

Grandmothers, Mothers,

Cousins, Friends,

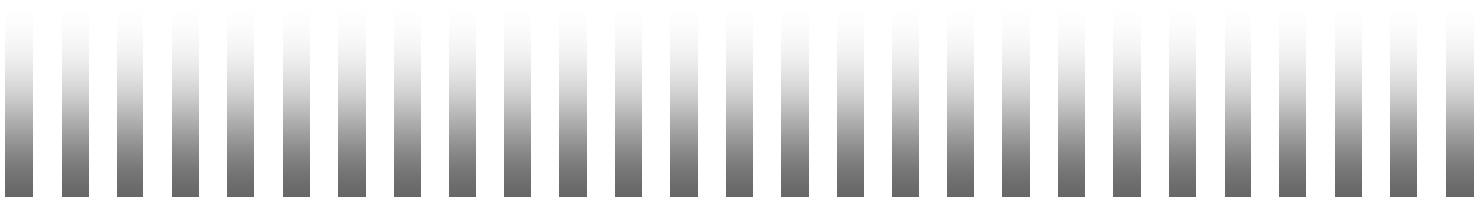
MISSING

MURDERED

Daughters, Sisters

and

Aboriginal Women & Girls



- 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 Min/Med, Collins Bay, Joyceville Min/Med, 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**

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 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 E, Toronto, ON, M5A 1R3
 Circulation: 1,700+ ~ Recirculation: 2,???,???
 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, Page 8: Pete Collins**

**Page 5: Beattie**

**Page 13: Michelle Commisso Pesce**  
 ~~~~~



- 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 150 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 labeled, '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 24 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 13 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 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 (eg: 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

The So-Called 'System'

I found out that the so-called 'Health Care' System in both of the Provincial and Federal prison systems is useless.

I had hardly ever been treated for my health problems properly in VCW, GVI, RPCC and now here at EIFW.

I now am done with the medical system in the system. I now will never go to them for help. I am still very ill thanks to the quacks.

Re: Unity and Common Respect

In response to 'Unity' and 'Common Respect' (CC76), you both are exactly right.

Two or three Cell Count Issues ago a 40 year old explained the differences from then and now, from Old School to New and it caught me off-guard because he is right.

Today there is no solidarity or convict respect, and I know what that means.

Hate has corrupted GP because of the new government, of CSC.

PJD is the heart and soul of convicts but now, and soon it will begin to fade into the shadows.

I'm serving 6 years on a violent charge (AA), on my first and final pen bit. At 23, my passion for the Old School still lives on.

Re: Parole Review Postponements

I've read articles coming from Ontario news sources saying that we're postponing our parole or that the PBC is failing.

Well they're right on one point - postponing parole is becoming the norm. Not because we are afraid but because the IPOs tell us that if we don't, they will file Admin Postponements anyways. The Pos bully inmates into signing the papers.

In January, I got a new IPO who threatened me with 10 more years for wanting to apply for a Minimum without his support. More on track is that 2 minutes later he tried to convince me to not only Postpone but to actually Waive my Hearing. All this because he wants to 'get to know me'.

With that said, it brings me to my 2nd point. How can the PBC actually grant parole if CSC doesn't do what it's supposed to. Mr. Sapers' focus on 'timely and safe re-integration' makes me shake my head in wonder. Here I am, no drugs, no institutional violence, a completed Correctional Plan and from what this institution tells me, no future other than an 8 x 10.

From the slave ship to the citizenship we faced a lot of bullship.

- Amiri Baraka

Grab the broom of anger and drive off the beast of fear.

- Zora Neale Hurston

Penpal Program for Gay, Queer, Trans Prisoners

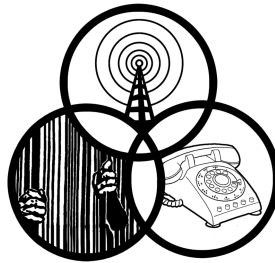
The Prisoner Correspondence Project runs a penpal program for gay, lesbian, bisexual, transsexual, transgender, and queer prisoners in Canada, pairing them up with gay and queer and trans people outside of prison for friendship and support. We also coordinate a resource library of information and resources related to health, sexuality, and prisons - get in touch with us for a list of resources we have, or for details.

