voting for imprisoned people in Ontario's upcoming municipal elections. As a result, thousands of imprisoned Indigenous people, Black peo- ple, disabled people, and people living in poverty who are impris- oned and imprisoned people in the province are still unable to vote in federal and provincial elections under section 3 of the Charter of Rights and Freedoms. There is no good reason for the current municipal election voting ban in Ontario, and other prov- inces and territories in Canada — with few exceptions such as Nova Scotia — permit people who are imprisoned to vote.

Rachael Fayter, former prisoner, advocate and doctoral candi-date, explains, "There are already many barriers put in place to discourage and imprison people to engage with and be a part of the community, with many of us being denied democratic human rights. Even when prisoners are legally entitled to vote, this process is not user friendly for carcel- lized and imprisoned people to work together.

The overwhelming majority of prisoners in Canada eventually return to the community, and we are more likely to succeed if we are welcomed as full participants rather than shunned by society." While there is plenty of evi-dence demonstrating that incul- sion along the lines discussed above enhances community safety and well-being, there is no such evidence that voting disen-franchisement contributes to our collective safety and well-being. In Ontario and various programs and initiatives to "transfor-mative corrections" — an empty promise with disfranchise- ment. The choice is clear: amend the law to allow imprisoned people in the province to vote in the upcoming municipal elections.

Linda Mussell (Postdoctoral Fellow), Rachel Fayter (PhD Candidate) and Justin Piché (Associate Professor of Criminology) are researchers at the University of Ottawa and members of the Criminalization and Punishment Education Project.

MORE PEOPLE MAY JOIN ONGOING HUNGER STRIKE AT SASK. WOMEN'S JAIL, ADVOCATE SAYS | CBC NEWS

By Theresa Klimow. Nov. 5th, 2022

A woman at a jail in Prince Albert, Sask., is continuing her eight-week hunger strike to pro- test the inhumane and incarcerat-ed people there, according to an advocate for inmates.

Faith Eagle is one of three women who have been in the Regina Correctional Centre refusing to eat, and more inmates in Canadian insti-tutions might follow, according to Sherri Maier, who advocates for people in custody and found-ed the support group Beyond Prisons in 2002.

Maier said she has heard about other people at facilities across the province who plan to join the hunger strike this weekend, including at Regina Correctional Centre and at the Atlantic Institu-tion in Renouf, N.B.

"It sounds like we might be able to have some prisoners out in Ontario jail in the medium term," she said, "but then there's people in the community.

Maier plans to be one of them, while another woman incarcer-at-ed at the Edmonton Institution for Women who has been fasting for a ceremonial fast this weekend, the advocate said.

Maier previously was said she was in custody at the women's jail while she was on a trial date, with concerns from guards at Pine Grove. Maier said if she is unable to access medical treatment and the quality of their drinkable water is not good.

Monday will mark Week 8 of Eagle's strike, Maier said.

"She's been targeted for pre-rise, prejudice and discrimination there against the Indigenous women," said Maier.

"Medical care has always been a problem in prisons, whether it's ... federal, provincial. This has always been a problem, especially mental health."

Province announce Pine Grove hunger strike

Maier said that they have been told there is a woman with tuberculosis on Eagle's unit who is alleg-edly on quarantine at the time.

A spokesperson with the prov-ince's Ministry of Justice said they could not comment on the per-son's health status.

However, the spokesperson confirmed in an email on Thursday that the inmates are participating in a "tray refusal" at the provincial jail.

The striking women are accept-ing non nutritive drinks, and receive "continued medical supervision," including doctor checkups, ac-cording to the email.

The spokesperson said the ministry is monitoring the situation and will update their status to "ensure accountability and safety of the participating inmates."

The Saskatchewan Tribal Council confirmed that its director of Justice, Crystal LaPlante, went to Pine Grove Correction Centre earlier this week.

Eagle appreciated the opportu-nity to speak with an Indigenous woman about her experience, said Mark Arcand, the council's tribal chief.

"Faith has some expectations and she's cautious, but she think are reasonable, and some might not be achievable," he said.

"We understand it is a jail, there are rules and regulations," said Arcand.

"Our government says to change the system, what does that look like, and what are those systems that need to be changed so there's good outcomes and results?"

In October, the province and the tribal council announced a new pilot program that would provide the council with funding for a project to reintegrate formerly incarcerated women into the community.

On Thursday, Arcand said the tribal council will go back to Pine Grove for a followup visit.

"Built on systemic racism"

Sydney Wouters has also been monitoring the situation at Pine Grove as part of her role as a prison in-reach service worker and acting co-executive director for the Elizabeth Fry Social Services Society of Saskatchewan — a non-profit orga-nization that supports women who have been imprisoned.

Wouters said her organization last spoke with Eagle two weeks ago at the jail in Prince Albert.

"The conversations I have been hearing are revolving primarily around their treatment by staff, especially from the high-pronounced, gen-erous women who are facing in Pine Grove, said Wouters.

