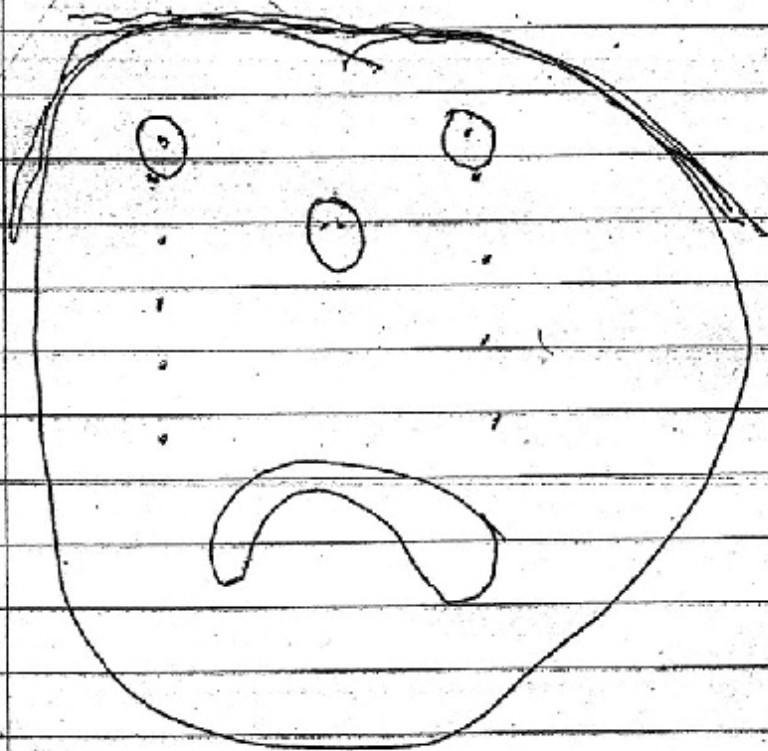


# CELL COUNT #75

JAIL



LIFE  
DESPAIR

*Room Kruta w*

**- OUTREACH & SUPPORT SCHEDULE -**

**- INSIDE THIS ISSUE -**

IMPORTANT: Programs run on one Unit only per month. If you want to see a worker or attend a program put in a request to the Volunteer Coordinator or the Social Work Dept.

**PROVINCIAL (ON)**

**Men:**

CECC – Groups/1on1: Sign-up sheet; Request to Social Work Dept; Call PASAN  
 CNCC – Groups/1on1: Sign-up sheet; Request to Social Work Dept; Call PASAN  
 HWDC – Call PASAN  
 MAPLEHURST – Call PASAN  
 OCDC – 1on1: Call PASAN  
 TEDC – Groups/1on1: Run twice a month; Call for a program on your unit  
 TSDC – Call PASAN

**Women:**

CECC – Groups: Every 2nd Wed of each month; Sign-up Units 8 & 9 Programs  
 1on1: Request to Social Work Dept. or call PASAN  
 CNCC – Every 3rd Fri of each month; Sign-up Unit 9 Programs  
 VCW – 2nd Tues & last Wed of each month Call PASAN

**FEDERAL (ON)**

**Men:**

We try to visit each prison at least 3 times a year. We visit: Bath, Beavercreek, Collins Bay, Fenbrook, Frontenac, Millhaven, Pittsburgh and Warkworth.  
 We see people individually or in group settings and talk about HIV/AIDS, Hep C, Harm Reduction and Health Promotion. If you wish to know more or have HIV please contact us to find out when we will be at your institution.

**Women:**

GVI – Call PASAN

**YOUTH (GTA)**

We visit different youth facilities, group homes, etc. throughout the City of Toronto on a regular basis. For more info call Trevor.

**FOR MORE INFORMATION ON ANY OF THESE PROGRAMS  
 CALL PASAN COLLECT AT: 416-920-9567**

PASAN Services/Schedule ..... 2-3  
 News on the Block ..... 4-14  
 Poems ..... 14-15  
 Health & Harm Reduction ..... 16-18  
 PenPals ..... 19  
 Resources ..... 20

**- ABOUT CELL COUNT -**

PASAN publishes 'Cell Count', 4 Issues per year. It is sent out for **FREE** to Clients & Prisoners. *If you are on the outside or part of an organization, please consider a donation @ \$20 per year.*

Publisher: PASAN  
 526 Richmond St, Toronto, ON, M5A 1R3  
 Circulation: 1,700+ ~ Recirculation: ?,???,???  
 Editor: Tom Jackson

All original artwork, poems & writings are the sole (soul) property of the artist & author.

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**- HIV+ CLIENT SERVICES -**

**- ARTISTS IN THIS ISSUE -**

In order to be a client & access these services you need to have confirmed HIV+ status.

- ◆ **PHONE HOURS** - Mon - Fri from 9-5, except Tuesday mornings
- ◆ **DROP-IN** - Mondays 1:30-3:30 (except holidays) Good food & 2 TTC tokens
- ◆ **NURSE** - 1st & last Monday 1:30-3:30 every month
- ◆ **ID CLINIC** - 1st & 3rd Thursday 1:00-2:30 every month
- ◆ **RELEASE FUNDS** - \$50 (twice a year max)
- ◆ **TTC TOKENS** - 3 per week Mon @ 10, or Tues @ 1:30 if Mon is a holiday
- ◆ **HARM REDUCTION MATERIALS** - Mon - Fri from 9-5, except Tuesday AM (Safer-Crack-Use-Kits, Safer-Needle-Use-Kits, Piercing Needles, Condoms, etc...)

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

~~~~~  
 Cover: Krista Walker

Pages 11, 14: Peter Collins  
 ~~~~~



**- EDITOR'S NOTE -**

Dear PenPals: Please write only to ads in this Issue, as most of the older ads aren't there anymore!



You can send more than one letter in an envelope - put the Code # at the top, your name & address on each. All undeliverable mail is destroyed.

Sorry folks, but this PenPal system is getting outta control! About 200 penpal ads come in for each issue & there's only space for 60. So it's the 'Grab-One-Outta-The-Big-Bag' method now. If your ad isn't in this one, send again for the next Issue.

It is a struggle doing all this on 3 hrs a day, so pls, respect, keep the calls short. 1-4 pm, no Voicemail.

**- MOVING ? -**

We get about 75 Cell Counts sent back to us each mail-out labelled, 'Not Here'.

Please help us reduce our mailing expenses by letting us know of any address change, ASAP! So, before you call your mom - let us know!

**- WORKLOAD -**

PASAN has been around for 23 years now and over the years our client population has increased dramatically.

As a result of this increase in workload, clients may not be able to spend as much time on the telephone with staff as we would like. The staff and volunteers are dedicated and committed and will continue to provide the best care possible.

Thanks for your patience and understanding!

**- ARTISTS & WRITERS -**

Let us know if you would like your work returned to you or sent on to someone else!

**Artists:** This publication is printed in B&W. That means 'high-contrast printing', no grey values. Pencil sketches get blown-away (don't expect good results). Black ballpoint or felt-tip penwork (tat-style) reproduces quite well. Try to work on paper with no lines & nothing on the backside (it shows through and degrades the image).

Consider the final print size: column width is 2.5, 5 or 7.5". Cover Art should be about 7x7". Artwork that is being reduced loses a lot of detail. Artwork cannot be enlarged (it gets really fuzzy & ugly).

Cover Art should not have the Issue # on it because if it is not used at that time, it would be really, really nice to use it for a future Issue!

**Writers:** We get a lot of great work sent in that we are unable to use because of very limited space. Apologies. Please consider the column width & keep articles/ poems tight & to the point. Honestly, the first items to go in are the ones that fit nicely & leave space for others - **quality & quantity!**

**- DROP-IN -**

**PASAN CLIENTS**

Mondays 1:30 - 3:30  
See you then!

**- FAMILY VISITATION -**

F.E.A.T. for Children of Incarcerated Parents was founded in 2011 to support the needs of the over 15,000 children in the Greater Toronto Area that have a parent in the criminal justice system.

**The Family Visitation Program**

Would you like to visit a family member in prison? F.E.A.T.'s Family Visitation Program provides transportation on weekends for you and an adult to correctional facilities in Southern Ontario. During the trip, you will be able to talk to friends and mentors, play games and watch movies. Youth under 18 can visit their family member for free! If you are interested in participating in the program, please call or email F.E.A.T. to register today!

For more information or registration please contact Jessica or Derek Reid by email at:

info@featforchildren.org or 416-505-5333

**- CONTACT NUMBERS -**

If you are in any **Federal Inst** - call us  
**Toll-Free: 1-866-224-9978**

If you are in any **Provincial Inst** - call us  
**Collect: 416-920-9567**

**- CELL COUNT SUBS -**

**SUPPORT ORGANIZATIONS:**

Over the past 12 years this subscription list has grown from 700 to 1700 and all costs have more than doubled during this period.

We receive less than 20 paid subs for 'Cell Count' from organizations Canada-wide so we've had to pare-down our mailing list so we can get more copies inside where they are much needed.

Cell Count may be viewed or downloaded at [pasan.org](http://pasan.org) for free. We urge you to help us out by using this method if you do not need to have a physical subscription.

If your org has paid for a sub - don't worry, you're still on our mailing list! Oh yeah ... Thanks!



**- NURSE -**

**A Nurse at PASAN!**

On the 1st & last Monday of every month  
1:30 - 3:30

- Information and education regarding:
  - Medications
  - Nutrition
  - Community Health Resources
  - HIV/AIDS understanding
  - Complications to HIV/AIDS (ie: Opportunistic Infections)
- Assessments of emerging health issues
- Management of existing medical conditions or follow up(s)
- Communication with community/ institutional health care providers for access,
- To clarify or communicate health information and to advocate for health service provisions
- Communicating findings and follow-up plans and accountabilities with PHAs and PASAN primary workers (or delegates)

~ Please Sign Up at the Front Desk ~

**- ID CLINIC -**

The Partners for Access and Identification (PAID) project opens doors and breaks down barriers for individuals who do not have a fixed or permanent address.

The ID Clinics are held at PASAN on the 1st & 3rd Thursday of each month  
1:00 - 2:00

We begin by helping individuals obtain vital identification such as:

- Ontario Photo Health Card
- Canadian Birth Certificate
- Record of Landing
- Social Insurance Number

The project operates at various sites across the city of Toronto. The PAID Project also connects individuals and families to other services, such as:

- Primary health care facilities
- Sources for housing
- Sources for food
- Legal Aid

We also provide guidance and awareness regarding other programs that are available, including community-based support services.

For more information, please call:  
Neighbourhood Link Support Services at  
416-691-7407

**PASAN has MOVED!**  
**526 RICHMOND ST E**  
**Toronto, ON, M5A 1R3**

**Goodbye from Claudia**

I want to say a personal farewell to all the prisoners I met and worked with through the 4 years of my work at PASAN. I have chosen to leave PASAN to focus on self care and work on other personal goals I have set for my life. Thank you very much for teaching me so much in the 4 years I worked at PASAN, it is because of you that prison work is something that I will always endeavour to be involved in. I hope to have the opportunity in the future to be able to come into the prisons either in a programming, health fair or a family day capacity.

I have never met so many amazing, courageous and resilient individuals who have dealt with so many obstacles in life that exude so much hope and perseverance for life. Despite of the continued oppression you face your smiles, your laughter and your openness to share a piece of your stories always made my day of the work week. So many of you have renewed my strength, changed my perception of life and have taught me to be a stronger person. Much love and respect.

In Solidarity,  
Claudia Medina  
(formerly) Women's Prison Program Coordinator

**Re: Post-Secondary Education (CC74)**

From the CD side of things!

1. CD 085 Correspondence and telephone communication indicates that correspondences can be intercepted for security reasons only. Information on College or University does not pose a security threat.
2. CD 568-10 Interception if inmate communication indicates the same thing.
3. CD 720-30 Education programs and services for offenders states that you can attend post-secondary and that the CSC can even pay for it if certain requirements are met.
4. CD 860-30-g Offender's money says that you can withdraw money from your savings to pay for post-secondary education.

To conclude, CD clearly indicates that you can receive your info by mail, moreover it is not against regulation to pursue post-secondary education. If I were you, I would fill a Grievance, share with the Inmate Committee, the citizen consultation group, the John Howard Society, Correctional Investigator and also with a lawyer.

Johanne Bariteau  
IC - Joliette Inst.

**Standing Together**

Where have all the cons gone? We use to stand together and fight for our rights (against 'the man'), now we fight each other. What happened to 'us against them'? Standing together for what we believe in?

We've been on lock-down for 3 days with no shower. Why is it that if I wanted to fight for my right to shower by banging my cell door and argue with 'the man' every round, instead of standing with me and following suit, everyone would rather fight me?

There is strength in numbers and we could be many. When are we going to stop being 'dry guys', no weights, gym, smoking, ... what's next?

I remember when guards were scared to walk on these ranges by themselves and take your smokes, etc.

We are supposed to get 20 min of yard a day but we are lucky to get it once a week.

What happened to helping your dogs or bros when they are down?

**Your Prison Radio**



- Montreal - CKUT 90.3 FM  
Prison Radio Show - 2nd Thurs 5-6 pm
- Guelph - CFRU 93.3 FM  
Prison Radio - Thurs 10-11 am  
Call-in 519-837-2378
- Vancouver - CO-OP 100.5 FM  
Stark Raven - 1st Mon 7-8 pm
- Kingston - CFRC 101.9 FM  
Prison Radio - Wed 7-8 pm

This program features content produced by CFRC volunteers and by other campus and community radio broadcasters, including CKUT Montreal's Prison Radio and Vancouver Co-op Radio's Stark Raven programs.