If you want to be paired up with a penpal, please send a short description of yourself & interests to:

Prisoner Correspondence Project
c/o QPIRG Concordia
1455 de Maisonneuve W.
Montreal, QC H3G 1M8

Please indicate whether you would rather correspond in French or in English - Veuillez svp nous indiquer si vous préférez de correspondre en anglais ou en français. Everything is free of charge.

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.



Concrete Blossoms

Calling All Trans-Women & Women !!!

Announcing a new column with an opportunity to share your experiences and ideas that you think any Trans-Woman or Woman should know about being on the inside.

Ask questions about Sexual Health, Tattooing, Piercing, HCV-HIV-AIDS, Self-Harm, Incarcerated Women's Issues and get the answers you need! Published contributors will also receive a certificate stating that their work has been published in a National Newsletter.

The Rose that Grew from Concrete

Did you hear about the Rose that grew,
from a crack in the concrete?
Proving Nature's Laws wrong,
it learned to walk without feet.
Funny it seems, but by keeping its dreams,
It learned to breathe fresh air.
Long live the rose that grew from concrete,
when no one else ever cared.

- Tupac Shakur

Write to: **Concrete Blossoms** c/o PASAN

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.

- Audre Lorde

The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.

- Gandhi

The best fighter is never angry.

- Lao Tzu

Hunger Strike Ends at Regina Correctional Centre

A hunger strike at Regina Provincial Correctional Centre has ended, just over 24 hours after it started.

The high-risk offender group was protesting the lack of any outdoor time or exercise options, but there will be no changes to those policies.

Several concessions were granted though including access to a small area for smudging, access to a microwave, better access to books and other reading material and the inmates will be allowed to spend more of their own money in the canteen.

Corrections officials sat down for a meeting with the 15 prisoners Tuesday afternoon.

The ministry of justice contends the protesting inmates won't be allowed outdoors for security reasons.

Global News
Mar 3, 2015

Jail Concerns Remain

I appreciate the coverage the Leader-Post gave to the hunger strike of March 2 and 3 at the Regina Provincial Correctional Centre, and I am glad to learn that inmates will be given access to a smudging unit.

I am troubled, however, that administrators were unwilling to listen to inmate concerns about a lack of outside time.

Currently, inmates only experience the outside for one or two hours a day in the form of 'fresh air rooms', which are rooms with long windows that crack open. According to the UN Standard Minimum Rules for the treatment of prisoners, inmates "shall have at least one hour of suitable exercise in the open air daily if the weather permits." A creative interpretation of this rule might suggest that opening a window means that the prison is in compliance, but it is very clear that it is not.

While access to a smudging unit is a very positive move that should be commended - a provision that I hope will be extended to all inmates in the province - improvements need to be made to ensure that prisons are operating according to internationally recognized minimum standards.

Jason Demers
The Leader-Post
Mar 12, 2015

The truth will set you free, but first it will piss you off.

- Gloria Steinem

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean."

- Maya Angelou

Sometimes I wonder whether the world is being run by smart people who are putting us on or by imbeciles who really mean it.

- Mark Twain

Re: Cruel and Usual Punishment

Before I got to PACC, I was in CNCC. I have been in Segregation for 193+ days.

I suffer from severe ADHD (since I was 4) and ABI (from a car accident last spring).

At CNCC, I ask to see the doctor but due to overpopulation my visit was delayed for 4 months. This is a long wait without meds.

When I finally did see a doctor, it happened to be one who specializes in ADHD and ABI. I told him about my headaches and 2 recent seizures. For the 1st time since I was 4 something worked! With the 2 prescriptions he gave me, I felt better, acted normal and still was myself at the same time.

Upon arriving in PACC, they told me I wasn't allowed my meds because inmates hoard those meds here. They said they paint all inmates with the same brush and see us all as junkies and drug abusers.