"This is something that has been going on for a long time now..... Our justice system is built on sys-temic racism. There's an over-repres-entation of Indigenous people within the justice system."

According to a new report from Ivan Zinger, the country's top prison watchdog, Canada has made scant progress in address-ing the overrepresentation of Black and Indigenous people in prisons, with some facing even worse conditions than they did a decade ago.

Wouters said she has also been speaking with administrators at the facility and asked that they make(could not be made) available, rather than requiring inmates to ask staff for them.

She was told the director of the high security would sit down with Eagle to talk about her concerns on Friday morning, but Wouters said Friday morning she hadn't heard anything more about the meet-ing.

"They know that there's issues ... specifically with treatment of the women," said Wouters.

Drinking water tested

The quality of drinking water was another concern for the inmates participating in the hunger strike. Eagle said last week her prison smelled and tasted so bad she was boiling it, Maier said on Wednesday.

According to the provincial Ministry of SaskBuilds and Procurement, which manages and maintains prison and govern-ment buildings, the water at Pine Grove was tested and sent to a Saskatchewan Research Council lab for analysis on Oct. 5.

A total of 20 tests were done, and officials on-site did not detect any unusual substances in the water, the ministry said in an email to CBC on Friday.

They said the water is "not in quarantine."

That line has since been flushed, according to the minis-try.

Lack of cultural programming

Both Maier and Wouters also say the women in the facility are not given access to cultural programming and support.

"How are we supposed to help them make the changes in their lives so that they don't end up back in prison following their release without offering them cultural programming?" said Wouters.

"What's we're seeing in the community as well, is lack of programming so that people don't have to be in jail."

Maier also commented on a recent "mass move" in the jail, Eagle was placed into a high security unit.

A mass move involves inmates being moved away from their current unit, and potentially locked into different lockout ing movements, the advocate said.

"[Eagle] did say they're locked up for a day or two in the [security unit] and it's 100 per cent Indigenous."

Wouters said that the "mass move" and whether it involved women on hunger strike, the government spokesperson said they could not talk specifics about planned lockdowns, citing condo\'d on pg 8
My Tiny Story

By Pazzo

I honestly had had enough of using mood altering substances. While being incarcerated, all the times you would think I learned something, I am foolish, stubborn and intimidated for one reason or other I never was able to put my foot down on my addiction and move forward.

Anything more than once in jail is too much and did my addiction listen? No! I woke up hungover, confused, angry and too weak to get up and draw. Every time I get myself behind these walls I go scared straight. No I won’t this time I’m not using again. I don’t care, even if hell freezes over.

We are primarily looking for poetry submissions, written exclusively by federal inmates, complimented with art and stories about each author.

Submissions must be addressed to:

JUST RELEASED PUBLISHING INC.
PO BOX 60005
LONDON RPO POTTBURG, ON.
NSW 0B7

Screwed Up: Penitentiary Poetry 2 is being expanded beyond just poetry, to include drawings, and non-fictional stories by the authors of the poetry. According to the positive feedback from the first book, readers are interested in convicts’ insight; their emotional, physical, and psychological journey through the prison system; how they’ve changed from someone committing a serious crime into the person they are now; etc... This expanded format allows each author to connect with the reader and have a stronger voice, while creating a better reading experience.

Submissions should include:

• Your name/ pen name you’d like published
• Year and location the work was done
• Any additional relevant details about the poetry, art, and stories
• Your name and return address

*Any submission(s) implies that the author is granting permission to use the submission(s) in the poetry book and a digital series, to be published by Just Released Publishing Inc. (JRP). You, the author, will always own the copyright to your submission(s). The anthology as a whole may be licensed by JRP to other publishers. The author represents and warrants that he/she holds the rights to the submission(s). No payments are offered by JRP. You will be notified if we use your submission(s). Submissions must be intended for all ages.

Poetry Submissions Wanted

If you are a federal inmate with poetry, art, or stories to contribute, we would love to hear from you. Be sure to include your name, pen name (if any), and location. If accepted, we will notify you, and you will receive a copy of the book.

Canada’s standards for drinking water quality,” the spokesperson said, while a test in a staff area ‘where the water is rarely used was slightly above the acceptable level for copper.”

That line has since been flushed, according to the ministry.

Lack of cultural programming

Both Maier and Wouters also say the women in the facility are also hoping for more access to cultural programming and support.

“Some of the people they work with ‘know that they need to be there,’ said Maier. ‘They still human.’

Most of the people she works with ‘know that they need to be there,’ said Maier. ‘They call it a legal obligation. They just want to serve their time with dignity.’

Procurement, which manages and maintains provincial government buildings, the water at Pine Grove was tested and sent to a Saskatchewan Research Council lab for analysis on Oct. 5.

A total of 30 tests were done, and officials on-site did not detect any unusual odour or taste in the water, the ministry said in an email to CBC on Friday.