The last Wednesday of each month, CPR features 'Calls From Home', sharing letters, emails, voice messages and music requests by and for prisoners and their loved ones.

Prisoners and their loved ones are invited to contribute music requests, messages and suggestions for the program.

Write: CPR c/o CFRC, Lower Carruthers Hall, Queen's University, Kingston, ON, K7L 3N6  
Email: CFRCprisonradio@riseup.net  
Call Toll-Free: 1-800-440-5219 to record a message or music request to be broadcast On-Air.

**Presumption of Innocence?**

I fail to acknowledge how a government can confine and hold captive an individual who has yet to either give a guilty plea or has yet to be convicted. Where is the Presumption of Innocence?

**Suicide! Is there a Fix?**

Suicide is a growing dilemma throughout the Federal system but yet as serious as this issue is it continues to be ignored. Just take a look at the Ashley Smith case. Any 'normal' person would have every possible intervention put in place so that this type of thing does not happen again.

But what makes sense doesn't make sense to CSC or the government. For example, I am a 30 year old male who has attempted suicide well over 20 times only to be brushed off by nurses, doctors, etc. who say it's a form of acting out and that it is only a behavioural issue.

I have hung myself, overdosed and cut my arm to the point where I needed a blood transfusion. Take my most recent attempt, I sliced my arm with a razor. I bled into a plastic bag hidden under my bed for 2 guard rounds (1 hr). During their 3rd round they discovered me in a pool of blood, unconscious. An ambulance was called and I was taken to the hospital.

I was brought back to prison and put on suicide watch with 2 guards outside my cell. I sat in that cell with nothing for 4 days until Psychology came to see me. During those 4 days the guards repeatedly said that I should be at the Regional Treatment Center where I could receive psychiatric care until I could be stabilized.

I even requested to be placed in the penal restraint system to prevent further self-harm but was told that RTC doesn't want to accept me and there wasn't enough staff to place me in the penal system on shift.

I am still waiting to be put on some sort of anti-depressant to help take the edge off.

This is only one of the many times I have attempted to end my life and one thing I have noticed is that support and resources for those who are unpredictably suicidal are becoming thinner and thinner. The Conservative government's quest to save taxpayer dollars and limiting inmate resources are going to end up costing inmate lives.

Psychiatrist hours are almost non-existent in most institutions, here there are only 2 psychologists for 450 inmates and the percentage of mental disorders are on the rise.

I worry about how many more inmates are going to have to suffer and die to make it right again. This is my 3rd Federal sentence and for as long as I can remember the government and CSC's goal has been to educate and rehabilitate offenders to become law-abiding citizens in society. Apparently I was wrong.

Adults are always asking little kids what they want to be when they grow up, because they're looking for ideas.

- Paula Poundstone

**Part of Harper Government's Tougher Sentencing Laws Ruled Unconstitutional**

The Ontario Court of Appeal ruled a Harper government tough-on-crime law unconstitutional because, among other things, it could create sentencing disparities for similarly placed offenders.

The Harper government's tough-on-crime agenda took another hit Wednesday when Ontario's top court struck down provisions that limit pretrial sentencing credit.

In its decision, the Court of Appeal ruled the law unconstitutional because, among other things, it could create sentencing disparities for similarly placed offenders.

"Both the offender and the public must have confidence in the fairness of the sentencing process and in the results," the court ruled.

"Public confidence in the criminal justice system would be undermined by an artificial distinction that results in longer jail terms for some offenders." At issue is part of the Truth in Sentencing Act. The provision prohibits a trial judge from giving more than one-for-one pretrial credit if a justice of the peace denies bail to the person because of a previous conviction.

The situation occurred in the case of Hamidreza Safarzadeh-Markhali, of Pickering, who was arrested in November 2010 on drug and weapons

charges.

At a bail hearing, the justice of the peace noted his previous convictions as the reason for his ongoing detention.

Following Safarzadeh-Markhali's conviction in 2011, his lawyers called on the trial judge to strike down the provision the Conservative government enacted in 2009 — specifically Section 719(3.1) of the Criminal Code — that eliminated the court's discretion to give more than one day credit for each day spent in pretrial custody.

Ontario Court of Justice Judge Michael Block agreed, and awarded Safarzadeh-Markhali 1.5 days credit for each day he spent in custody awaiting trial.

Among other things, Block found the law gave too much say to a justice of the peace in determining credit for pre-sentence custody. He also found it had a disproportionate effect on equally-placed offenders.

The Crown appealed, arguing Block had made legal errors. The law, the Crown said, aimed to target offenders with long criminal histories.

In siding with Block, the Appeal Court noted that three offenders with the same criminal records and given the same sentence could effectively end up serving substantially different amounts of time depending on whether they received bail.

In fact, the court found, a person who does not

even apply for bail and is therefore not listed as detained because of a criminal record could end up with a shorter sentence than someone explicitly denied bail. The Appeal Court called that clearly unfair.

One effect, the court found, is that the most vulnerable members of society could be reluctant to exercise their bail rights out of concern that denial of bail could mean more time spent in custody.

"Like many attempts to replace the scalpel of discretion with a broadsword, its application misses the mark and results in unfairness, discrimination and ultimately unjust sentences," the Appeal Court said.

The Conservative government's attempt to crack down on crime has run afoul of the courts on several occasions.

Earlier this year, the Supreme Court affirmed the long-standing principle that offenders can receive extra credit for time spent in custody before sentencing. It has also struck down retroactive changes to parole eligibility, while other courts have refused to apply a new mandatory victim surcharge.

Colin Perkel  
The Canadian Press  
Sep 11, 2014

**Prison Inmates take Federal Government to Court over Pay Cuts**

Suit says move to cut inmate pay violates Canada's Charter of Rights and federal laws

A group of inmates in Ontario is taking the federal government to court over its recent move to cut the pay they receive for prison work. Last October, the Correctional Service of Canada (CSC) slashed inmate pay rates by 30 per cent, claiming the money was to pay for room and board and the inmate phone system.

The government said the move was to make inmates more accountable and would save the government about \$4 million out of its more than \$2.6-billion annual budget.

According to the statement of claim, filed by the inmates, the old inmate pay scale, which was set up in 1981 by a parliamentary committee, was based on a minimum wage at the time and included a deduction of 85 per cent of that minimum wage to cover room, board and other prison costs.

Under that system, an inmate at the top of the inmate pay scale could receive \$6.90 a day, but only a small percentage received that. The average was about \$3 a day. Now most inmates' take away pay is far less than that.

Todd Sloan, the lawyer who represents the inmates, calls the pay cut "double dipping." In an interview with CBC News, he said it violates Canada's Charter of Rights and Freedoms and the inmates' right to "liberty and security of the person" in a manner that can't be justified.

**Can't afford to keep contact with families**

Sloan said the move also runs contrary to the Corrections and Conditional Release Act, the law which governs federal prisons. "It will have an impact on

their ability to reintegrate and so is at odds with the whole purpose of the Act."

The suit claims the new pay scale means many inmates are no longer able to pay for phone calls, send money out to support their families or have money to prepare for their release. Inmates must also use their own money to purchase personal hygiene items such as shampoo, soap, deodorant and over the counter medications, which the system no longer provides.

"We are regressing ... the whole trend in corrections now is away from the principles of good corrections," Sloan said. "The two prime purposes of the CCRA are safety of the public and the safe reintegration of offenders. This type of action works at odds with those principles."

Jarrod Shook is an inmate at Collins Bay Institution in Kingston and one of four inmates pursuing the claim. In an interview with CBC News, he said the pay cut has affected his ability to pay the costs associated with university courses he is taking. He said it also means fewer phone calls with his professors and having to scrimp to save money for stamps to send in assignments.

Shook said some inmates have cancelled visits with their families because they can no longer afford to send them the money for travel or pay for food they must buy during those visits. Others are being left with little or no money to plan for their release, which he said lowers their chances of succeeding on the street.

"I think right now the Harper government is simply living off the avails of imprisonment and their punishment agenda," he said. "They advertise the punitive and retributive policy like it is a cost saving measure when in reality they've simply signed up Canadians for billions in long-term correctional budget expenses.

"Policies like this simply ensure that prisoners will be coming back (to prison)," he said.

Shook said the cuts have led to growing tensions inside as inmates fight over scarce resources, and that can prompt violence. "These measures don't improve public safety and they don't save money," he said.

Last fall, inmates at prisons across the country went on strike to protest the cuts. They wanted an opportunity to discuss the cuts with the Commissioner of Corrections, Don Head. Sloan says, by law, corrections officials are supposed to undertake meaningful consultation with inmates before such policies take effect, but Sloan said that never happened.

The federal government has indicated it will fight the suit, but has said little else about the case.

"It would be inappropriate to comment on matters that are currently before the courts," Melissa Hart, a spokesperson for CSC, wrote in a statement to CBC News.

The case is expected to be heard this fall in federal court.

Maureen Brosnahan  
CBC News  
Aug 10, 2014



### **Edward Snowshoe Spent 162 days in Segregation Before Suicide**

A federal inmate from the Northwest Territories who served time in Manitoba and Alberta committed suicide in 2010 after spending 162 consecutive days in segregation, with corrections officers unaware he had tried to end his life before, an inquiry has found.

The Alberta fatality inquiry conducted earlier this year found 24-year-old Edward Snowshoe, who was from Fort McPherson, N.W.T., "fell through the cracks," and that none of the corrections staff was aware of how long he had been in segregation, "even though that information was readily available."

"If a dog owner had a dog locked up for that long, that owner would be charged for animal cruelty," says his mother, Effie Bella Snowshoe.

One of the 12 recommendations in an inquiry report released in June aims to address the fact corrections officers in Edmonton didn't know certain things about her son, including that he had attempted suicide three other times, between 2007 and 2009.

Federal penitentiaries use an electronic records

system, and the suicide attempts were flagged in his record, but Edmonton corrections officers didn't know about them.

The recommendation calls for written transfer reports to be used for prisoners with health or mental-health issues to ensure staff are aware of them.

Snowshoe was convicted in 2007 for shooting and injuring a cab driver in Inuvik during an armed robbery, and sentenced to five years in a federal prison.

The territory has no federal corrections facilities, so Snowshoe was sent to the Stony Mountain medium-security facility in Manitoba.

In March 2010, he was put in segregation — with no access to the general population - after brandishing a knife made from a juice box. That July, he was transferred to Edmonton Institution, a maximum-security facility, where he remained in segregation until his death in August 2010.

His cell in Edmonton had a single observation point through a mail slot.

#### **Previous attempts at ending his life**

The report notes Snowshoe had made a request as soon as he arrived in Edmonton to be moved back into general population. This request went missing

and was found in November 2010 among unrelated documents.

Catherine Latimer, executive director of the John Howard Society of Canada, says the average stay of an inmate in segregation is 30 days, though much longer stays are not uncommon. But in Snowshoe's case, "there are real questions as to whether it was appropriate for him to be in administrative segregation in the first place," she said.

"Conditions like anxiety and depression are worsened and it kind of breaks down the barrier between the unconscious and the conscious mind so people do hallucinate. If you had an underlying mental health condition before being subjected to that kind of sensory deprivation, it would be a lot worse."

The fatality report recommends a review of security classifications, posing the question: "How does a juice box knife end up with 162 days in segregation?"

It also recommends full observation cells be used where there is a history of suicide attempts.

CBC News  
Jul 11, 2014

### **Edward Snowshoe's Death Proves Torture Is Alive and Well in Canada**

How many people have to die alone in a jail cell, with only their troubled thoughts for company, before we demand an end to grave human rights abuses happening in our prisons? Edward Snowshoe is the latest casualty in a systemic practice that killed Ashley Smith, and likely contributed to the death of Kinew James as well.

Edward, Ashley and Kinew were all prisoners with serious mental health issues who were segregated for extended periods of time by the Correctional Service of Canada. They were segregated for months on end, despite their self-injurious behaviour and diagnosed mental health conditions. They all died much too young. Edward was 24, Ashley was 19, and Kinew was 35.

In 2012, the United Nations Committee against Torture found Canada in breach of its human rights obligations under the Convention against Torture. The UN found that Canada had inadequate infrastructure to deal with the rising and complex needs of prisoners with mental illness, and continued to use inappropriate and extensively prolonged solitary confinement to deal with them. The UN recommended that Canada increase the capacity of mental health treatment centres, abolish the use of solitary confinement for persons with serious or acute mental health issues, and otherwise ensure that solitary confinement is limited and subject to judicial oversight.

Edward Snowshoe died under the very conditions that the UN found amounted to violate the Torture Convention. Canadians should be outraged, and the world should not follow our shameful record. Despite these deaths, Canada is still seen as a global leader in mental health and corrections, which means that our treatment of prisoners like Edward, Ashley and Kinew sets the bar much too low.

Canadians should not let Edward's death be in vain

— we must demand that our government respect the basic human rights of the most vulnerable members of our society. Canada must implement the recommendations of the UN and the jury in the Ashley Smith inquiry: we must allow mentally ill prisoners serve their time in treatment facilities, and end the practice of long-term segregation without judicial review.

Edward Snowshoe died, but until the Canadian government acts to ensure that others don't die in similar circumstances, it would appear that torture is alive and well in Canada.

Renu Mandhane

Director, International Human Rights Program  
University of Toronto Faculty of Law  
Huffington Post  
Jul 15, 2014

#### **A Crueler, Meaner Prison System**

Forcing Edward Snowshoe to spend 162 days in isolation is cruel and barbaric punishment — something that we expect in the torture prisons in the Middle East but not in Canada. Unfortunately until someone dies we don't seem to give a damn.

To someone who has volunteered in prisons for 15 years it is not surprising that the prison system has killed off another prisoner. Since the Harper government came to power, prisons have become crueller and meaner places, imposing longer sentences and denying parole to as many as possible. The parole board is now totally stacked with Conservatives whose only qualification is they are card-carrying party members who donate to the party.