So I've been off my meds since Nov and thrown in Admin Seg since I tried to hang myself. I was taken off Suicide Watch 2 days later, no counselling, no doctor, just a nurse to say I looked better.

I have bad anxiety and now have psychosis, I sleep 4 hours a day maybe, I am always mad.

I feel like not caring anymore, like I almost feel like pleading guilty to my charges just to go to the Pen but they'll most likely put me in Seg over there too.

Thank you Segregation for not showing even a little intent of correction but yet more anger and grief.

Thank you for making me feel lower than dirt.

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

For most of history, Anonymous was a woman.

- Virginia Wolfe

B.C. Audit says Prisons Overcrowded, Not Safe

VICTORIA – British Columbia's prisons are overcrowded, tension-filled facilities that do little to prevent inmates from returning to crime when released.

That's the conclusion of a report by auditor general Carol Bellringer who is recommending changes to provincial adult custody facilities and the programs they run.

Bellringer calls on the government to develop and implement a performance framework that includes goals and targets to achieve safe and secure prisons that reduce criminal behaviour.

The audit says B.C. jails, which held 16,000 people last year, are operating at 140 per cent capacity, with more than half of the inmates sharing cells meant for one person.

The auditor says provincial jails succeed in providing accommodation for inmates, but little else because only one in five programs offered has been shown to cut repeat offences.

The audit says jails will remain overcrowded despite the addition of 800 new cells at the Surrey Pre-trial Centre and a new facility in the Okanagan.

Late last year, Liberal backbencher Laurie Throness completed a report that recommended jails introduce more apprenticeship training programs in order to offer inmates skills they can use to find work once they are released.

Staff

The Canadian Press

Jan 13, 2015

The most violent element in society is ignorance.

- Emma Goldman

A nation of sheep will beget a government of wolves.

- Edward R. Murrow



Feds Closing 500 Acute-Care Beds for Sick Inmates

Federal prisons are losing 515 acute-care beds, which are being transferred to provide "intermediate" psychiatric care as Corrections Canada struggles to cope with a crisis of mental illness among offenders.

At the same time, the federal prison watchdog says, both the number of acute-care and intermediate facilities for women are being halved months after Ottawa finally responded to recommendations from an inquest into the strangling death of Ashley Smith, which a coroner's jury ruled a homicide.

A review of Correctional Services of Canada's mental health service model "indicated that nationally 150 hospital care beds would be required to meet the needs of those who require acute level care," Corrections spokesperson Sara Parkes said in an email.

Global News first wrote about this planned "delisting" of psychiatric beds last June.

No beds are being closed altogether, Parkes said, adding that Corrections services is assessing inmates now to see who will get what level of care.

It already plans to close acute-care beds at Shepody in Dorchester, N.B., which will involve moving several severely ill inmates to Quebec — a move that's angered victims as well as inmates, Global News reported this week. "Shepody Healing Centre will remain a treatment centre," Parkes said in a subsequent email. "Its primary responsibility will be to provide high-intensity intermediate-level mental health care services to inmates."

Providing intermediate care to inmates who have mental illness but aren't severely ill is important — and it's something Corrections Canada hasn't sufficiently provided in the past, says prison watchdog Howard Sapers.

But he's concerned that the planned changes don't actually take into account the needs of sick inmates and will result in a complex, vulnerable population of mentally ill offenders not getting the care they require by law but also for rehabilitation if they're ever to reintegrate safely into the community once they've served their sentences.

"The good news is they're finally going to be funding the critically important intermediate care component. ... But the idea was never to rob Peter to pay Paul," Sapers said. "The idea was never to decrease acute care capacity. ... This looks very much like sort of back of a napkin calculations."

And there are problems with federal prisons' acute-care provision to begin with:

A Global News investigation revealed last year that Canada's "psychiatric prisons," which are meant to provide acute care for offenders with severe mental illness, are places of violence and segregation, rather than healing — and are sites of the most inmate deaths and assaults of any federal prisons.

"Many of these men and women are acutely ill. And that's why the correctional service has that capacity to begin with. And the law requires that their health needs be addressed and by removing that capacity, you're removing the ability to live up to that requirement," Sapers said.