‘Tests in the inmate areas ‘met the government of
Hollow Man
By Mark Zammit
I have never felt so hollow. I feel like a shell of a man, like my skull is an empty maraca. A guitar with no strings, a broken instrument basically, a hollow man. My body feels like an empty vessel, a ship that is supposed to carry precious cargo but is pulling into docks, empty below, hollow! I have never felt this hollow, so hollow in my life. Between depression, anxiety, my night terrors, my epilepsy seizures that are causing me even more mobility issues, my already existing mobility issues, my PTSD, auditory and visual hallucinations and the blood infection (Buergers Disease) that’s going to cause the amputation of my right arm, my blackouts and now my new post-surgery mini-seizures or body tremors that happen 10 to 17 times a day, oh yes dear readers, I am for sure one lonely ass “Hollow Man.”

What is hollow? For me, hollow means a shell, like a shell of a man. I feel that I am and have nothing. I have no self-worth, self-pride and nor do I care about actual life or living. The people I am in love with are out of my reach in different ways, regardless, all three don’t know how I feel anyhow.

I am so tired of opening my eyes in the morning and living this life of what feels like soulless boredom, misery and shame because 3 pedophiles that got away with using me as a sex doll by the time I was 14 years old. From 10 to 14, when most kids were celebrating birthdays and Christmas’ with families and Santa, I was hiding shit, blood, and cum on my hands (my abuse was not familial). To this day I still smell their sweat, cologne, and breath.

So to all the lookie loos, loss prevention officers, police officers or just Richie Rich snobs that see me in their store or on the subway or on their street looking for cans or thrown out clothing etc., etc. Before you judge me, call the police or threaten to, threaten me with a bat, accuse me of shoplifting, etc., etc., just know I may be hungry or cold or on my way somewhere. I am a good person. I’ve done charity events for Sick Kids Hospital and Children’s Aids in the past and currently I “AM” an advocate for LGBTQ2S+ rights, prison reform, homeless reform, against racism. I’ve spoke at Osgoode Hall, on Montreal radio, wrote articles for PASAN and Ottawa University, Guelph University, and I’ve been interviewed by the Toronto Star twice.

If you were to see me dirty, strung out and digging through your garbage on your expensive street, that is my mental health got the best of me and the women from my past (Scout Leader, his drug dealer, Catholic Priest) that raped me for 4 years has come back to haunt me. So please don’t judge me and push me further to my noose.

The moral of this article is: you don’t know what a person is dealing with or what happened to them to get them to where they are. Don’t judge someone by their clothes or where they live or their mental state. Offer help or refer them to someone that can, because words hurt forever and if one of those people decide to take their own life, your words may have been the words that tightened the noose around their neck, and that’s not your choice to do so.

My life was robbed from me at 10 years old, I did not deserve that. Please help me put it back together.
How Much These Prisons Make Off of Us

By L.D.

I’m a 40-year-old Indigenous man, serving 3 years and 6 months for crimes I actually never did. I always take credit for my convictions all by way of guilty plea cause I was guilty. Now I’m innocent for the first time in my worthless life and here I sit rotting in Bath Penitentiary, found guilty solely on my criminal record. On March 3rd, 2020 I went to the Ottawa bucket and started my appeal process right away.

I was and am a native inmate who has served over 30 years in prison so far. It’s never just abuse an inmate… is there anybody out there? No! I’ve always taken it all because C.S.C. staff are never the fact. There’s no questioning of the truth, no questioning of the morality, no questioning of the logic, and no questioning of the reality. We all live with our own angles and plan our release. But when I get here there was no program, no proper, no nothing… So I went to work but I stayed in the kitchen from September until the end of December. I got tired of staff messing with my attendance saying I missed days when later it was proven that I didn’t miss time at work. So I gave my notice and went to work at CORCAN… I like working with my hands but due to my appeal, I was denied a raise in pay, even though I’m due for two raises. But I’m exercising my right to appeal my charges, yet they use this to say I’m not taking responsibility for the charges, but what’s left after they take responsibility for things I didn’t do? When I went for parole, I was denied. Why? Simple! Because I have an appeal in the works.

I was told I would have enough time to complete my program before my appeal. The program is 8 months long and I only got 10 months left. I don’t think it’s fair at all for them to hold people this way. This prison does nothing to help us, they make us work for next to nothing, then charge us for cable: $9.50/person/month, and this jail has an easy 500 people in it (according to CSC, the capacity is 516), this adds up to $9500 a month! They make just under $10,000 a month on cable TV… Soon they will be taking $20 every two weeks for rent, that’s about $2000 per month on top of that. They only make the total to almost $30,000/month, and we only make $5.80 per day from working.

If you ask me, it’s nothing more than a money racket geared to make the government richer. I’m not the only one, neither is anyone in my room, I will make you see, but I will have my story heard and this is only part of the crazy things I have been put through. I have much more to say about this place.

Pros/Cons

Pros
1) you get food.
2) you get friendly service.
3) you get A/C while working.