These are no longer "correctional" institutions, they are punishment centres. Correction and restorative justice have been killed off and buried inside the razor wired walls.

The Christian fundamentalist philosophy of spare the rod and spoil the child is now being applied to

adults. Punishment can be physical, attitudinal and mental, but it is all meant to break the prisoner.

I fear it is only a matter of time until they bring back the lash and the death penalty. Getting even is now more important than treatment and rehabilitation. Many of the staff in these prisons also deplore what is happening.

Unfortunately the government has succeeded at turning the public against all prisoners, convincing us to not give a damn what they do to these bad, bad people. The mantra, "If you're not with us you're with the criminal" is nonsense, but it works.

The real problem is, Stephen Harper is devoid of compassion and empathy and the trained seals in his caucus blindly follow. The history books are full of people who were "only following orders."

We and the people we are trying to help rehabilitate deserve more.

Jim Purdie  
Toronto Star  
Jul 21, 2014

Re: Death that shames us all, Editorial July 13

Borrow money from pessimists; they don't expect it back.

If at first you don't succeed, destroy all evidence that you tried.

- Steven Wright

Unthinking respect for authority is the greatest enemy of truth."

- Albert Einstein

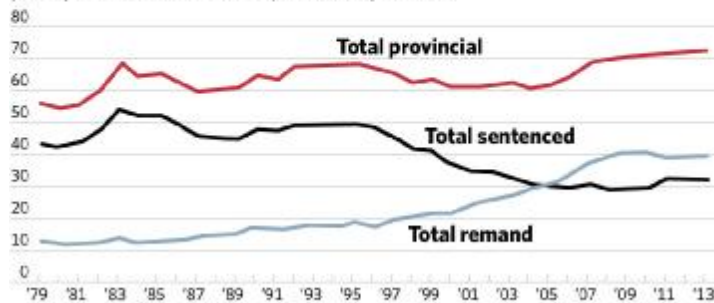
By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest

- Confucius

## More people awaiting trial or bail hearing

Provincial jails in Canada are warehousing more accused, who are waiting for a bail hearing or trial, than individuals serving sentences.

PROVINCIAL IMPRISONMENT RATE PER 100,000 RESIDENTS (TOTAL, SENTENCED AND REMAND) IN CANADA, 1978-2013

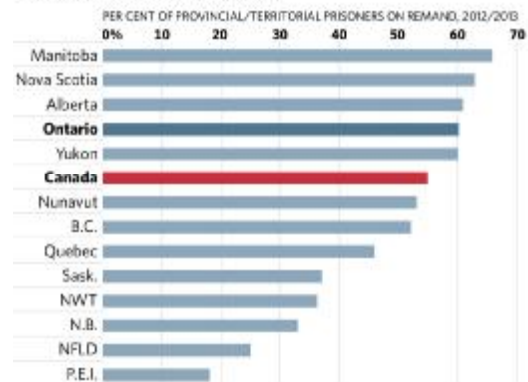


SOURCE: Canadian Civil Liberties Association and Education Trust

TORONTO STAR GRAPHIC

## Remand rates compared

Sixty per cent of prisoners in Ontario's provincial jails are there on remand awaiting trial or bail hearings.



SOURCE: Canadian Civil Liberties Association and Education Trust

TORONTO STAR GRAPHIC

### Library Time and Book Access Limited for Federal Prisoners, advocates say

Funding cuts and overcrowding lead to less access to reading material

A number of advocates say they fear federal inmates are losing access to books and libraries, making it harder to improve their literacy skills and prepare them for reintegration into Canadian society after they're released.

Those advocates say a number of federal prisons are cutting library hours and library staff or closing the facilities entirely.

"Access to books is really important, and what we're seeing is an erosion in access to books," Correctional Investigator Howard Sapers told CBC News.

Prisons across Canada are cutting back access, in part a result of security concerns because of overcrowding. It's harder to move inmates safely from one part of the institution to another if there are too many inmates for the number of guards, Sapers said.

Budget cuts are also affecting access to library materials.

Last year, the Saskatchewan Penitentiary in Prince Albert, Sask., didn't extend a contract with the region's library service, shutting down access for inmates. The library was open five days per week in the afternoons and evenings and inmates would borrow, on average, about 50 items per day. The program cost about \$70,000 a year.

Several other institutions in Ontario and Quebec have seen library access restricted or cut entirely.

Advocates say reading material is vital for people living behind prison walls. There's little to do to pass the time.

Plus, many inmates need to improve their literacy skills for when they're released. Libraries are one of the only ways to get books because inmates can't keep much in their cells, and there are security risks with accepting books donated by family members.

#### Already low literacy skills

Reading is "a huge part of our development as human beings," said Joan McEwen, a lawyer who has taught a creative writing class at the Matsqui Institution near Vancouver.

"It's a big part of how we become civilized and

cultured, and what better thing to do in prison in your... downtime than read? It's stimulating and you can have conversations with people, you learn about the world, you become more pro-social."

Pro-social is a term used often by those working with inmates. It refers to positive behaviours, and it's something the Correctional Service of Canada aims to cultivate in inmates before they're released. Sapers said reading helps prisoners in their rehabilitation.

"The average level of educational attainment is Grade 8 or lower, but you need Grade 8 or higher literacy skills to successfully participate in most correctional programs," he said.

Carol Finlay, a former English teacher and an Anglican minister, started her first book club in the Collins Bay Institution in 2009. By the end of this month, she'll have 17 book clubs operating at 14 prisons across Canada.

"When we go into the prisons, we see fellows who are starved for stimulation because you can't take university [courses] unless you've got family to support you. Community college courses are very limited," Finlay said in an interview with CBC News.

"After you finish Grade 12, and if you're in there for a long term, there's nothing really to do except read a whole lot of really bad murder mysteries...

[A book club gives] something for these fellows to think and talk about besides crime. That's basically what they'll talk about, or TV. It's an extremely boring environment."

#### Applied social skills

Finlay said the book club also brings together inmates who might otherwise be associated with rival gangs and not get to know each other without some kind of social activity to bring them together and talk. She said she wants to give the inmates an opportunity to talk about "the big issues of life" and apply the social skills they're learning through the courses mandated by CSC.

"They really, really love that. They love that and they learn to do it in a respectful way. They listen and they speak to one another in a respectful way. We teach them how how to do that, how to have a civil conversation," Finlay said.

A spokeswoman for the Correctional Service of Canada said library services are still available in all federal institutions.

Asked specifically whether inmate trips are limited,

hours and librarian staff jobs cut back or inmate library positions cut back, she responded that "the management and availability of library services are determined at an institutional level based on the security of the institution and operational requirements."

"The Correctional Service of Canada (CSC) recognizes the benefits of education and literacy which provides offenders with greater opportunities to participate in other programs offered by CSC and to become law-abiding citizens," CSC spokeswoman Sara Parkes wrote in an email.

"The mandate of CSC is to contribute to public safety by actively encouraging and assisting offenders to become law-abiding citizens, while exercising reasonable, safe, secure and humane control. CSC assists offenders in managing all aspects of daily life including activities that promote pro-social values and behaviour as part of the rehabilitation process."

While inmates are provided an hour of exercise every day, Parkes said there is no stated minimum for hours of access to libraries.

#### 'My roommate is going to read to me'

But the need is there, according to a woman who has volunteered in federal and provincial institutions.

Kirsten Wurmman has been making sure people behind bars get books since 2007, first at a federal institution in Edmonton with the Greater Edmonton Library Prison Library and Reintegration committee, and then in Winnipeg at its provincial remand centre, through the Manitoba Library Association Prison Libraries committee.

Wurmman said the inmates appreciate having access to books and recalled one man who took his time carefully examining every book she'd brought in.

"I was asking, 'Do you need some help finding something? Is there a particular author you might be interested in?' and he said, 'Oh, I don't read, but my roommate is going to read to me,'" Wurmman said.

Laura Payton  
CBC News  
Sep 04, 2014

### **Canadian Inmates Mark 40th Anniversary of Prisoners' Justice Day**

Events held to remember inmates who have died in custody

Today is the 40th anniversary of Prisoners' Justice Day in Canada. It's a day when thousands of inmates across the country fast and refuse to work to recognize the hundreds of inmates who have died in custody in the past four decades. Many will also wear black armbands or patches.

The John Howard Society, the Canadian Association of Elizabeth Fry Societies and other prisoners' advocacy groups are also holding events in cities across

Canada.

The annual memorial began following the death of Edward Nolan, who committed suicide in a segregation cell at Millhaven penitentiary in Ontario on Aug. 10, 1974. Since then, the link between solitary confinement and mental health has been highlighted in many reports, including the high-profile death of teenager Ashley Smith.

Smith choked to death in 2007 after tying a piece of cloth around her neck while guards stood outside her segregation cell and watched. They had been ordered not to intervene unless she stopped breathing. Canada's prison officials have promised to respond by the end of the year to more than 100

recommendations made last year following a lengthy inquest into her death.

Canada's Correctional Investigator, Howard Sapers, has called for a ban on placing inmates who are seriously mentally ill in solitary confinement, based on research that shows it only makes them worse, not better.

And in 2012, the United Nations Committee Against Torture found Canada in violation of the Convention Against Torture by its use of solitary confinement for mentally ill prisoners.

CBC News  
Aug 10, 2014

### **Disciplinary Measures Against Canadian Prison Guards Skyrockets**

Documents obtained under the Access to Information Act show a sharp rise in the number of disciplinary measures taken against Correctional Service Canada guards.

Correctional Service Canada prison guards have seen a sharp rise in punishment meted out against them over the past five years, documents obtained by the Star reveal.

Overall, the number of penalties received by guards working in this country's 43 federal institutions soared from 47 in 2009-2010 to 337 in 2012-13. The numbers dropped slightly in 2013-14, with 251 punishments handed out.

The penalties range from oral or written reprimands, to demotions or terminations for cause. During the five year-period, oral reprimands jumped sharply from 13 to 93 this past year, while written punishments climbed to 90 from 20.

And while no guards were dismissed in 2009-10, that number climbed to as many as 19 in 2012-13.

The transgressions that led to the sharpest increases in the number of penalties were misconduct, (seven punishments in the first year, rising to 53 this past year) negligence (15 punishments in the first year rising to 42 in the last year) and breach of security (one punishment in the first year, compared to 14 in the last year). Other reasons cited include absenteeism, excessive use of force and employee attitude.

The 7,000 guards, who are represented by the Union of Canadian Correctional Officers, oversee inmates in this country's federal prisons, who number about 15,500.

That's an increase of nearly 1,400 inmates from five years ago.

Correctional Investigator Howard Sapers, the ombudsman for Canada's federal inmates, says the rise in punishments from Corrections is symptomatic of federal penitentiaries becoming "harsher." "The environment is hardening. There's more violence, more assaultive behaviour, more lockdowns ... more temporary withdrawals of service because of perceived labour code violations," Sapers said in an interview after the Star shared the data with him.

Overcrowding has stretched institutions to the point where now there are fewer resources for inmates and staff, he added.

"There's a scarcity of other resources in terms of

institutional training, employment, vocational training, access to recreational services, to counseling, and treatment. When there's that kind of scarcity there is competition, and therefore conflict," he argues.

"All of these things have been trending up in the last five years."

Sapers says that although Corrections is building or renovating 2,700 new cells for prisoners, it decommissioned 1,000 units when it recently closed three institutions, including Kingston Penitentiary. So the net increase is 1,700 units, but that just addresses population growth, not the overcrowded conditions that had already existed — particularly in medium security facilities, he says.

The Star also shared the data with Jason Godin, national vice president of the guards' union UCCO, who argued that while the numbers seem "extremely high" they don't, in his view, tell the whole story.

The guards have a very tough job and are the "most scrutinized" of all the categories of federal public service workers — along with RCMP officers — Godin says.

"Just because of the nature of our work, everything that happens is scrutinized to the 100th degree, 10 times over," he added.

He said the numbers don't mean CSC is hiring bad apples.

There's no question there's been a significant increase in prison incidents — use of force procedures by guards, and violent behaviour on the part of inmates, Godin says.

The rise in prison incidents, investigations and scrutiny happened as the federal government ushered in its tough-on-crime agenda, leading to more inmates coming into the system, Godin argues.

Another part of the problem is a new management approach introduced by CSC in 2013, which is intended to get the guards in line with the way private sector workers operate, Godin says.

"Basically it's given the employer ammunition to try to terminate as many employees as they can. Remember they're trying to get rid of as many federal public servants as they can," Godin added.

In addition, many of the disciplinary measures end up being grieved and overturned, Godin says. Disputes are brought before the Public Service Labour Relations Board.

The numbers provided to the Star are pre-adjudication.

Correctional Service Canada says the numbers can be attributed to several factors. For one, the prison

service has seen an 18 per cent increase in the correctional officer work force since 2009 — about 1,300 more guards.

The service went on to say that if an employee falls short of the standards outlined in its policies, corrective and sometimes disciplinary action may result.

"CSC does not tolerate any breach of its policies and all allegations regardless of the source are thoroughly investigated by CSC," spokesperson Véronique Rioux said in a statement.

Staff must follow CSC's Standards of Professional Conduct, and Code of Discipline, she added.

The data released to the Star show absenteeism is another area for which guards are increasingly being punished — 10 disciplinary measures in 2009-10, which rose to 25 the past year.

A report released in Ottawa this week by the office of the Parliamentary Budget Officer — a body that provides independent analysis of the nation's finances — estimated the cost to "backfill" correctional officers who call in sick was \$7.2 million in 2011-2012.