Sapers is also particularly concerned by what he says is an overall decrease in the system's capacity

to deal with women inmates with mental illness: Acute care beds are being halved from about 50 to about 24, he said; at the same time, the capacity of existing Structured Living Environments for sick women inmates will shrink from about 60 to about 30, he said.

These reductions in care for severely unwell women comes amid more revelations that, years after Ashley Smith died strangled to death in her cell in 2007, Corrections Canada still struggles to meet the needs of women inmates with mental illness. The Crown is still trying to designate Marlene Carter, a suicidal and self-harming offender who was tied down in solitary for years, a dangerous offender.

"We still have a tremendous number of people with mental health issues sitting in segregation cells," he said. "It's just not clear they've the time to properly validate their plan against the reality of their population."

Instead of reducing existing mental health resources, argues Elizabeth Fry Society director and University of Saskatchewan Human Rights Chair Kim Pate, Corrections Canada should get the most mentally ill inmates into forensic psychiatric hospitals and out of prisons altogether, freeing up prison beds for intermediate care.

"It strikes me as cynical beyond belief," she said. "The pretext that they're trying to provide care is ludicrous."

Anna Mehler Paperny
Global News
Mar 5, 2015

Parole Board says It Doesn't Have Resources to Clear Pardons Backlog, Leaving Thousands in Limbo

OTTAWA — The Parole Board of Canada says it can no longer dedicate its resources to clearing a backlog of old pardon applications, leaving thousands of former offenders in legal limbo.

The board maintains that almost 6,000 remaining pardon applications received before the rules were changed in 2012 will be processed as time and money permit.

"Over the past two years, the board has invested in the order of \$3 million, found through internal efficiencies, towards reducing the pardons backlog," spokeswoman Nadine Archambault-Chapleau said in an email.

"The board will not be able to dedicate the same level of resources to the backlog in 2015-16; however, it will continue to process the approximately 5,800 remaining applications as resources allow." However, some applicants have been told their files — and their \$150 application fee — are effectively dead.

One man, charged with assault 13 years ago during his birthday celebrations just hours after turning 18, was told by a Parole Board official last week that the government has cut funding to deal with the indictable offence backlog and no applications would be processed "for who knows how long," were her exact words.

"She added that even if they receive funding now to restart processing those backlog applications, it

would easily take more than two years for them to process them," the applicant told The Canadian Press.

The man spoke on condition of anonymity out of a fear that future employers would discover his criminal record.

Some professional pardon application services, which operate in a fashion similar to tax preparation services, have begun advising clients with old applications to give up, forfeit their original application fee and re-apply under the new \$631 "record suspension" process.

"We feel this is simply a money grab on the part of the Parole Board," Azmairin Jadavji of Pardon Services Canada said in an email.

"It's like they don't really give a choice — you either wait indefinitely for your application to be processed or you pay more money."

The Parole Board of Canada's overall budget, which includes funding for parole hearings, clemency pleas, pardons and other services, continues to shrink, according to the government's main estimates.

The board "contributes to the protection of society by facilitating as appropriate, the timely reintegration of offenders as law-abiding citizens," according to its web site.

The Conservative government overhauled the pardons system to make it more expensive and rigorous after The Canadian Press reported in 2010 that serial sex predator Graham James had been granted a pardon three years earlier.

Pardons, now known as record suspensions, are

designed to seal a criminal record and allow offenders who have fully paid their debt to society and lived crime-free for years to reintegrate, get better jobs and travel abroad. They also trigger certain human rights protections under federal and provincial laws.

Advocates, including the Parole Board, argue that pardons provide an incentive for offenders to remain clean, benefiting society as a whole — not just the offender — as a result.

The 2012 rule changes brought in a three-strikes rule, meaning no one with more than three convictions for indictable offences with two-year sentences could ever be pardoned. Certain offences, such as sex crimes against children, were also declared ineligible.

The crime-free grace period for pardon applicants after a sentence was fully served was also increased to five years from three for lesser offences, and doubled to 10 years from five for indictable offences.

Bruce Cheadle
The Canadian Press
Mar 16, 2015

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Never forget that everything Hitler did in Germany was legal.  