Cons
1) you have to spend money.
2) you have to deal with annoying kids.
3) if you gotta go to the bathroom, good luck getting home in time.

Everythings has this concept. How you choose between a situation with more pros or more cons is what proves your ability to get out and stay out of prison. Even topics such as religion, school work, showering, sleeping, etc., deal with pros/cons.

Choose wisely!

Is This Justice

By Brian G. Kerr

When the police intentionally withhold certain pertinent information in order to prevent an accused being given an honorable justice a warrant which otherwise would never be issued, I ask you, is this justice? When a crown attorney includes a key witness’s home address in the accused disclosure, particularly a witness who is testifying against the accused, is this an example of arguing that the accused is a dangerous offender to society, aka a dangerous offender designation. And the accused in no way utilizes this information in order to bring harm to the witness, contrary to the accusations in which were originally being alleged by the witness? Again I ask you, is this justice?

I have been raised in a Christian home and I have always wanted to play chess when I was perhaps 15 years old and I have always had a reasonable amount of street smarts. Howbeit, I have never been very good at poker. Moreover, I am by no means a lawyer, but I have brushed up on certain litigation information. In addition, I can tell you without a doubt that I am sure you might agree, when one shows his cards or mutters his next move in advance, it is generally not a good result or effective strategy in which to hold your pieces. If I were to bait a hook with the intent of catching a decent sized fish, yet no fish is responding to my allurement, how is it I can say that the fish is hungry? Or that they are biting well?

Assuming for a minute I am a lawyer or a crown attorney, and I was attempting an appeal, and show cause that a particular opponent were a “dangerous offender” it probably would not be too wise for me to provide my key witness’s home address of where he is currently living in the accused’s disclosure. I mean what would be the purpose of this? Even if it were an accident, there are various significant problems with this. One, that I would be considered incredibly irresponsible as I am (quote) “responsible” for the vetting of such material prior to release and two, that I am either a very lousy lawyer or that I am an extremely cunning one! Supposing I had to demonstrate my motives. None the less, should the respondent not respond as I have anticipated, this would likely only leave the probability that I am a “very lousy lawyer”!

Sure, I could always try to attempt to suggest that this information was in fact reciprocated or somehow acted upon. However, again, if I am unsuccessful, this would only confirm that I am in fact a lousy, cunning and “corruptive” lawyer.

Moreover, I am sure this reputation would follow me the entire duration and remainder of my career.

You see, as a crown attorney, it would be my job to prove beyond the shadow of a doubt that my opponent is in fact a dangerous offender. Nevertheless, if circumstances had it that my client – aka key witness who has alleged that the defendant counseled my client to commit murder and that a) no murder was in fact committed, and b), that the allegations in which my witness makes his allegations were in no way committed upon himself in fact the same manner or similar manner as to which he had alleged (despite ample opportunity on the part of the accused to do so – via the haphazardly vetted material) I would hence, essentially fail to uphold my obligation, and the benefit of the doubt would still be present. This is all without mentioning the simple fact that I did include such detrimental information – suggests that I don’t, or in any way felt that the defendant/accused was much of a threat to begin with, let alone a “dangerous offender”.

Am I an asshole for pointing it out? I suppose I am, but at least I have the courage to admit it! I did not hide behind my disapproval or sit behind the stench of an ill begotten demeanaour. (I mean, assuming that the crown attorney is corrupt in his ways, I would not necessarily presume otherwise). However, as I said previously, if he were to in any way fail in his attempts, as I believe he did in his entirety, he would ask awfully silly and such course of actions ought to be carefully reviewed and reconsidered, especially should a decision be rendered for an appeal, a possible dismissal or a retrial.

People are better for both the crown attorney and the defendant’s sake if one were not answering such questions. Moreover, we all have our own angles of which to contend. Question is, is the degree of corruption so prevalent that one may be willing to chance their ways, caring, and reputation, despite knowing the truth and accuracy of their executions? Perhaps… but then again, only one’s true colours and actions can speak to this direction. Perhaps this is a question only the crown attorney himself can answer.
can incite severe violence — and even riots, in some cases. On multiple occasions, I have witnessed prisoners and guards get into fights until their eyes could not open, for nothing more than calling someone a “punk” or a “bitch.”

These words are extensively defined as a meaning in prison culture and a good indicator of just how toxic the environment is. “Punk” is used in reference to a person who is a victim of anal rape, associated with being the lowest of the low in the prison. “Bitch” is used in reference to one being weak and letting others treat them in a disrespectful manner at all times.

Allowing either word to be used against you opens up a very dangerous door. Because one could become targeted for abuse if they are called “punk” or “bitch” without an immediate response, many prisoners use serious violence to react to these slurs. Most of the time, this is only done in fear and to protect oneself. The rules and norms of this environment force prisoners to be by a code that compromises all human morals and standards.