Among 20 departments studied, the budget report noted that in the three years starting in 2009-10, Correctional Service Canada had the highest average number of paid sick days per employee for all staff — about 18,000 in all.

The department's annual budget is about \$2.5 billion.

Sapers says the absenteeism figures are "indicators of stress in that work environment."

When asked what can be done to improve conditions in Canadian prisons in ways that might reduce tension and the amount of discipline being handed out by CSC, Sapers said a good first step is CSC ensuring its buildings are adequate to meet demand — enough cell space, program space, office space and enough treatment capacity for offenders with mental health requirements.

"I don't want to dismiss possibility there may be a cost element, but this is primarily not about money," Sapers says.

"CSC still has about a \$2.5 billion budget to manage about 15,000 incarcerated offenders and 8,000 or 9,000 supervised in the community on parole. This is about priorities and managing the budget to meet those priorities," he adds.

Donovan Vincent  
Toronto Star  
Jul 24, 2014



**Federal Plan to Help Mentally ill Female Inmates on Hold**

Program to move federal inmates was spawned from inquest into Ashley Smith's disturbing death

A plan by Correctional Service Canada to move female inmates who are mentally ill from prisons across the country into a new, specially equipped unit in Ontario's Brockville Mental Health Centre is on hold because governments have yet to finalize a funding agreement.

Last May, Minister of Public Safety Steven Blaney held a large news conference in Brockville to announce the pilot project as part of the government's response to the death of Ashley Smith. The 19-year old, who was mentally ill, choked to death in October 2007 in a Kitchener, Ont., federal institution after tying a piece of cloth around her neck. Guards stood outside her cell and watched — they had been ordered not to intervene.

Federal corrections officials have acknowledged that between 20 and 30 female inmates are in need of psychiatric care that can't be provided in prison. Blaney said at the time the two beds in Brockville were a first step in addressing those needs.

"The death of Ashley Smith was a terrible tragedy. This is why we need to take action, so such a thing never happens again," Blaney said.

**'It's disappointingly slow'**

So far, however, there has been little action. Correc-

tions officials declined to be interviewed by CBC News, but said in a statement that negotiations were "underway" to finalize the terms of "a pilot project."

"I think it's a travesty," said Kim Pate, head of the Canadian Association of Elizabeth Fry Societies. "It's absolutely outrageous that an announcement can be made and apparently no action has been taken."

Pate says she has received calls from parole officers and other prison staff who are frustrated that some of these women remain in segregation — some even in physical restraints — because corrections staff don't know how to handle them.

"It's disappointingly slow," said Howard Sapers, Canada's correctional investigator who acts as an ombudsman for prisons.

"There has been delay after delay," he said, even though the needs of these inmates have been clearly identified for years. "We need to get on with it."

**'Accountability and transparency issues'**

Last fall, Sapers released a special report, titled "Risky Business," that detailed the cases of eight women in federal custody who were desperately in need of mental-health services. The government has yet to respond to that report, even though that is required under the law.

Sapers says the minister has told him the response will come "in due course."

"I'm very dissatisfied with that response. I think

Canadians and parliamentarians deserve to see a response from the Correctional Service to the very serious issues that were raised," Sapers said.

"It raises some serious accountability and transparency issues."

The government has set up a steering committee to examine the issue and respond to the 104 recommendations arising from the inquest into Smith's death. Blaney said that report will be completed by the end of this year.

**Waiting on funding**

Meanwhile, George Weber, chief executive officer of the Royal Ottawa and Brockville Mental Health Centre, said Brockville has not begun the renovations to accommodate two prisoners.

He said the hospital is willing to accept inmates on a "one-off" basis for treatment even without a final agreement, adding this has happened in the past.

But Weber said corrections officials have said they won't transfer any inmates until a final funding agreement has been signed.

Pate fears there may be more deaths before the government's plan is in place. But she hopes ongoing attention and the "public outcry at what happened to Ashley Smith" will force the government to speed up its plans.

Maureen Brosnahan

CBC News

Jul 18, 2014

**Saskatchewan courts miss mark in aboriginal sentencing, former judge urges**

An outspoken retired judge is accusing the judiciary of failing Canada's aboriginal peoples by ignoring their history of disadvantage when crafting sentences — even as the proportion of aboriginal men and women behind bars continues to rise.

Cunliffe Barnett, who sat on British Columbia's provincial court from 1973 until 2006, singled out Saskatchewan as a notable example of a more widespread problem in which judges don't understand how historic injustices against aboriginal peoples, such as the residential schools, continue to affect the choices made by young natives.

He mentions a case from June in which a 23-year-old with fetal alcohol spectrum disorder and the mental age of a seven-year-old was sentenced to a year in prison for aggravated assault. That 23-year-old, Trevor Machiskinic, had no criminal record until a cousin who had long bullied him teased him about his sexuality. He attacked the cousin with a baseball bat, fracturing his skull. Justice M.L. Dovell of the Saskatchewan Court of Queen's Bench, though she discussed Mr. Machiskinic's difficult background, still gave him one year in prison and one year probation.

"Is putting him in jail the answer to anything for anybody?" Mr. Barnett said in an interview. Nearly 80 per cent of inmates in Saskatchewan's provincial jails are aboriginal, the highest percentage of any province.

In 1996, the federal Liberal government passed a sentencing law that stressed jail should be a last resort for everyone, "with particular attention to the circumstances of aboriginal offenders." In 1999, in

a case called R v. Gladue, the Supreme Court said that law obliges judges to take a close look at the history of disadvantage of aboriginal offenders and their communities. At the time, aboriginals accounted for 12 per cent of all federal prisoners. Today, they make up 23 per cent of the federal prison population, government figures show. Aboriginals make up 4 per cent of the Canadian population, and 17 per cent of Saskatchewan's.

Gerald Seniuk, a retired chief judge of the province's Provincial Court, took issue with Mr. Barnett's criticisms. In his experience, "the fact that the reports aren't there doesn't mean the judges aren't attuned to the Gladue factors, whether they say it in their judgments or not. Our judges are quite competent and compassionate and were leaders in trying to fight for things like the Gladue considerations," he said in an interview.

"I would be careful in assuming that they're not doing the best they can. The biggest thing is what does the Court of Appeal say, and what limits are there on the sentencing range that our judges can implement. What options are prosecutors prepared to develop? The judges can find ways to make things work, depending on the legal framework and the things people bring to it."

The Supreme Court urged in-depth reports be prepared for judges on the aboriginal background of offenders and their communities. But Mr. Barnett, the author of Judge Barnett's Guide to Understanding the Decisions of the Supreme Court of Canada in the Gladue and Ipeelee Cases, said he is aware of only three cases in Saskatchewan in which such reports have been prepared. And alternatives to jail sentences, as urged by the Supreme Court, is non-existent in the province.

"I have not found a single Saskatchewan decision — not in the Provincial Court, the Court of Queen's Bench, or the Court of Appeal — where any judicial attention was paid" to the Supreme Court's call for a new approach.

Saskatchewan gives infrequent consideration to aboriginal background in sentencing, new research from Saskatoon lawyer James Scott shows. Judges applied principles set down by the Supreme Court in the Gladue case in just 23 of 169 reported sentencing decisions published on the website of the Canadian Legal Information Institute between 1999 and June, 2014.

Sean Fine

Globe and Mail

Sep 28, 2014

Just because everything's different doesn't mean anything's changed.

- Irene Porter

The state calls its own violence law, but that of the individual crime.

- Max Stirner

No matter how cynical you get, it's impossible to keep up.

- Lily Tomlin

The most important thing schools teach children today is: You can be anything you want as long as it isn't different.

- Aisha Tyler

**Canada's Jails Teeming with People Awaiting Bail or Trial, report says**

More people are in provincial jails awaiting trial or bail than are there serving custodial sentences.

Canada's provinces and territories are detaining near record numbers of "legally innocent" people on remand awaiting trial or bail, and their numbers account for more than 50 per cent of individuals in custody on any given day, according to a new report.

"It is clear Canada as a whole has a pre-trial detention problem," says the report, "Set Up to Fail: Bail and the Revolving Door of Pre-trial Detention," which will be released Wednesday by the Canadian Civil Liberties Association.

The report says the detentions in provincial jails could be justified if they ensured public safety, but that is not the case.

Most of the people remanded to provincial jail "are there for non-violent offences, and one in five people are there simply because they failed to comply with a bail or probation condition."

Breaking "restrictive" bail conditions — such as curfews, abstaining from drugs or alcohol, or bans on cell phones or computers — can lead to imprisonment even after an individual has been charged and let go awaiting trial.

In Ontario, the problem is made worse by "systemic delay," according to the report, which says that during a three-week time period, 20 people were returned to jail because the courts ran out of time to hear their case.

"The continued systemic violation of constitutional rights in Ontario bail courts is unacceptable."

The province and the Yukon also rely "heavily" on sureties, who must appear in court and agree to supervise the accused as well as pay a specified amount if any of the bail conditions are breached.

"It is unconstitutional to impose unnecessary restrictions on liberty, conditions the accused cannot realistically comply with or conditions that are unrelated to the purposes of bail," according to the report.

The remand statistics, which are taken from 2012-13, are also at odds with the country's crime rate,

which has been steadily falling for two decades. Violent crime is at its lowest rate since 1987.

Meanwhile, the country's remand rate has nearly tripled in 30 years and "2005 marked the first time in Canadian history that we had more people in pre-trial detention than we had in sentenced custody."

Patty Winsa  
Toronto Star - Jul 23, 2014

Policemen and politicians ... are the dust-licking pimps and slaves of the scum ... everywhere in America.

- Mark Twain

The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they're okay, then it's you.

- Rita Mae Brown

**Inmates Lose Telephone Privacy**

Rules relaxed for greater snooping

Provincial jail officials will soon have the power to record phone calls made by inmates even if crime is not being discussed.

And if there's a hint of a criminal act mentioned during the conversation, officials will be able to keep a recording indefinitely without the inmate's knowledge.

The Selinger government says the regulations, to take effect Oct. 1, are needed so correctional officers have a greater ability to uncover drug smuggling and to find out if inmates are talking to someone they're prohibited from contacting.

The rules are aimed at curbing three-way calls in which an inmate calls an approved number and has that person dial in another number that isn't approved. It's how an inmate can speak to an ex-spouse, gang associate or even a witness.

The changes reflect current practice in provincial jails, the government said.

It does not affect conversations with a lawyer that are privileged.

It doesn't apply to federal prisons. Under federal regulations, communications can be intercepted only if the institution head or a staff member believes they will contain evidence of a crime or could jeopardize the security of the penitentiary.

The John Howard Society, which advocates for inmates, says the incoming provincial rules go too far and could conceivably be challenged as a constitutional violation. The Manitoba Association for Rights and Liberties (MARL) says they were conceived without any consideration of a person's right to privacy.

"(Attorney General) Andrew Swan could just as easily be Stephen Harper's justice minister as Greg Selinger's," MARL president and Winnipeg lawyer Corey Shefman said. "It really is quite frightening. You've got to wonder what's happening to our privacy rights.

"A large number of people these regulations are going to affect are just as innocent as you and I.

They haven't been convicted of a crime. That's important for people to understand."

John Hutton, executive director of the John Howard Society of Manitoba, said the new regulations do away with the requirement jail officials need a belief, on reasonable grounds, that an inmate's communications could jeopardize a person's safety, the security of the facility or interfere with the administration of justice.

Under the new rules, jail officials need only tell inmates, either by a notice near or on the phone or in an audio message at the beginning of a call, that the conversation could be recorded.

"People in custody have just lost very significant rights in terms of having their communications used against them," Hutton said. "They've also lost significant access in that they could have their communications restricted with very little reason."

Swan was not available, but he said when the amending legislation to the Correctional Service Act was introduced two years ago that it was designed to make it "crystal clear" all inmate calls would be subject to being recorded and stored in the event of a criminal prosecution.

A Department of Justice spokeswoman said by recording all calls corrections officials won't always know when or if information they have intercepted may become relevant, either for intelligence or investigation reasons. It's possible no one would ever listen to many of the calls unless there was a reason to do so.

The incoming rules allow officials to keep recordings of inmate phone conversations for longer than 120 days — there is no specified maximum amount of time — if there are reasonable grounds to believe the communication relates to a criminal offence, jail security or if the communication was used by the inmate to harass or cause harm to others.

Hutton said the wording implies an intercepted phone conversation could be used to bring criminal charges against an inmate, but it does not specify that.

"There's nothing that says it could be used in court

or be kept indefinitely or used in internal hearings against the inmate. Certainly, that isn't spelled out at all," Hutton said.

"I wonder if it's even constitutional and I wouldn't be surprised if there are legal challenges down the road based on that," he added.

More troubling, Hutton and Shefman said, is 65 per cent of offenders in the provincial system are on remand or pre-trial custody, meaning they couldn't get or were denied bail and have yet to be prosecuted.

"The vast majority of people in correctional centres have not been convicted of a crime and should be considered innocent, and yet they don't have the same expectation of privacy that any other innocent person would have in the community and quite frankly, that's just not fair," Hutton said.

"What we're telling people who aren't guilty of any offence, who haven't been convicted of anything, is that they have no right to privacy, whatsoever," Shefman added.