- Martin Luther King Jr.

Nothing will work unless you do.  
- Maya Angelou

## **Regional Psychiatric Centre could Face Eviction under Saskatchewan Laws**

*U of S student group says prison puts some mentally ill inmates in solitary confinement*

A student group at the University of Saskatchewan says there are legal grounds to close a federal prison that operates on university lands.

Solidarity for Those in Solitary is a student group at the U of S that advocates ending the practice of placing mentally ill inmates in solitary confinement. It says the ongoing use of segregation at Saskatoon's Regional Psychiatric Centre, which is a tenant of the university, could be grounds for eviction under the province's community safety laws.

The centre, which operates as a hospital and prison, was opened in 1978 and houses about 200 federal inmates – men and women – serving sentences of at least two years.

"Most people think it's a reasonably strong case to make," said Dan LeBlanc, a third-year law student and member of Solidarity for Those in Solitary.

### **Case for eviction**

LeBlanc, who made the case in a recent legal paper, says under Saskatchewan's Safer Communities and Neighbourhoods (SCAN) laws, Correctional Service Canada could be evicted from the university grounds because it engages in activities that harm those housed in the prison.

SCAN laws were introduced in Saskatchewan and other provinces in recent years to help neighbour-

hoods get rid of tenants involved in illegal activities such as dealing drugs or prostitution.

A court issues a community safety order to evict tenants based on a probability that illegal acts are taking place. LeBlanc says the same argument can be made to evict government institutions, such as prisons, where officials are also seen to be breaking laws.

"You just have to prove that there are activities occurring at the residence which pose a serious and immediate threat to one or more residents of the property," LeBlanc said.

### **Lack of stimuli worsens mental health**

LeBlanc said the use of solitary confinement for mentally ill inmates meets that test, citing testimony from several inquests across Canada, including experts who testified at the inquest into the death of teenager Ashley Smith.

The 19-year-old, who was also housed at RPC for a time, choked to death in an Ontario prison cell in 2007 while guards stood outside her cell and watched. Smith, who was mentally ill, spent almost all of her time in prison in solitary confinement.

"They regularly put people with acute mental illness in segregation with a complete lack of sensory stimuli and that worsens their mental health and causes lasting health impacts," LeBlanc said.

Kim Pate, a long-time prisoners' advocate who also teaches law at the University of Saskatchewan, says the argument "certainly has merit."

"The concerns are that if people are not being

treated in a lawful way, their lives can and have been put at risk."

Pate says the United Nations has already called the practice of isolating mentally ill inmates cruel and unusual punishment and a form of torture.

"There has been far too little examination of what happens in penitentiaries, such as the Regional Psychiatric Centre, and for far too long the testimony of those who run these institutions has been taken without question," she said.

### **'It is not a form of punishment'**

Officials with Correctional Service Canada declined to comment or be interviewed on the issue.

In a statement emailed to CBC News, a spokesperson wrote that segregation is a legitimate practice that is used when there is no alternative.

It called it a way to "help ensure the safety of staff and visitors and inmates."

"It is not a form of punishment and every effort is made to alleviate the segregation status at the earliest appropriate time," the statement said.

Recently, advocates for prisoners and civil liberties groups in both British Columbia and Ontario have filed suits against the federal government over its use of segregation in Canadian prisons.