While in county jail in 2006, I found myself in a very dangerous moment because I had fought with another prisoner who refused to pay a gaming debt. Extremely embarrassed, I felt I had no choice but to use violence. It wasn’t about the cookie at all! We had made a bet, he refused to pay after losing, and countless others had witnessed his refusal. The person I had to act — at least I felt like I had to — or everyone would try the same kind of thing against me, if not worse, in that way. They were or are my “manly self” — a persona they’ve spent their lives creating.

Growing up there led me to suppress my humanity and live in a false reality, attempting to feel secure and avoid becoming a victim myself. I didn’t always understand this but have come to know it is true. As a kid, I was taught that emotions were for women and “wusses,” that things like crying, and other emotions deemed “soft,” were things “real” men did not express or even have.

While trying to live up to this flawed version of masculinity, I caused serious harm to others, my community and myself. And when I was sent to prison with a 45-year sentence for taking another human life, I was exposed to an environment with levels of toxic masculinity far exceeding any that I had experienced before. The simplest of words in prison to the next target when the reaction they desire isn’t received — just like they almost always do, no matter where you are. And once you’re confidently living without toxic masculinity ruling your life, it’s possible to support others in making that transformation in themselves. But this can be harder than climbing Mount Everest, in some cases.

“Breaking free of these ideas and actions that were deeply embedded in my mind from an early age and reinforced exponentially in prison was extremely challenging. You quickly become an outcast when you begin to question the established norms as a prisoner. Individuals see you as a coward or assume you think you’re better than they are.”

I honestly don’t know the exact moment that I stood up to the toxic masculinity controlling my life, although I would guess it was around six years ago when I participated in a restorative justice program called Healing Education and Accountability for Liberation, facilitated by the organization Collective Justice. That was the first time I had even heard the phrase “toxic masculinity.” But from the second I knew and understood the term, it was impossible to ignore the overwhelming role it had played in my life.

Every male I knew in my developmental years had taught me how to protect myself using principles of toxic masculinity. When I learned from my uncle to fight over things as minor as someone speaking disrespectfully to me, that was toxic masculinity. When others told me to fight if anyone challenged what I believed to be related to my “manhood,” that was toxic masculinity. And when I was told that my gay friend could “rub off on me” and “make me gay,” that was toxic masculinity, too. But I had no idea, because I didn’t know any other way.

Since I’ve begun to rethink my life, I’ve faced many moments of adversity. I live behind a razor wire fence at a prison full of characters, many of whom have yet to learn these same skills and therefore still remain loyal to a belief system that’s destroyed our lives.

So when I refuse to participate in aggressive or toxic masculine behavior, I don’t always seem to be the most popular guy. I tell myself that it’s not a contest of who’s the most popular, and how people react to what I do. I deal with situations that are not personal. Men are just scared to be vulnerable, especially in prison. I understand that, but I also deeply remind myself that it took years for me to adapt the principles I now refuse to guide my life.

Many of my friends refer to me as a “square,” twisting their fingers in two mismatched “punk” or “bitch” fingers up in two mismatched fingers. But that doesn’t stop me from doing the things I’ve always done with a smile, and I take that as a positive sign for the work I’ve done. Nevertheless, there are also guys I was close to previously who now say nothing to me and simply walk by me in the hall as if we’d never known each other. They refuse to accept my new way of life and hate that I’ll walk away from a fight or a confrontation without using aggression.

Living by these beliefs is extremely difficult in prison. I know that would be the case anywhere else. I still get mad and at times jump to the thought of using aggression as a way to handle issues, even trying to rationalize that certain individuals need to understand violence as a means to resolve problems.

But I quickly remind myself that that is exactly the thinking that placed me in prison in the first place, causing severe harm to many others and myself along the way. To combat these thoughts, I’ve learned to take timeouts and give myself enough space to think about my behavior before I act.

Spending the energy to reshape the way I think and interact with others has changed my life in many ways. Now, I’m surrounded by people who encourage me to be a man who.admits his mistakes, not one who continues to take away from it by abusing or harming others — physically, emotionally or mentally.

I’m proud to say that my refusal to use toxic masculinity to guide my life has become a beacon of sorts for others looking to change their own toxic behavior. This offers me a chance to help support men who want to live a better way but have no clue where to start.

Relationships with friends and family have begun to strengthen. Before, I was the tough cousin, brother or nephew to call when you wanted to solve an issue with violence; now I’m the one they ask for advice on relationships or solving a problem with healthy conflict resolution practices.

Most importantly, I was able to meet and marry the most amazing human I’ve ever met, Chelsea. She’s an amazing human I’ve ever met, kind, empathetic, understanding of others and loving nature. She would have never loved the aggressive man I was before, who moved through the world as if everyone owed him something and who would simply take whatever he wanted if it wasn’t given to him.

Today, I feel secure in who I am. I respect all humans, no matter their gender or sexuality. I don’t let others control my actions or words. And now I know that I want others to know that I don’t like or respect me if I don’t live by their toxic code or are not the people I want in my life anyway.