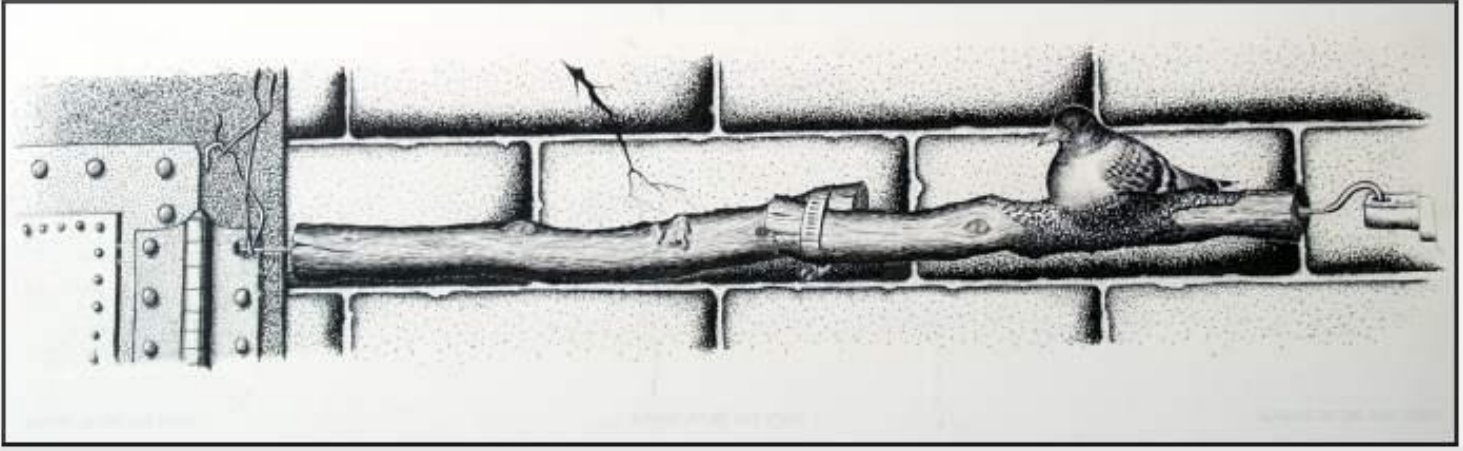
Hutton said the changes also discriminate against aboriginal people, who make up 70 per cent of the people whose cases are on remand.

"They're poor, they don't have a lot of assets and they don't have a lot of privacy and now they have even less privacy, and they have less privacy than someone who has the resources to stay out of custody."

Shefman said the wording allows jail officials to monitor a privileged call between an inmate and lawyer if the institution believes a call involves a third party.

Hutton also said officials have a wider power to restrict or even revoke phone privileges, and not explain why: "It would certainly be questionable about how fair it is to restrict communications without specifically saying why."

Bruce Owen  
Brandon Sun  
Sep 5, 2014



### **Robert Latimer Case: How Harper's Tough Agenda Ignores Individual Nature of Crime**

A letter in support of Robert Latimer reveals unlikely relationship between lawmaker and lawbreaker

*If you've never been in a Canadian courtroom, it's an experience well worth your time. One of the most striking things is the respect shown the most despicable of offenders. They are individuals. No matter what a person is charged with, they're Mr. and Mrs. to the judge. Civility reigns. And, ideally, justice.*

*It might take some time, but eventually all circumstances are taken into account for sentencing: aggravating, mitigating and personal.*

*The system gives judges discretion to punish offenders based on those factors. But some in the legal community claim the federal Justice Department's so-called tough-on-crime agenda has strait-jacketed judges, replacing punishment tailored to individuals with one-size-fits-all-justice. An uneasy fit for many.*

*Robert Latimer, the Saskatchewan farmer convicted of second-degree murder in 1997 after killing his severely disabled daughter Tracy, is to appear in Federal Court in Vancouver on Wednesday to challenge a National Parole Board decision requiring the 60-year-old to obtain preapproval for international travel.*

*One of his most prominent allies in appealing a stringent parole system is a former high official in the government he's fighting.*

*In a letter to the Parole Board of Canada, Mary Campbell makes it clear she's backing Latimer as his "good friend" and not just as "one of the writers" of the legislation which governs the board.*

*The former director general of the Corrections and Criminal Justice Directorate for Public Safety Canada came to know Latimer after he was released on parole in 2008.*

*Campbell invited him to speak to one of her classes. Since then, their friendship has continued, though Campbell says she has been careful to keep the relationship and her public service work separate. She retired a month before writing the letter, calling Latimer "the most genuinely kind and caring person" she's ever known.*

*Regardless of your views on euthanasia, the*

*Latimer case itself is a reminder of the unlikely relationships that exist between Canadians on both sides of the law: enforcers and offenders, prosecutors and defendants, lawmakers and law breakers. Simply put, even people within the justice system have friends well outside it, which makes it all the harder for them to embrace a tough-on-crime agenda that ignores the individuals at the heart of criminal cases.*

*To be clear, Campbell's issue here is with the parole board's application of the law she helped write. But since retiring, she has been vocal in her criticism of the Conservative government's agenda, describing it as "just nastiness towards a certain group of people for the sake of nastiness."*

*That's a point echoed by Latimer's lawyer, Jason Gratl: "The federal government executive is almost as a matter of policy trying to make life for inmates as difficult and as harsh as possible ... Although it's not strictly speaking part of Mr. Latimer's judicial review, I think the parole board's approach to refusing to lift his international travel restriction falls within that overall policy approach."*

#### **Judges dissent**

*As with Campbell's letter, glimpses of the view from within the judicial system don't necessarily come in broad public statements; they're more often found in court filings, affidavits and decisions from judges grappling with rules replacing their discretion with mandatory minimum sentences.*

*Last year, Vancouver provincial court Judge Thomas Gove was essentially forced to give an impoverished offender two days in jail for defaulting on a mandatory \$100 victim surcharge for theft. Dennis Bailey was convicted of stealing meat from Safeway. Gove made it clear he would have preferred to waive the fine.*

*An Ottawa judge has since ruled the surcharge unconstitutional, setting up one of many legal challenges to Harper's agenda that are likely to end in the Supreme Court of Canada.*

*Others include mandatory minimum sentences for gun crimes and for drug traffickers previously convicted of the same offence within the past 10 years. In that case, Judge Joseph Galati found the law cast too wide a net, subjecting chronic addicts and trivial offenders to the same jail time as serious thugs by ignoring the "personal circumstances" of offenders.*

*Ontario Justice Melyn Green echoed the same theme last year in an essay written for the Criminal Lawyers Association. He rails against the removal of judicial discretion in sentencing as flying in the face of decades of sentencing reform.*

*"A policy of punishment, incapacitation and stigmatization has replaced on premises of the prospect of rehabilitation, restoration and reform," Green writes.*

*"Draconian penalties will never address the rewiring and therapy necessary to make damaged persons, if not whole then, at least productive and responsible participants in the communities we share."*

#### **Individual punishment**

*The Canadian Bar Association has also consistently opposed legislative changes that make it hard for judges to tailor punishment to particular circumstances of offenders. That's not to say that longer, tougher sentences shouldn't be dished out where warranted.*

*"The judge has heard the particular circumstances of the offence and the offender and is best able to craft a sentence that will balance all the goals of sentencing," the CBA wrote in a 2010 submission to the standing Senate committee on legal and constitutional affairs.*

*"The judge is also best equipped to assess what will address the needs and circumstances of the community where the crime occurred."*

*Likewise, Campbell writes in support of her friend: "Mr. Latimer is the only person in Canada serving a life sentence for his behaviour.*

*"The same laws must govern all offenders, but their particular application must be individualized."*

*Perhaps that's what cuts against the grain for people like Campbell.*

*Our justice system is a reflection of what we consider right and wrong as Canadians, a chance to show the worst among us our better selves. Not to prejudge anything — including punishment. All crime is unique in its impact on victims. All criminals are individuals. And sometimes, they're people we know.*

Jason Proctor  
CBC News  
Sep 03, 2014

### **Ontario Doesn't Track Discipline of Jail Guards**

Unlike Correctional Service Canada, Ontario says it doesn't track punishment handed out to its jail guards for misconduct.

Ontario's Ministry of Community Safety and Correctional Services doesn't keep statistics on how it punishes its jail guards for misconduct.

Observers voiced concerns over the absence of a provincial tracking system, noting that the data could be an early warning of serious problems at facilities.

The Star revealed Thursday that the number of penalties received by prison guards at the country's 43 federal institutions has soared over the past five years.

Experts say problems such as overcrowding, a lack of proper training for guards in areas such as mental health, and dwindling prison resources have elevated tensions in federal facilities — thus leading to more violence, and more investigations and

scrutiny of guards.

But, unlike at the federal level, where Correctional Service Canada tracks punishment meted out to prison guards, the province doesn't keep numbers for penalties received by jail guards who work in Ontario's 28 adult institutions.

"The Ministry does not actively track information related to any disciplinary actions of its employees," spokesperson Andrew Morrison told the Star in an email.

"Any matters related to employee misconduct are kept in the employees' own personnel files. The Ministry does not publicly address confidential human resources matters," he added.

That came as a surprise to Toronto lawyer Julian Roy, whose practice includes representing clients who've come into conflict with the law.

"It is disturbing that the ministry does not track the statistics on staff misconduct at the institutions it is responsible for," he said.

"This kind of information is an early warning signal of problems at an institution. It's hard to under-

stand how the ministry could do its job of protecting inmates without this.

"In addition, this failure to keep stats deprives the public of any opportunity to hold correctional officials to account for what happens behind prison walls. It's almost as if they are afraid of what the numbers might show," Roy added.

Figures obtained by the Star under the Access to Information Act revealed a sharp increase in the punishment Correctional Service Canada prison guards have received from their employer over the past few years.

Overall, the guards employed in this country's 43 federal institutions — facilities ranging from minimum to maximum security — saw the numbers of penalties handed out by Correctional Service Canada soar from 47 in 2009-2010 to 337 in 2012-2013.

Donovan Vincent  
Toronto Star  
Jul 24, 2014

### **Prison Suicide Report Focuses on Lack of Preventive Measures**

Canada's correctional investigator looks at deaths of close to 30 inmates over 3 years

A new report to be released Wednesday morning will highlight the high rate of suicide inside Canada's prisons and the federal government's lack of action to prevent such deaths.

The report, entitled *A Three Year Review of Federal Inmate Suicides*, was prepared by Canada's correctional investigator, Howard Sapers. It examines in detail the deaths of close to 30 inmates between 2011 and 2014 and why many of the recommendations made to try to prevent future deaths have not been implemented.

Statistics show that inmates in Canada's prisons are eight to nine times more likely to commit suicide than people in the community.

On average, 10 inmates take their lives each year. About half of those involve prisoners who have been placed in solitary confinement, known as segregation.

Dozens of reviews, reports and inquests going back more than a decade suggest that many of these deaths could have been prevented. But many of those recommendations have not been implemented, according to Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, which advocates for women in prison.

"It's irresponsible to the extreme for corrections to be continuing along this vein and yet they are," Pate said. "The fact that recommendations are not being followed is not just counter-intuitive, it's ridiculous."

Previous reports by Sapers and his office in 2007 and 2010 show the same concerns were raised time and again following such deaths. In most cases there were advance signs of an impending suicide, such as inmates acting abnormally or giving away their personal items to other prisoners.

There have also been repeated recommendations that prison officials remove points of suspension in cells that could allow inmates to hang themselves.

Many of the reviews cited case after case in which guards failed to follow protocol, in some

cases refusing to respond to emergency cell alarms or ensuring inmates were alive and breathing during security patrols and inmate counts.

"Too often the response of Corrections is to defend against any of their involvement and to deflect responsibility," Pate said.

Pate said many suicidal inmates have a history of mental health problems but, instead of treatment, they are often placed in isolation in empty segregation cells, sometimes in restraints, all of which experts agree can make things worse, not better.

#### **Restraints may worsen depression**

"What we see in Corrections is a general response using more restrictive measures, more segregation, more of the very interventions that everybody with expertise in the area of mental health argues is likely to exacerbate feelings of depression, is likely to exacerbate self harm, is likely to exacerbate suicidal ideation."

As well, many of the deaths occurred late at night and on weekends in institutions when no nurses were on duty. In recent years, the Correctional Service Canada has cut back on health-care services in prisons across the country. Recommendations from Sapers and others for around-the-clock health-care staffing in prisons have been ignored.

Officials with the Correctional Service of Canada have said they are conducting a high-level review of mental health services in the prison. They say they will respond to many of these concerns later this year.

Maureen Brosnahan  
CBC News  
Sep 10, 2014

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This is a court of law young man, not a court of justice.

- Oliver Wendell Holmes

If age imparted wisdom, there wouldn't be any old fools.

- Claudia Young

### **Sousa's Profit-making Prisons**

Finance Minister Sousa's admission yesterday to Bloomberg News that the Liberal government is exploring private investment into the province's hospitals and public transit is concerning. However, his comment that the government is seeking private investments in prisons is nothing short of shocking.

"Private prisons were tried in Ontario. They failed. During the Harris/McGuinty years from 2001 – 2006, Ontario privatized a maximum security prison - Central North Correctional Centre in Penetanguishene - run by U.S. private prison giant, Management and Training Corporation. It was plagued by problems and had to be brought back under public control.

"Prisons are part of our delicate justice system, yet now the Liberals want to make them investment opportunities for Wall Street and Bay Street. There is a mountain of evidence that private prisons simply don't work. In the U.S., which leads the world in private prison delivery, there have been scores of inmate deaths, violent outbreaks, corruption, assault, medical neglect and higher rates of repeat offenders.

"Ontario's private prison pilot project in Penetanguishene failed. On April 27th 2006, when the province took back control of Penetanguishene, Liberal Minister of Community Safety Monte Kwinter said:

"After five years, there has been no appreciable benefit from the private operation of the Central North Correctional Centre," said Kwinter. "We carefully studied its overall performance compared with the publicly operated Central East Correctional Centre in Kawartha Lakes, and concluded the CECC performed better in key areas such as security, health care and reducing re-offending rates.... the evidence clearly indicates that the public facility produced better results in key performance areas.