Maureen Brosnahan

CBC News

Feb 03, 2015

## **Curb Solitary Confinement**

*The B.C. Civil Liberties Association and John Howard Society of Canada have filed a lawsuit challenging the use of solitary confinement in Canadian prisons.*

*It sounds like something that occurs under barbaric, totalitarian regimes.*

*Prisoners are held in solitary confinement for up to 23 hours a day. They have no recourse to an independent body to oversee their incarceration, nor do they know when it will end. They have no access to outside stimulation or human interaction. Often they are mentally ill.*

*But it happens in Canada. In our prison systems.*

*At any time in Canada, up to 1,800 prisoners are being held in solitary confinement and one out of every four inmates has spent some time there.*

*Moreover the Correctional Service of Canada shows no signs of putting restrictions on the practice despite indefinite solitary confinement being regarded internationally as a form of torture by organizations such as the United Nations, the Inter-American Court of Human Rights and the European Commission for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment.*

*That's why a lawsuit challenging the use of solitary confinement in Canadian prisons as unconstitutional is so welcome.*

*The suit, launched this week by British Columbia's Civil Liberties Association and the John Howard Society of Canada, argues that solitary confinement "leads to prisoner suffering and deaths, deprives prisoners of fundamental procedural protections and is discriminatory against both mentally ill and*

*aboriginal prisoners."*

*The B.C. association quotes Canadian prison expert Michael Jackson describing solitary confinement as "the most individually destructive, psychologically crippling and socially alienating experience that could conceivably exist within the borders of the country."*

*It was under solitary confinement conditions that Ashley Smith of Moncton, N.B., choked herself to death in 2007 at the age of 19 after 300 days on "segregation status" in the last year of her life. She had originally been incarcerated at 15 for throwing crabapples at a postal worker.*

*Edward Snowshoe of Fort MacPherson in the Northwest Territories committed suicide in 2010 after 162 days in segregation at the age of 24. He had originally been jailed for robbery. Like Smith, he was depressed and had suicidal tendencies.*

*These are just two cases. There have been on average 10 suicides a year in Canada's federal prisons for the last three years. Nearly half of the inmates involved were in solitary and half had mental health problems.*

*It's not as if Canada doesn't know better.*

*As far back as 1996, a key recommendation of Justice Louise Arbour's report on events at the Prison for Women in Kingston was that prisoners should not be made to spend more than 30 consecutive days in administrative segregation and that it occur no more than twice in a calendar year.*

*In 2012, the UN Committee Against Torture called on Canada to limit solitary confinement as a measure of last resort and to use it for as short a time as possible.*

*Then, last September in a report on federal inmate*

*suicides the Correctional Investigator of Canada said that solitary confinement is "an important risk factor for prison suicide."*

*The coroner's inquiry into the death of Ashley Smith also recommended that indefinite solitary confinement be abolished.*

*The federal prison service ignored that recommendation, as it has the others, even though the negative effects of long-term solitary confinement can include psychosis, hallucinations, insomnia and confusion.*

*Canada is increasingly isolated in its stance on this issue among advanced countries, including the United Kingdom and the U.S. In fact, while there is a trend in U.S. prisons to reducing solitary confinement, in Canada there has been a "a six per cent increase in the number of federal prisoners in solitary confinement in the last five years," the B.C. association points out.*

*The organization isn't asking for a wholesale ban. There may be times when it is necessary to segregate a prisoner from the general population, it acknowledges. But even so it should be limited to a certain number of days and assessed by an independent decision-maker. The prisoner should also have access to daily human interaction in the form of programs and access to the outdoors.*

*That makes sense. It's past time the Correctional Service reined in this abusive practice.*

Editorial

Toronto Star

Jan 26, 2015





**Life behind Bars: the Politics of Despair**

Stephen Harper wants to bring back the death penalty. Not the quick kind, by poison or electrocution. The slow kind — life imprisonment without parole. A living death.

The proposed legislation — news of which was opportunistically leaked on the day slain RCMP officer Const. David Wynn was buried — would remove any possibility of parole for the killing of a police officer or jail guard, for a murder that occurred during a kidnapping, a sexual assault or “terrorist” act, and for especially brutal homicides.

It’s the apotheosis of the Conservatives approach to criminal law: simplistic, short-sighted, vengeful and purely political. Probably doomed, too.

Some history: In 1967 the death penalty was temporarily suspended under Prime Minister Lester B. Pearson for all homicides apart from those involving the deaths of police officers and prison guards. During this trial period, all death sentences for murder were automatically commuted.

In 1976, Pierre Trudeau’s government introduced Bill C-84, abolishing the death penalty. The noose was replaced with a life sentence accompanied by a period of parole ineligibility (and the “faint hope” of an even earlier release — a safety valve that later would be abolished by the Harper government).