11 // Writings on the Wall

CELL COUNT//ISSUE 99//STAYING HEALTHY
Sic Chick
Breaking the beaks of eagles

This is a teaching I received from an elder where eagles in their later stages of life go to a safe, quiet place and break their beaks off. This is the place I slayed and was slain by Angel. The Hole in which I ate my heart insatiable the result of dark years pushing the perimeters of depression beyond the walls of iso. Apartheid is alive and well right here in our fabled free NATO. From genocide democracy I ran “savage” breathing locomotive smoke – hemorrhaging exhaust.

This is the season of respite (rare for distant runners) Of gathering old and new muses, and fusing the difference calculating weights and measures, hearts to golden feathers. This, a long time coming is a long time dying. And oh how I rallied against god & kings. From the beginning to the end – enduring prison, second class citizens spiritual warfare. Colonialized wild because I believed in the doubt of Moses & Ishmael.

I run through deserts now, in search of a delicate rain. For self-preservation. For lactose & honey. To not fade. To unjade the living. To heal inter-generations. And all I know now is long-suffering. The never-ending perseverance for “someday” – frozen with the notion that day may never come. But that’s ok for caged eagles and champions who lose again and again knowing sacrifice is not deceit. This poem is being re-printed with a correction to the title, which was mis-typed by the editor in the last issue.

Embodiment of Earth

The origins of unconsented dejis root themselves in the now. A relentless season burnt embodiment of Earth in: separation anxiety, rising temperatures lit up deciduous like sacred hearts far-away stars; Taken all these years to see their lights.

In atmospheric flood of tears. Of undocumented crime scenes dug under the cover of Nightshade the colour of the darkest habit. The blackest cloth scarred-catastrophic infrastructure broke-down. They reconciled themselves to: A summer/ to remember/ to never forget. Flags hang at half-mast in tribute to: Bodies hanging in trees and closers- to escape their memories. Too lost children, survived by: (Suicide.) Survived by Sixties Scoop. Survived by Millennium Scoop. From Bubble-gum to Rum Raisin Scoops of reconciliation, sprinkled with the statistics of each passing generation- exceeding the Scoop before; until Kingdom Come. Forever and whatever. all my relations and Amen. Until all my descendants stop becoming inter-sections that lead to nowhere. Where reconciliation is unmasked Res sur e c t ions. Honouring broken treaties; in time Healing the prequel of the last scene is complete; and a thousand years hence- We will look back NOW.

(Life) in and of Installments

There's a tremor in the atmosphere. A vibe-alto in the alto. A shadow Trying like hell to disengage itself from a cobweb jail-cell. There's an eddy in the continuum. You know Eddy, the Lost Raven Who sits atop Rustled Rooster God-forsaken weather vane; like (a Whirlwind in) -Jetstream- flowing with the predictability of Pathos. There's a tremor in the voice of an aged traveler caught in singularity wonders- “what if” theBlack-Hole gravity can get shot of getting to be gone...

Zakaria Amara

50,000 years before existence

My fate hangs around my neck like a necklace. My life is an outline of a portrait drawn by God. that I must paint with my deeds. Free will and fate are like twin horses that we ride standing not knowing which is which until the race is over. There can be no peace, no rest, and no stillness of the mind without embracing destiny. Wholehearted surrender...

Glimpsing into the secrets of the universe, “Maktobo,” the Arabs said; it is written. Your life and your death; your sorrows and your joys; every grain of rice and every golden coin on its way to you was marked with your name, 50,000 years before existence...

Forgotten Warrior

A Deeper Sense of Presence

No childhood, no youth – we had to walk through this existence, darkness & cold alone! – then when I hit adulthood, I again had to face the loneliness, emptiness & sadness alone – never had another love, don’t know happiness, peace, or comfort – I do know HATRED, I do know ANGER, violence & DEATH. We been caged or controlled in some way my whole existence, either by C.A.S. or C.C. I’m tired of being subjected to the will of others. The never-ending To heal inter-generations.

Lost Soulmate

Nothing lasts forever, I want you to love you as long as I can & keep you with me. I have to protect you from every danger & heal all your emotional wounds. If you’re lost, I have to seek until I find you. It’s a great responsibility & yes I am up to it!

-67- I wander this earth Searching for somebody I don’t know Yet everywhere I wander There is no one “Vision” The vision of peace, which gave me hope against the darkness, against the loneliness, she was my light, the reason I survived!! “Purpose” Standing ready to carry the physical, emotional & psychological overload to a satisfying state of equilibrium!! “Mine” Fated to walk the path of tragedy & notoriety

Warrior Forever

Lindsay (10 Day Isolation COVID) 09/20/22

Nothing 2 read, no escape at all Mentally or physically Voiceez screaming 4 your death. Dead friendz forever lost souz Drunken dead friendz forever lost Pain more miserable than this existence A past catching up with a present Stuck in a fucken loop, a nite- mare. Over and over, repeat a livin hell Alone in a cell with the ghosts of an evil life. Nowhere 2 run, nowhere 2 hide, at all Face the past and reap what you sow.