Catherine Fife  
Wawa News  
Sep 11, 2014

**Nunavut prison still squalid, drug-ridden a year after watchdog's report**

IQALUIT, Nunavut - You won't see it on the itinerary for Stephen Harper's annual northern tour, and it's somewhere the prime minister would probably rather not be seen, anyway.

But while Harper is in Iqaluit trumpeting his government's spending on science and technology, scant attention will be paid to one of the North's most notorious jails, just a short distance away.

It's a place the federal Conservatives want no part of, one they are more than happy to leave in the hands of the territorial government, which is responsible for the jail, but seems reluctant to do much about its squalid state.

The territory hasn't done a whole lot to deal with a list of serious problems that Canada's prisons watchdog identified more than a year ago.

In fact, federal Correctional Investigator Howard Sapers hasn't heard from the Nunavut government since he submitted his report on the Baffin Correctional Centre in April 2013.

"Once we gave them our report, of course we don't have jurisdiction and they have no particular obligation to reply," Sapers said in a recent interview.

"That's why there weren't recommendations. We just simply gave them the observations that they

asked for and it was then really a matter for the territorial government to deal with."

Sapers' report, which quietly appeared on the Nunavut Justice Department website in the spring, listed a slew of serious problems at the jail.

The place is rife with drugs and illegal contraband. Inmates live in constant fear of beatings and sexual assaults. It is so overcrowded that prisoners are kept in cells with up to four times the intended occupancy rate. Some cells have no toilets or running water. The prison is filthy, drafty and mouldy. The smell is overpowering.

"When I first walked through, I was quite taken aback. I was taken aback at its state of disrepair, said Sapers.

"The conditions of confinement were certainly well below anything I had seen in a federal penitentiary."

Not just in Canada, either. Sapers puts the Baffin Correctional Centre on par with some of the worst jails he's seen around the world.

"I have visited prisons across Canada and in several spots in the United States and in many places around the world, including China, (South) Korea, the Czech Republic, Singapore," he said.

"The conditions in the Baffin Correctional Centre were certainly as bad as any I've seen anywhere."

Neither Nunavut Justice Minister Paul Okalik nor

his department have responded to questions about the jail.

Ottawa has an agreement with Nunavut to hold federally sentenced offenders, under certain circumstances, in territorial jails.

But the Conservatives aren't eager to be associated with the Baffin Correctional Centre.

In a November 2012 response to questions on the Commons order paper from former Liberal MP Denis Coderre, then-public safety minister Vic Toews repeatedly said the jail belongs to Nunavut and isn't the federal government's responsibility.

Steve Rennie  
The Canadian Press  
Aug 25, 2014

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Often the best thing about not saying anything is that it can't be repeated.  
- Suzan Wiener

~~~~~  
None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free.  
- Pearl S. Buck

**Prisoners Record Canada's First Album from Behind Bars**

Inmates mentored by artists Sarah Harmer and Sarah McDermott release Postcards from the Country, recorded in a prison chapel at the Pittsburgh Institution outside Kingston.

The men who used to tend the cows in Kingston's prison farms have produced Canada's first record from behind bars.

The album of folk, rock, R&B and gospel songs was recorded in a prison chapel in a breakthrough program linking musicians with inmates, called Pros and Cons.

Founded by Canadian musician/producer Hugh (Chris) Brown, Pros and Cons seeks to provide job skills and create opportunities for empathy and achievement for prisoners.

After social activists lost the battle to keep the prison farms open in 2010, Brown sought "to fill that void and find something positive."

'Postcards from the County', recorded in the Pittsburgh Institution outside Kingston, has just been released free online and includes songs written by Brown, Sarah Harmer, Sarah McDermott and Paul Simon.

"I started to cry when I heard them singing," says McDermott, whose "Love in Time" is on the album. "I had written it as an environmental song but they gave it a whole other meaning.

"The emotion they portrayed, the intent and focus the men had on the music, it was heartbreaking."

Listening to the final product, McDermott says, "I love it. I hope it is heard and people see how important it is to have arts in the system."

She was part of the mentoring team Brown brought into the project and sings with the inmates on "How Deep in the Valley."

Its author, Sarah Harmer, also mentored the men

during the two-year project, spending an evening "just passing the guitar around."

She realized how much working on the record meant to the men.

"I love it when I have a project on the go, I chip away at it and work at it," Harmer says.

"How Deep in the Valley" was written "as a song that anyone can sing, there's a lot of emotion. Just belt it out," she says. To her, the album "is a beautiful thing."

Singer/songwriter Kate Fenner sings the Paul Simon song "Silent Eyes," in which the male chorus starts as a low rumble then bursts into a full-fledged choir.

"The hair on my arms stood on end," says Fenner, acknowledging that a lot of the power of the music is that it is being sung by criminals. "I think it is that we know who they are.

"And the song is about redemption — that's the one that gets to you."

The song used on the album was only the second take, Fenner says. "They had worked really hard and were totally ready when I got there."

Coincidentally, she had worn an orange dress for the taping. "They said thanks for dressing for the occasion."

She says she's "ashamed" to admit she was worried about feeling awkward at the recording session.

"They were so welcoming, and ready to work. And they were also really funny."

The Canadian, who collaborates with Brown when he is New York, says she readily agreed to fly to Kingston to participate in the project.

"I believe with Chris, if you treat people humanely, what does that say about you? To go and be human together was wonderful."

The way the music was transformed by the inmates' experience and setting "is what music is all

about," she says. "It changes when you change the context."

The federal government argued that the prison farms weren't training the men for future jobs as few left for agriculture, Brown says, but missed the point on the joy of achievement and learning empathy by caring for vulnerable animals.

He played "Amazing Grace" in the rain, accompanied by a bagpiper, during the battle to save the farms. It's a scene in 'Til the Cows Come Home', a film about the battle to save the farms that has just been completed.

Director Lenny Epstein will be rolling out the film cross-country by mid-November.

While Brown wasn't sure what to expect when he began the project, he got a pleasant surprise on his second visit.

"I was shocked at how much they had applied themselves."

By singing, recording, songwriting, playing instruments and being part of a musical project the prisoners "were completely unencumbered by this dominant identity of criminal. Now, they were seeing what else is possible," says Brown.

The cover photo for the album is a painting by Leonardo da Vinci of St. Jerome and a lion in a cave. Brown was struck by the photo on a trip to the Louvre and his research revealed that St. Jerome took a thorn out of the fierce beast's paw because he saw it was in pain.

"They achieved equanimity and peace," says Brown, "The men liked that. It became the central image of the project."

Trish Crawford  
Toronto Star  
Jul 27, 2014

**Chameleon**

*It numbs me, this pain inside  
Secures a place where I can hide  
Alone in comfort from these fears  
In this room of endless tears  
No eyes can see me in this place  
No love nor truth for me to face  
Only me - here I dwell  
To find the words with which to tell  
The numbness comes & goes at times  
Lost in shaded lines of rhymes  
It's the memories of all the things now past  
Which brings the pain ever fast  
And lets me see with these clear eyes  
The life I tried to fantasize*

Shawn Chaulk  
~~~~~



**Motions**

*Purple to violet  
Glistening through the window  
Like a stormy sky*

*Going through the motions  
Succeeding towards free destiny  
And a clear fly*

*Deciding the life  
For what will be sufficient  
In bringing internal peace  
That no one can deny*

Gordon Scott  
~~~~~

**My Own Prison**

*Sometimes an inmate sleeps on the floor ...  
Stop reading this if you can't handle more  
Prison can get pretty hardcore ...  
Every day's just another war  
Sometimes it's hard for people to see  
Prison is not really helping me ...  
Maybe now you can finally see  
That life is good as long as you're free*

Ricky 'Razor'  
~~~~~

**Last Chance**

*Reflection in our minds  
Are shadows mirrored in time  
Tragically ... we're wasting away  
We've reminisced all the parts  
That've pulled at our hearts  
While scrolling through lines to be played  
Our enigmatic routines  
Have never been what they seem  
Misery has now left us to our own  
We're beggin' for one wish  
Just grant us an answer  
From a Place Called Home*

Shawn Chaulk  
~~~~~

**Untitled**

*Lonely tears, lonely cries  
Too many 'hellos', too many 'goodbyes'  
Broken promises, broken hearts  
Lost ideas, lost smarts  
Fellow convicts, fellow inmates  
No more love, no more hates  
Stolen memories, stolen youth  
Untrue stories, untrue truth  
Time wears out, time decays  
Lonely nights, lonely days*

Angie D.  
~~~~~

**More Inmates Headed to London's  
Troubled Elgin-Middlesex D. C.**

TORONTO – One of Ontario's most notorious prisons is getting a little more crowded after the province announced it's sending inmates from Windsor's shuttering jail to the Elgin-Middlesex Detention Centre in London.

In a Sept. 16 letter to Windsor-West MPP Lisa Gretzky, Correctional Services Minister Yasir Naqvi said that, as Windsor's new \$247-million South West Detention Centre ramps up, the province is sending a handful of low-risk offenders who serve their time on weekends to the London jail.

"I was shocked," said Gretzky, who serves as the NDP critic for Community Safety and Correctional Services.

The new Windsor jail is a 315-bed facility and opened this past July, designed to alleviate the pressure throughout the province's over-crowded corrections system. But an emailed statement from the Ministry of Corrections says "4-6 current male intermittent inmates from Windsor and Chatham area" have been housed at the Elgin-Middlesex facility since Aug. 18.

And they need to get there on their own dime: The province "does not arrange transport for intermittent inmates."

The Elgin-Middlesex Detention Centre has become embroiled in a \$325 million lawsuit against the province over allegations of overcrowding, violence, and other human rights violations.

"I'm a little shocked that the Minister is sending [inmates] there knowing there are so many issues," Gretzky said.

The facility's now-notorious violent confrontations

came to a head last year with the beating death of 29-year-old Adam Kargus on Oct. 31. Six employees were fired, accused of failing to provide the necessities of life, among other charges.

London attorney Kevin Egan, who is representing inmates and former inmates in the lawsuit, said Naqvi's statement is "ridiculous."

"Here we have got a facility that was originally designed to house 150 inmates and is now somewhere in the neighbourhood of 400 and the ministry keeps insisting it has the capacity for more," Egan said. "Where are these people going to sleep?"

According to numbers obtained by Global News through a freedom of information request, the facility was built in 1977 with an original capacity for 208 inmates. Today, its stated capacity is 452. Egan says the jail has been plagued by "serious systemic problems."

"When an inmate is tortured and murdered over a long period of time and nobody comes to his assistance, and in fact his body is not found until the next day," said Egan referring to Kargus. "Certainly there are problems."

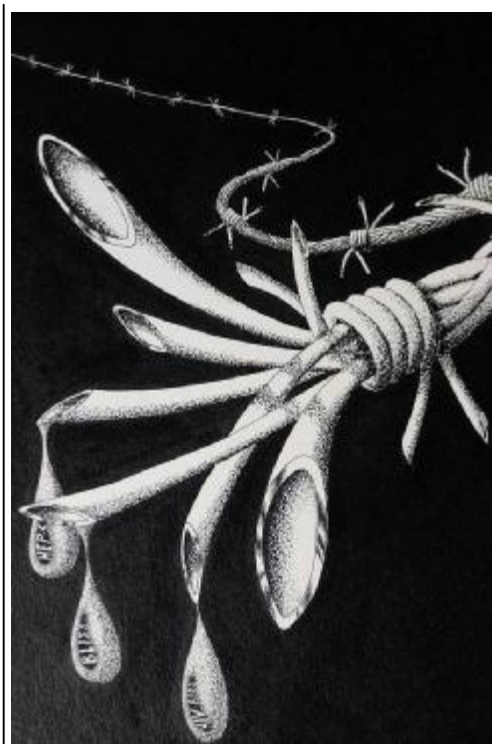
A statement from Naqvi's office says Elgin-Middlesex has an average of 430 beds available and has since April 1, 2014 housed an average of 383 inmates, including weekend intermittent of-fenders from the London area.

Andrew Russell

Global News

Sept 24, 2014

With a report from Patrick Cain in Toronto  
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The more I see of men the more I like dogs.  
- Madame de Stael

I am in a beautiful prison from which I can only  
escape by writing.  
- Anais Nin

**Untitled**

The telephone breaks ...  
A whispering continues ...  
My mind is still blank ...