A life sentence is just that — a life sentence. A conviction for first degree murder carries an automatic 25 year sentence of incarceration. Only after a quarter century has passed can a first degree killer apply for full parole. Release from prison is only granted when a federally-appointed parole board determines that the public’s safety will not be placed at risk. It’s not automatic. It’s not a revolving door.

After release from prison the sentence continues; any breach of parole, any offence — no matter how small — results in an immediate return to prison. The supervision is intense.

And the system works. The rate of recidivism for those released on parole is low (despite the fact that the government axed effective reintegration programs).

Luka Magnotta, Paul Bernardo, Clifford Olson, Robert Pickton ... the worst of the worst are never released. Make no mistake: After 1976, a life sentence meant life — but it also meant hope.

Harper could learn from the past. In an impas-

sioned speech before a Commons divided over abolishing the death penalty, the Liberal solicitor general of the day, Lawrence Pennell, rose to defend abolition — and to defend the very idea of hope:

“The effect of the proposal in this bill is to add a further safeguard to the law in regard to the release of convicted murderers. There may be some Hon. members in this chamber who will disagree with me when I state that we should never lose faith or abandon hope of reforming even one of these terrible murderers. Under the law the criminal must be both sane and of age before we hang him. I ask the house again, given these two qualities and believing as we do in the essential dignity of man, have we a right to abandon the hope of reforming even one of these men? To say that we should never release a convicted murderer is an admission of defeat and despair, and we despair not only of the prisoner but we despair of ourselves ...”

That’s the history. Now, the bigger facts. There is no evidence whatsoever that the threat of lifetime imprisonment without the hope of parole has any effect at all on the frequency or nature of the most vicious crimes. Harsher sentences don’t deter crime. They’re not a factor.

Nor is there any evidence that parole is being granted too often to first-degree murderers. As noted by Howard Sapers, the Correctional Investigator of Canada, 99 per cent of offenders released on parole do not re-offend. The government’s own research shows that parolees on life sentences actually re-offend less than offenders serving sentences of a fixed length.

In fact (and this is a bitter irony underlying the Conservatives’ entire crime agenda) the imposition of life sentences without parole can actually increase the risk of violent crimes — especially for police officers. Studies in the United States have demonstrated the unintended effects of harsh sentencing laws. Offenders who face the prospect of a life in prison will more frequently resort to deadly violence to avoid capture. In some cases, ‘three-strike’ legislation resulted in a 40 per cent increase in murders of police officers.

Those are the facts. I realize this government isn’t listening to facts — not when it sees an opportunity to posture. But let me mention a few things they should be worried about:

Vengeance isn’t cheap. It costs nearly \$150,000 to

keep one man in maximum security; a year on parole costs the taxpayer just \$35,000. Do the math: Keeping someone in prison for, say, 40 years would cost almost \$6 million. And for the 1,000-odd offenders currently sentenced to life for first-degree murder? Try \$6 billion.

Last time I checked, the government was checking the couch cushions for spare change to wipe out the deficit this year. And those are just the costs of incarceration; they don’t take into account litigation challenging life-without-parole. And take it from me — there will be a lot of litigation.

Vengeance doesn’t play well in court. In 2013 the European Court of Human Rights found that life sentences without any prospect of release amount to “inhuman and degrading treatment of prisoners”.

In Canada, life sentences are constitutional only because there is the possibility of eventual release. A slow execution by life sentence would most certainly qualify as cruel and unusual punishment — and would run a clear risk of offending constitutional principles of proportionality.

What, for example, would such a law have to say about a 19-year-old who robs a store with an accomplice who murders a police officer in the course of the crime? Should he die in prison, at age 80, long after he’s ceased to pose any risk to the public?

And what about basic fairness? A man who murders his wife after months or years of methodical planning — premeditation to the extreme — would be eligible for parole under the Conservatives “life-means-life” legislation. The 19-year-old mentioned previously would not.

Throwing away the key is an admission of failure. It amounts to admitting that our prisons are warehouses, that rehabilitation is a lie, that the law that holds us together as a society is still the law of the jungle — an eye for an eye. It’s the politics of despair.

And with this insidious attempt to bring back the noose to score cheap political points in an election year, the Harper government has given us all one more reason to despair.