The reason why We were each otherz mentz Easy conversation, an understanding Deep connection, a shared goal And a mask on back seat of the mother fucken Car connection

Singled celled COVID 2022 The devilz here with me Right here, right now. Just him and I Along with all the sinz I’ve ever Done or thought

Rob Surridge

Untitled

Notions surrender exit isolation changing location happens now. Vehicles in motion the backup pressing view under eyebrow. Statements made goodbyes said another leaves going elsewhere. To borrowed memory and reflections in the past day’s retrieval with care. Momentarily disengaged in a tiresome feeling evacuated like a blank stare. Dragged on periods of sentiment let go of fears to win in kind rare. Lesson is known dressed of color only one of many shades of orange. So often to see its natural to be on otherwise slight cringe. The idea of a dark hearts voice has vanished as demons get away deceit of binge. In no claim for travel mentions tours lit up to ignite and singe.

No longer a slave of substance with passing in conquer ending to relieve. Exemption to weakness transfer in strength a powerful ability to give. Cross country run first ahead of the trail leading front singly Passive sobriety favours strong faith living clean con- secure habitually. The race is a long nonstop finish line out of sight putting it polite. Every move important factor improvement designed in advance steady every night. Proudly in success treading on to triumph accomplishing victor no contest. Waking to devotion of being superior to yesterday’s per- sonal best.

Nunu

Untitled

Love is a gamble Sex is a game Guys do the fuckin And girls get the blame An hour of pleasure Nine months of pain 3 days in the hospital And a body to maim The father’s a druggie The mother’s a whore See this wouldn’t have hap- pened. If the rubber hadn’t torn!
Honour
Outreach & Support Schedule

As things open back up in Ontario on the outside, we are increasing the number of drops we are in the office. We are available Mon - Fri 9am - 5pm EST (to reach a speaker on staff, please dial 1-866-224-9978 followed by the extension):

- Amina Mohamed x231
  Women's Community Program Coordinator
- Anton McCloskey x236
  Federal In-Reach Community Development Coordinator
- Anila Mazumder x228
  Office Manager

Jennifer Porter x235
Harm Reduction Program Manager
Cherisa Shivcharran x223
Provincial Community Development Coordinator
Claudia Vergara x223
Harm Reduction Community Coordinator
Claudia Medina x227
Program Manager
Eveline Allen x238
Regional Prison In-Reach Coordinator
Hajjarah Nagadya x239
POWER Project Coordinator
Janet Rowe x225
Executive Director
Kavita Maharaj x223
Harm Reduction Program Coordinator
Olivia Gemma x230
Provincial Hep C Program Coordinator
Sena Hussein x234
Communications & Resource Development Coordinator
Trevor Gray x232
Community Programs Coordinator

You can reach us by phone:
PASAN, 526 Richmond St E, Toronto, ON M5A 1R3

PASAN's office, which we publish Cell Count, is on the historic territory of the Wendat, Patawomeck, Senecas, and the Huron-Wendat, most recently, the Mississaugas of the New Credit Indigenous peoples. This territory is covered by the Treaty with One Spoon Wampum Belt Covenant, an agreement between the Haudenosaunee and the Ojibwe and allied nations to peacefully share and care for the lands and resources around the Great Lakes.

HIV+ Client Services

In order to be a client & access these services you need to have confirmed HIV+ status and be a prisoner or ex-prisoner (all times Eastern Standard time):
- Phone Hours: Mon – Fri from 9-5, except Tuesday mornings
- Workshops and Programming - Scheduled usually on Mondays or Thursdays, give us a call or check out our website for a complete list of events we have scheduled.
- ID Clinic – cancelled for now
- Release Funds - $50 (twice a year max)
- TIC Tokens - 2 each for clients who have worked workshops
- Harm Reduction Materials – Mon – Fri from 9-5, except Tuesday AM (Safer- Crack-Use-Kits, Safer-Needle-Use-Kits, Piercing Needles, Condoms, etc.) - for everyone.

Sometimes we and the phones are very busy so please keep trying!

About Cell Count

PASAN publishes ‘Cell Count’, a mini-newsletter that we send out to Clients & Prisoners in Canada. It is a 15-20 year age difference. The point is for you to have an outlet to express yourself to someone you trust. If you are of the Christian faith, this may be a great option for you. You can reach us for more info at: Prison Fellowship Canada - National Office, 5945 Airport Road, Suite 144, Mississauga, ON L4V 1E5

905.673.5867
Prisoner Correspondence Project: “... a solidarity project for gay, lesbian, trans, genderqueer, gendervariant, two-spirit, intersex, bisexual and queer prisoners in Canada, linking them with people who are part of these same communities outside of prison.” - From their website. Write to them here: QPIRG Concordia C/O Concordia University 1455 de Maisonneuve Ouest, Montreal, QC H3G 1M8

If you have had success using a pen pal service (other than ours) and would like to share it with other Cell Count subscribers, please send it to us or call. We can list it in a future issue.