Evan Scouler

**New Fish**

Just walkin' on this new block  
And I'm lightfoot walkin' cuz it's me they clockin'  
Over thinkin' looks, tryin' to read books  
Inside my stomach is rollin' & rockin'  
Mama said stand vigil, overcome your fear  
For it's your penance you face  
And your conscience you hear  
So I keep my upper lip stiff & in god confide  
Hindsight kicks in, woulda coulda shoulda, whateva!  
Thoughts racin' as these eyes keep pacin'  
Okay, okay, there's day one  
Let me tell ya, bein' New Fish ain't fun

Warren Brothers

**Bro's Mansion**

When the streets just ain't progressing  
I think about a place  
Where there are no jail bars  
And no court dates  
Where bros roam free without a care  
And no one tries to front  
I sit & think about this place  
Each time I smoke a blunt  
I smoke one for the bros I lost  
To the pens & cemeteries  
And one for the bros I don't even know  
Both humble & legendary  
And no matter what life brings my way  
I know some day I'll be relaxin'  
Where angels sing sweet  
And bros again meet  
In this place I call Bro's Mansion

Jay Tattoo

**High-Tied in Sin**

Like words on a page  
Truth told in code, indirect shun  
To a cage, for guilty you r  
Till not you are found  
No bail is granted  
Secondary ground  
The reason you're given  
A Flight Risk was found  
So judgment is made  
Before wings are found  
So your hope is tied 'n  
Bound to the ground  
Tied in to the sin  
Is all there is now

Kyle RooyAkkers

**The System**

These walls I've been behind b4  
And these bars have been slammed on me so much more  
The cards I was given in life were misdealt  
15 years in these cells, all by myself  
With no one to hear me, with no one to help  
No wonder my scales are so off-balance  
Everything in my life was such a challenge  
But yet the Judge still wants to lock me up  
I think that he is the one that's corrupt  
They never seem to want to want to use their ears  
They don't give a fuck about my daughter's tears  
This System is never really about da truth  
It's not what they know, it's what they can prove  
And sometimes that don't even matter no more  
The only way they get paid is from the revolving door  
So if you agree with the System 'n what they do  
Then suck my dick 'n fuck you too

Robert Young

**Untitled**

Deep in my thoughts, inside my cell  
This constant sorrow, a living hell  
Lay down my head & close my eyes  
And when again they open, the sun will rise

Evan Scouler

**One User's Path**

There comes a time in a user's life  
When we suddenly realize the truth  
We loose control the minute we start  
Whether senior, middle-aged or youth

The greed that causes others pain  
We're all told 'it'll catch up to you'  
But ignorance makes a user blind  
To see that this is true

So on we go on self-destruct  
Cheating, lying & stealing for money  
When experience speaks trying to help  
We laugh like we think it's funny

We lie & hurt with trouble we flirt  
Until it feels too late to turn back  
Sometimes all it takes is a decision to make  
Some support & a hand back on track

But like most diseases that consume & devour  
This sickness seems so hard to kick  
Some have no support & nobody that cares  
And some can't seem to make their plan stick

No matter the reason or excuse we believe  
We're all hurting much more than ourselves  
It's never too late to rewrite our fate  
Start today, say NO once, it will help!

Tim Dafoe

**Half Asleep**

Wondering thoughts of broken scars  
Trying to unravel the twined life  
Blended with iron bars

In & out of stargazing consciousness  
Finding my way through glowing righteousness

Bleeding ideas that pooled successfully  
Neurons & Receptors damaged,  
Awaking would feel like fresh air  
Rushing into your sinuses sensationally

Gordon Scott

**Activist**

You don't hear me  
Let me shout louder  
What's with the twisted sensation of discrimination?  
You don't have a voice?

Those walls that hold you hostage  
No not prison walls  
But your unwarranted opinions  
Not your own

Sad, weak  
Open your mouth, speak

Speak from the heart  
Set yourself apart

Followers follow  
Leaders succeed

What hushes you?  
Money, greed  
Fear, of what?

The unknown  
That's where change happens

Jennifer Murphy  
HIV+ Woman

**On a Positive Note**

There is enough for us inmates to try & keep us down. With so many losses it's kinda hard not to frown. They can only break us if we let them you see. It's true what they say, that we're our own worst enemy.  
Instead of focusing on what's dark & what's gloom. Make something of this time & bring light to your room. Yes, some days that's easier said than done. Just like some dayz are rainy and others have sun. The universe has us where we need to be in our lives, away from our children & missing our wives. So make something of this time & learn to do it right. Keep your head held high & put up a fight! This is your life. What happens now is up to you. So on a positive note, stay & try to influence a few.

Victor Van Embden

**- BE KIND TO YOUR VEINS -**

Be kind to your veins, they're the only ones you've got! Veins become leaky, infected and will eventually collapse if they don't have time to heal between injections. You can tell a vein has collapsed when it seems to have disappeared or you can't draw blood from it. To help prevent your veins from becoming damaged:

- ◆ try to use a different injection site for each time you shoot up
- ◆ learn how to inject in a number of places and with either hand so you'll be able to use the other side if one side needs a rest
- ◆ save the "easy" spots for when you know you don't have time
- ◆ shoot in the direction of your heart with the hole of the needle facing upwards
- ◆ taking oral vitamin C may help your veins repair themselves

To make sure your vein is full of blood and easier to hit, try:

- ◆ clenching and relaxing your fist
- ◆ gently rubbing or slapping the skin over the vein
- ◆ soak your arm in warm water
- ◆ squeeze your bicep with your hand
- ◆ Push-ups, pull-ups or wrist curls
- ◆ use a tourniquet (belt, string, rubber bands, shoelaces, etc.)

**REMEMBER THAT INFECTIONS ARE HARD TO HEAL,  
IT IS BETTER TO PREVENT INFECTIONS**

**WHERE TO SHOOT**

Always shoot in a vein, never an artery. To be sure you're in the vein, pull back the plunger, if slow moving dark red blood comes into the syringe, YOU'RE IN A VEIN. If the blood is bright red and frothy or if the plunger is forced back by the pressure of blood, YOU'RE IN AN ARTERY – GET OUT! Untie, pull needle out, raise the limb above your head if possible and apply pressure for 10 minutes. Also:

- ◆ areas that are furthest away from the heart heal the slowest and have the worst circulation (eg: feet)
- ◆ areas that are closest to the heart have veins that are near major arteries and nerves which can cause serious damage if hit
- ◆ the veins in your arms are the safest places to shoot
- ◆ never inject where you feel a pulse (an artery)
- ◆ try to hit surface veins instead of deeper ones
- ◆ shoot in the direction of your heart

**GOOD PLACES TO SHOOT**

The veins in your upper arms and forearms are as safe as any!

**BAD PLACES TO SHOOT**

DO NOT fix into your eyes, face, armpits, penis or breasts, these veins are so fragile and hard to find that they're not worth the risk. The same goes for veins near your belly button and inner thigh, they are too deep!

**PLACES TO SHOOT ONLY IF YOU HAVE TO**

Veins in the hands and feet are fragile and will hurt, inject slowly into these areas. Inject slowly into the veins behind your knees also and be careful of the artery that runs next to the vein.

**IF YOU HAVE TO USE YOUR JUGULAR** (in the neck)

Hits into your jugular are very dangerous. Chunks and clots can go quickly to your brain or heart and cause a stroke or heart attack. Your best bet is not to shoot here at all. If you must, clean the area first with alcohol, then shoot towards the heart and come in at the smallest angle possible - 35 degrees or less. Flag it to make sure you're in. Go as slow as possible and don't stand up too fast. There is no 100% safe way to shoot in your jugular.

**GERMS**

Germs cause abscesses including spit germs, skin germs and other people's germs.

To avoid germs getting into your body while you're fixing:

- ◆ don't lick the bubble off the top of the point
- ◆ don't lick the site before or after fixing
- ◆ don't use a dirty mix like toilet water or spit (if you have to use toilet water, use the water in the tank, not the bowl)
- ◆ don't touch the filters too much
- ◆ avoid sharing spoons, water, filters and rigs with other people
- ◆ clean the site before fixing if you can with soap or alcohol



**- KEEPING FIT -**

**ABSCESSSES**

Abscesses (infected boils) begin with redness, swelling and tenderness at the injection site and develop into an infection with a hard, pus-filled center. They are caused by tiny germs getting pushed under the skin by the rig. If you notice a hard warm lump developing and can't see a doctor, put a warm compress on it at least 3 times a day, this will bring blood to the area and will make it go away or it will soften and fill up with pus. Also keep the abscess clean with soap and water. It may drain by itself but if you choose to drain it yourself, ONLY USE A CLEAN NEEDLE to poke it with. The pus should come out easily, never squeeze it because it will spread the infection. If you are able to, put a dry bandage over it and keep it clean. If you get a fever, chills, extreme fatigue or pain (especially in the groin or armpits) that is related to the abscess, you may have a blood infection - you probably need medical attention for this. Some infections need antibiotics to be cleared up.

**COTTON FEVER ("The Bends")**

Cotton fever happens when a piece of the filter gets sucked into the syringe and injected into your blood. Within hours, you develop a fever and get really sick, your bones ache, you feel hot and cold at the same time and you shake. The best thing to do is to rest, eat something and cover up with a blanket. Cotton fever usually gets better after an hour.

**CHALK LUNG**

Chalk Lung is caused by injecting something that won't mix with water. These pieces can include talc, chalk and cornstarch (many pills have these pieces.) Your lungs may scar making it hard to breathe. Chalk Lung can be prevented by filtering carefully every time.



## Presenting: Hep C Basics

### What is hepatitis C?

Hepatitis C is a virus that lives in the blood. Hep C infects liver cells and causes liver damage - inflammation, scarring, fibrosis and sometimes cirrhosis. After many years some people can get very sick as the liver becomes damaged. There is no vaccine for hep C, but you can get tested and for many people, treatment serves as a cure.

### How does someone get hep C?

By blood-to-blood contact: if someone's hep C positive blood gets into your bloodstream. Particular activities are risky for hep C transmission. It's important to know that hep C can survive in dried blood outside the body for at least four days and inside an enclosed space like a syringe for weeks. Unlike HIV, the hep C virus can survive in fluids like water or tattoo ink.

### Ways people can get hep C

Likely transmission:

- ◇ Sharing drug-use equipment: gear that has already been used by someone else who has hep C—not just needles and syringes, but also filters, cookers, alcohol swabs, ties, acidifiers (like lemon juice or vitamin C), water, pipes and straws
- ◇ Reusing tools and jewellery used for tattooing or body piercing. Anything that has come in contact with blood should be considered contaminated, including the needle, ink, inkwell, gloves, tattoo gun, and any towels used to wipe the ink and blood from the skin and work area during tattooing or piercing
- ◇ Having received a blood transfusion, blood products or a transplant before 1992

Possibility of transmission:

- ◇ Getting accidentally stuck with a needle that has been used by a person who has hep C
- ◇ Sharing/borrowing hygiene items that could have blood on them, like razors, nail clippers and toothbrushes. Also, rinsing your razor in water that has been used by someone else for shaving
- ◇ The risk of getting hep C through sex is low. But the chances of transmission go up if you have condomless sex, especially if you have sex where blood might be involved such as rough sex, anal sex, or sex during a woman's period. If you or your partner has open sores or a sexually transmitted infection like herpes, there is a greater risk of getting/giving hep C during sex.

You cannot get hep C from casual contact such as sharing food, hugging, kissing, touching, exercising with, or sharing space with someone who has hep C! If you have any questions about hep C transmission or think you may have been exposed to hep C, please send us a letter or give us a call.

### Getting tested

In federal institutions, hep C antibody testing is offered on admission. In federal and provincial, you can request hep C testing at any time. If you have a short sentence or an upcoming release date, you may decide to get tested in the community. Either way, learn about your options for managing your health and getting info & support for hep C. A hep C antibody test checks to see if you've ever come into contact with hep C. A positive antibody test result means that you have come into contact with hep C at some point.

### If you get a positive result, know what test to ask for next!

About 20-25% of people clear the hep C virus on their own, but they will always test positive on the antibody test. Hep C antibodies stay in your blood even when the virus has been cleared. If you have a positive result, you need to take the second test to find out if the virus is still in your body. The second test is called a PCR test, a viral load test, or an RNA test. A negative result from the virus test means you do not have hep C. A positive result means that you have hep C.

The test will tell you how much virus you have in your blood and what genotype (family) your virus is in. There are 6 genotypes of hep C virus: HCV 1, 2, 3, 4, 5 and 6. The genotypes respond differently to treatment and this is good for you to know so you can decide if you want to go for treatment. PASAN & CATIE have resources on hep C testing.

If you test positive you should get post-test counselling to learn about hep C transmission, prevention, and treatment options. In federal, all counselling is done by CSC health care staff. Depending on which provincial institution you're in, counselling may be provided by institutional health care or by someone from the local Public Health Unit.

### You've tested positive for the hep C virus. What next????

If you are interested in treatment, ask health care if there is an infectious disease nurse or doctor you can talk to about test results and treatment options. The following tests can help you make decisions about treatment and show how well your liver is working.

Liver function tests measure the levels of liver-produced enzymes and proteins in your blood. High levels could be caused by hep C, but also could be caused by things like alcohol, drugs, toxins or other viruses. Liver function tests give a snapshot of how well your liver is working at the time. Ultrasounds take a picture of your liver to see if there is liver damage.

A liver biopsy uses a needle to take a sample of your liver to check for damage. Fibroscans are advanced ultrasounds that measure liver damage.

### Getting Treatment

If you were on hep C treatment before you went to prison, you have the right to continue treatment while in provincial or federal prison. In a federal institution, you will need to get a prison doctor or specialist to prescribe the treatment medications. Some federal prisons have other prisoners who can talk to you about health issues like hep C treat-

ment. You can't start treatment in a provincial institution, but if you feel comfortable with prison health care, you can try to get your testing done and connect with a specialist or treatment team in preparation for your release.

In most provinces and territories, if you get income support benefits like disability or welfare, you can apply to have the cost of medications covered. The Non-Insured Health Benefits program may cover treatment costs for registered First Nations and recognized Inuit peoples.

### Treatment Options

The goal of hep C treatment is to get rid of the hep C virus from your body. If the virus has been cleared, then the treatment worked. This is known as sustained virological response (SVR) and is considered a cure.

The standard treatment for hep C is a combination of two medications, peg-interferon and ribavirin. In 2011, two new antiretroviral drugs, boceprevir (Victrelis) and telaprevir (Incivek) became available in Canada. These medications are used only in people with genotype 1 hep C virus. People take only one of these medications in combination with peg-interferon and ribavirin.

### Peg-interferon

This is a form of a protein used to fight viruses in your body. It is a weekly injection.

### Ribavirin, boceprevir and telaprevir

These drugs interfere with the virus and improve the effectiveness of treatment. They do not work to clear the hep C virus by themselves. Ribavirin is taken as a pill twice a day. Boceprevir or telaprevir are taken as pills, two to three times a day.

The treatments can have side effects so you will need to visit with health care during treatment to check your health. You will also need blood tests during treatment and six months after treatment is finished to see if the virus is gone from your body.

After successful treatment, it is important to avoid re-infection. You can never become immune to hep C, there is no vaccine yet, and you could get re-infected with the same strain or a different strain of hep C virus! If treatment does not work, you can make certain changes to your life to stay healthy and reduce liver damage.

### Want more information & support on hep C testing and treatment?

**PASAN** - Toll-free from Federal 1-866-224-9978, or Collect 416-920-9567, Mon-Fri 9-5, EST.

**CATIE** - Toll-free from Federal 1-800-263-1638 or Collect 416-203-7122, Mon-Thurs, 10-6, EST.

Have a question or experience with hep C testing or treatment that you want to share? Write to us at I'm a Liver & a Fighter. All letters stay anonymous unless you say otherwise.

by Annika, Stephanie, and Hep C Program volunteer, Kristy, with thanks to CATIE for resources!

**- 10 MYTHS ABOUT HIV -**



**MYTH #1**

***You can contract HIV from a mosquito or any other insect.***

No. In order for this to happen, a mosquito would first have to bite an infected person. Then the mosquito would have to do one of two things: 1) Immediately travel to someone else and infect that person from a few tiny drops of infected blood left on the stinger; 2) Process the virus in its saliva and inject it into the next person. Mosquitoes do neither of these things. They do not travel from one person to the next. They do not carry enough blood on their sucker to infect anyone else they bite. And they do not process the virus in their saliva. Once inside a mosquito, the virus only lives for a short time. Thus, the saliva mosquitoes inject into people cannot have HIV. The same inability to transmit HIV holds true for other sucking or biting insects. Insect bites do not spread HIV.

**MYTH #2**

***You can get HIV from someone's saliva.***

No. There are no documented cases of saliva transmitting HIV. There is not enough concentration of HIV in saliva to transmit the virus. After several studies involving several hundred family members and friends of people with AIDS, scientists have yet to find a single case of HIV infection caused by casual contact or exposure to the saliva of an infected person.

**MYTH #3**

***If I live with someone with HIV, I can get AIDS.***

No. HIV cannot be casually transmitted. You can share food, utensils, phones, showers, dishes, clothes or toilets (to name a few) without risk. If you are not engaging in risk activities (i.e. unprotected sex or sharing needles) you can't get HIV from someone from living with them.

**MYTH #4**

***HIV can be spread by sharing a cigarette or pipe.***

No. The only body fluids that transmit HIV are blood, semen, pre-seminal fluid (pre-cum), vaginal secretions and breast milk to an infant. It is transmitted by unprotected vaginal and anal sex and blood to blood contact (i.e. sharing needles.) There is some speculative evidence that HIV may be spread by oral sex, however that assertion remains unproven, but again, HIV cannot be spread by sharing a cigarette or a joint with someone.

**MYTH #5**

***HIV can remain dormant in a person's body for an indefinite period of time.***

No. HIV does not "stay dormant" inside a person's body. The reason why it can take up to 12 weeks to show up in a test is not because it is dormant; it is because the test is for antibodies, which can take up to 12 weeks to appear. If you have had a high risk activity related to HIV transmission (sharing needles for shooting up or unprotected anal or vaginal sex), then you wait for 12 weeks without any other high risk activity and you test negative, then you are HIV-negative. There is no risk of HIV suddenly appearing later on due to that incident.

**MYTH #6**

***You get AIDS from touching or hugging someone with AIDS.***

No. HIV is not spread by hugs, touches, massages or kisses. Transmission cannot take place through any of the activities listed because HIV is transmitted by blood, semen and vaginal fluids that get into your bloodstream. If you know someone with HIV infection, that person needs support. A hug is a wonderful way to show that you care.

**MYTH #7**

***Urine can transmit HIV.***

No. Urine does not transmit HIV. Exposure to urine without visible blood in it does not place you at risk at all. For the average person, the times to be concerned about HIV are during sex without condoms or sharing equipment for injecting drugs.

**MYTH #8**

***Transmission is less possible if two condoms are used during sex.***

Not true. Don't double up those condoms. Two condoms together cause friction and breakage. It is much better to use one condom correctly. Correct, consistent condom use prevents HIV, STI's and pregnancy. It only takes one condom to do the job. Remember to use a water-based lubricant with all latex condoms to prevent breakage. If you have an allergy to latex, try using poly-urethane condoms and/or the Insertive condom. Avoid "natural skin" and lambskin condoms, they are not effective protection for HIV or any other sexually transmitted infections. As well, avoid products containing nonoxynol-9, this can cause vaginal and anal walls to become irritated and more prone to sexually transmitted infections.

**MYTH #9**

***Everyone who is HIV positive will die of AIDS.***

No. This has never been true, and certainly has no place in the discussions of people living with HIV today. New treatments are constantly being developed allowing many people to live healthier and more functional lives indefinitely. Most treatments can lower a person's viral load to an undetectable level. As knowledge about HIV increases, more options are becoming available to manage HIV and live longer and with less symptoms.

**MYTH #10**

***HIV is a gay disease.***

No. All of us are at risk for getting HIV from unsafe sex, needle-sharing and other modes of blood to blood contact. HIV does not discriminate, it is contracted through activity, not identity. In fact, heterosexual women of color represent the fastest growing segment contracting HIV in North America.

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We use Code #'s for Personal Safety.  
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# RESOURCES



## EAST COAST

**AIDS COALITION of CAPE BRETON**  
150 Bentinack St. Sydney, NS, B1P 1G6 902-567-1766

**AIDS COALITION of NOVA SCOTIA**  
1675 Bedford Row, Halifax, NS, B3J 1T1  
1-800-566-2437, 902-425-4882

**AIDS COMMITTEE of NEWFOUNDLAND & LABRADOR**  
47 Janeway Place, St. John's, NL, A1A 1R7 1-800-563-1575

**AIDS NEW BRUNSWICK**  
65 Brunswick St, Fredericton, NB, E3B 1G5  
1-800-561-4009, 506-459-7518

**AIDS PEI**  
2-375 University Ave, Charlottetown, PE, C1A 4N4 902-566-2437

**AIDS SAINT JOHN**  
115 Hazen St, NB, E2L 3L3 506-652-2437

**HEALING OUR NATIONS**  
3-15 Alderney Dr, Dartmouth, NS, B2Y 2N2  
1-800-565-4255, 902-492-4255

**MAINLINE NEEDLE EXCHANGE**  
5511 Cornwallis St, Halifax, NS, B3K 1B3 902-423-9991

**SHARP ADVICE NEEDLE EXCHANGE**  
150 Bentinack St, Sydney, NS, B1P 6H1 902-539-5556 (Collect)

**SIDA/AIDS MONCTON**  
80 Weldon St, Moncton, NB, E1C 5V8 506-859-9616

## QUEBEC

**CACTUS**  
1300 rue Sanguinet, Montreal, H2X 3E7 514-847-0067

**CENTRE for AIDS SERVICES MONTREAL (Women)**  
1750 Rue Saint-Andre, 3rd Flr, Montreal, H2L 3T8  
1-877-847-3636, 514-495-0990

**COALITION des ORGANISMES COMMUNAUTAIRES QUEBECOIS de LUTTE CONTRE le SIDA (COCQSIDA)**  
1 est, rue Sherbrooke, Montréal, H2X 3V8 514-844-2477

**COMITÉ des PERSONNES ATTEINTES du VIH du QUEBEC (CPAVIH)**  
2075 rue Plessis bureau 310, Montreal, H2L 2Y4 1-800-927-2844

## ONTARIO

**2-SPIRITED PEOPLE of the 1ST NATIONS**  
593 Yonge St, #202, Toronto, M4Y 1Z4 416-944-9300

**AFRICANS in PARTNERSHIP AGAINST AIDS**  
314 Jarvis St, Ste 101, Toronto, M5B 2C5 416-924-5256

**AIDS COMMITTEE of CAMBRIDGE, KITCHENER, WATERLOO & AREA**  
2B-625 King St E, Kitchener, N2G 4V4 519-570-3687 (Collect)

**AIDS COMMITTEE OF GUELPH**  
89 Dawson Rd, Unit 113, Guelph, N1H 3X2 519-763-2255 (Collect)

**AIDS COMMITTEE of NORTH BAY and AREA**  
201-269 Main St W, North Bay, PIB 2T8 705-497-3560 (Collect)

**AIDS COMMITTEE of OTTAWA**  
700-251 Bank St, Ottawa, K2P 1X3 613-238-5014 (Collect)

**AIDS COMMITTEE of THUNDER BAY**  
574 Memorial Ave, Thunder Bay, P7B 3Z2  
1-800-488-5840, 807-345-1516 (Collect)

**AIDS NIAGARA**  
111 Church St, St Catharines, L2R 3C9 905-984-8684

**ANISHNAWBE HEALTH AIDS PROGRAM**  
255 Queen St E, Toronto, M5A 1S4 416-360-0486

**ASIAN COMMUNITY AIDS SERVICE**  
107-33 Isabella St, Toronto, M4Y 2P7 416-963-4300 (Collect)

**BLACK COALITION for AIDS PREVENTION**  
20 Victoria St, 4th Flr, Toronto, M5C 2N8 416-977-9955 (Collect)

**CANADIAN HIV/AIDS LEGAL NETWORK**  
1240 Bay St #600, Toronto, M5R 2A7 416-595-1666 (Collect)

**FIFE HOUSE**  
490 Sherbourne St, 2nd Flr, Toronto, M4X 1K9 416-205-9888

**HIV & AIDS LEGAL CLINIC OF ON. (HALCO)**  
65 Wellesley St E, Toronto, M4Y 1G7 1-888-705-8889

**HIV/AIDS REGIONAL SERVICES (HARS)**  
844-A Princess St, Kingston, K7L 1G5 613-545-3698 (Collect)

**ONTARIO ABORIGINAL HIV/AIDS STRATEGY**  
844-A Princess St, Kingston, K7L 1G5 613-549-7540 (Collect)

**PEEL HIV/AIDS NETWORK**  
160 Traders Blvd, Unit 1, Mississauga, L4Z 3K7  
1-866-896-8700, 905-361-0523 (Collect)

**PETERBOROUGH AIDS RESOURCE NETWORK**  
302-159 King St, Peterborough, K9J 2R8  
1-800-361-2895, 705-932-9110 (Collect)

**STREET HEALTH CENTRE**  
Hepatitis C Treatment Program  
235 Wellington St, Kingston, K7K 0B5 613-549-1440 (Collect)

**THE AIDS NETWORK**  
101-140 King St E, Hamilton, L8N 1B2 905-528-0854

**THE WORKS**  
277 Victoria St, Toronto, 416-392-0520 (Collect)

**TORONTO PWA FOUNDATION**  
200 Gerrard St E, 2nd Flr, Toronto, M5A 2E6 416-506-1400

## PRAIRIES

**AIDS CALGARY**  
110-1603 10th Ave SW, Calgary, AB, T3C 0J7 403-508-2500

**AIDS SASKATOON**  
1143 Ave F N, Saskatoon, SK, S7L 1X1  
306-242-5005 1-800-667-6876

**CENTRAL ALBERTA AIDS NETWORK**  
4611 50th Ave, Red Deer, AB, T4N 3Z9  
403-346-8858 1-877-346-8858 (Alberta only)

**HIV EDMONTON**  
9702 111 Ave NW, Edmonton, AB, T5G 0B1  
1-877-388-5742, 780-488-5742 (Collect)

**KIMAMOW ATOSKANOW FOUNDATION**  
RR 1, Site 1, Box 133, Onoway, AB, T0E 1V0  
1-866-971-7233, 780-913-9036

**NINE CIRCLES COMMUNITY HEALTH CENTRE**  
705 Broadway, Winnipeg, MB, R3G 0X2  
1-888-305-8647, 204-940-6000

**PLWA NETWORK OF SASKATCHEWAN**  
Box 7123, Saskatoon, SK, S7K 4H1 306-373-7766

**PRINCE ALBERT METIS WOMEN'S ASSOC.**  
54 10th St E, Prince Albert, SK, S6V 0Y5 306-763-5356

**RED RIBBON PLACE (ALL NATIONS HOPE AIDS NETWORK)**  
2735 5th Ave, Regina, SK, S4T 0L2 306-924-8429, 1-877-210-7622

**STREET CONNECTIONS**  
705 Broadway Ave, Winnipeg, MB, R3G 0X2 204-940-2504  
WOMEN: 50 Argyle, Winnipeg, MB, R3B 0H6 204-943-6379

## WEST COAST

**AIDS VANCOUVER ISLAND**  
713 Johnson St, 3rd Flr, Victoria, V8W 1M8 604-384-2366

**PLBC - PRISON OUTREACH PROJECT**  
1107 Seymour St, Vancouver, V6B 5S8  
Toll Free: PROV - 604-525-8646 FED - 1-877-900-2437  
(#'s approved by institutions and are NOT Collect Calls)

**POSITIVE WOMEN'S NETWORK**  
614-1033 Davie St, Vancouver, V6E 1M7 Toll Free: 1-866-692-3001

For a more complete listing visit:  
[pasan.org](http://pasan.org)

email changes to:  
[cellcount@pasan.org](mailto:cellcount@pasan.org)

# CELL COUNT

# FALL 2014

# ISSUE #75



**PASAN - Has Moved!**  
526 Richmond St E  
Toronto, ON, M5A 1R3

- Provincial Inst -  
Collect: 416-920-9567  
- Federal Inst -  
Toll-Free: 1-866-224-9978

Fax: 416-920-4314  
[pasan.org](http://pasan.org)

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Whatcha got in there you're tryin' to hide? Hmm ... ?  
Art, Poems, Stories, Opinion, News, PenPals, Whatever ...

Next Issue: #76 - Winter 2014/15 (Feb)  
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