Moving

We were getting about 75 Cell Counts sent back to us each mail-out labelled, ‘Not Here’ recently. Let us reduce our mailing expenses by letting us know of any address change. ASAP! Thank you for taking care of this.

Contact Numbers

If you are in any Federal/Provincial Institution or Detention Centre call us only with this #: Toll-free 1-866-224-9978

How PASAN and Cell Count are Operating During COVID-19

During the COVID-19 outbreak, PASAN is still open, and are back in the office 5-7 days a week. Our staff are in the office Mon - Fri, 9am - 5pm EST, which is when we can read and reply to mail we receive from inside, and answer calls. Currently, we are wearing masks, asking people to fill out COVID screening forms and social distancing to help limit the potential spread of the virus, and are offering services to our clients in office again.

Cell Count is still running and accepting submissions. We are currently low on submissions and need more sent from you inside to produce Cell Count. If you are interested in submitting but are experiencing issues trying to get your work to us, please give Sena a call at ext 228. Thank you for your patience during this difficult time!

New* Cell Count Evaluations

Please take a few minutes to complete the evaluation form we’ve included with this issue and mail it back to us. We use these evaluations to make sure that Cell Count is useful to you and so our funders know we’re on the right track.

Call us if you would like to do your evaluation over the phone instead: 1-866-224-9978

New* Cell Count Peer Liaisons

Cell Count is looking for peer liaisons who are currently incarcerated to be a representative for Cell Count inside. You would be responsible for gathering submissions, letting us know when subscribers have moved, encouraging people to submit their work, helping with evaluations, and...
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CELL COUNT // ISSUE 99 // STAYING HEALTHY

PRISONERS UNITED ORGANIZATION
PO Box 30009, Greenvale North, PO Box
ONTARIO, ON, K7H 1A3
BLACK INMATES & FRIENDS ASSEMBLY
2518 Eglington Avenue West, Toronto, ON,
M6M 1T1 ph (416) 652-3131
SMAAC.org
The Saskatchewan-Manitoba-Alberta
Aboriginal Coalition is an alliance of
groups from across the prairie
provinces who collaborate and
organize together on issues of prison and
crime abolition.

EAST COAST PRISON JUSTICE SOCIETY
6061 University Ave, PO Box 15000
Halifax, NS, B3H 4R2
www.eastcoastprisonjustice.ca
West Coast Prison Justice Society/
Prisoners’ Legal Services
302-7818 6th Street
Burnaby, BC
604-636-0470

OTHER SUBSCRIPTIONS
OUT OF BOUNDS MAGAZINE
6000 William Head Rd, Victoria, BC
V9C 0L2
JOURNAL OF PRISONERS ON PRISONS
20 Justin Piché, PhD, Dept of Crimi-
nology University of Ottawa, ON,
K1N 6N5
PRISON FREE PRESS
POBox 39 Stn P Toronto ON M5S 2S6
HOMINUM (newsletter for gay,
bisexual & questioning men)
#7–#1438 Best Street
Maple Ridge, BC V2X 0V1
Art - 604-477-9553

PRISON BOOK PROGRAMS
Books to Prisoners
OPRIG-Carleton
326 UniCentre
Carleton University
Ottawa, ON,
K1N 6N5 (613) 520-2757
Books 2 Prisoners
PO Box 78005,
1755 East
Bordway
Vancouver, BC
V5N 8W1
604-682-3269
X3019
Books Beyond Bars
PO Box 31329
Halifax NS
B3L 1T1
604-464-1788
Open Door Books (ODB)
OPRIG
Concordia
University
1455 de Maisonneuve O
Montreal, QC
H3G 1M8
514-598-7585

The Saskatchewan-Manitoba-Alberta
Aboriginal Coalition is an alliance of
groups from across the prairie
provinces who collaborate and
organize together on issues of prison and
crime abolition.

1073-151 Slater St.
Ottawa, ON
K1P 5H3
NOM 1C0

ON M5V 3B1

555 Richmond St W #505, Toronto,
M5V 3B1

Black Legal Action
Justice Society/Prisoners United
Organization
2518 Eglinton Avenue W, Toronto,
M6M 1T1 ph (416) 652-3131

The Saskatchewan-Manitoba-Alberta
Aboriginal Coalition is an alliance of
groups from across the prairie
provinces who collaborate and
organize together on issues of prison and
crime abolition.

519-763-1111 Church St, St Catharines,
L2R 0L2

204-940-2504 WOMEN: 50
200-561-2437

ART - 604-477-9553

Maple Ridge, BC V2X 0V1

PO Box 39 Stn P Toronto ON M5S 2S6
HOMINUM (newsletter for gay,
bisexual & questioning men)
#7–#1438 Best Street

 artistic services program for gay,
bisexual & questioning men)

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