Michael Spratt  
iPolitics.ca  
Jan 28, 2015



**All of Canada's Federal Prisons are Switching to Powdered Milk - which should save \$3.1M a year**

Inmates at all of Canada's federal institutions will have access to only powdered milk as part of the government's cost-cutting efforts, officials confirmed Thursday.

Phasing out fresh milk in prisons will save an estimated \$3.1 million a year, said Veronique Rioux, a spokeswoman for the Correctional Service of Canada.

Powdered milk has been used for a few years in prisons in Western Canada, Rioux said. Now, prisons in Ontario, Quebec and the Atlantic region are making the transition.

Laiterie Chagnon, a Waterloo, Que., dairy company, had been delivering milk to institutions in Drummondville and Cowansville for the past 10 to 15 years, sales director Jean Robidoux said. The last delivery to Drummondville was Jan. 12 and the last delivery to Cowansville is Monday.

The contracts brought the company about \$275,000 annually. "For a small business like us, \$275,000 is a lot of money. We have to get on and find new customers," he said.

Robidoux said he was told the powdered milk would be shipped to the province from a supplier in Winnipeg.

Francois Dumontier, spokesman for the Federation of Milk Producers of Quebec, said he found this choice strange.

"All the governments are talking about buying local, and local consumption. We are the biggest province producing dairy. It's a strange and bad decision for small dairy processors in Quebec," he said.

Paul Gounce, chairman of the Dairy Farmers of New Brunswick, said he understood the desire to save money, but, at the same time, "you can't beat fresh milk."

Rejean Genest, the NDP MP representing the district of Shefford, Que., was quoted in the French-language agriculture news publication La Terre de Chez Nous as saying that the serving of powdered milk to inmates lacked decency and that he wouldn't even put it in his coffee.

That comment prompted ridicule Thursday from Conservative MP Rob Anders in the House of Commons.

"This does not sit well with the hug-a-thug crowd in the NDP," he said.

Prisoner advocates frowned on the switch to pow-

dered milk and wondered whether it provided the same nutrients. "It's a sad commentary on how CSC is having to apply its cuts," said Catherine Latimer, executive director of the John Howard Society of Canada.

Latimer said the government likely would've been able to keep serving fresh milk at reasonable costs if it hadn't shut down all of its long-running prison farms several years ago.

The correctional service said all prison menus are reviewed and approved by registered dieticians and must meet appropriate nutrition standards.

"The use of powdered milk is more cost-effective than the use of liquid milk and meets nutritional requirements in accordance with Canada's Food Guide," Rioux said.

"Nutritionally, it is comparable to skim milk when it's reconstituted with water," said Nicole Spencer, a registered dietician based in B.C.

The taste, however, may not be the same.

Douglas Quan  
Postmedia News  
Jan 30, 2015

**Why the Prison Farm Issue Won't Go Away**

During a day of protest on Parliament Hill in 2010, farmer Jeff Peters – along with Pauline Lally of the Sisters of Providence – spoke alongside a donkey bearing a sandwich board that read, "Conservative Prison Farm Consultant." The government's decision to shutter prison farms had provoked the rally.

Later, Peters got a call from CBC Radio's The House, a show on Canadian politics hosted by Evan Solomon. "We want the farmer, the nun and the donkey," the Ottawa producer said. Somehow the farmer coaxed Stormy the donkey up the stairs at the Sparks Street broadcast centre, across a wide expanse of carpeting, into the studio and down the stairs again without, um, incident.

Peter, who farms near Kingston, got a good laugh telling that story at a recent showing in The Screening Room of Til the Cows Come Home, a gripping, one-hour documentary film about the controversial decision to close two prison farms in Kingston (and four others across Canada).

Peters is seen in the film being arrested by Kingston Police during a two-day-long sit-down protest in August 2010 aimed at blocking cattle trucks from carting away 150 dairy cows that, along with some 2,000 chickens, were the mainstay of the farm at Frontenac Institution (beside Collins Bay Institution). When arrested, Peters was wearing his trademark tan ball cap and green T-shirt with white lettering that read, "Save Our Prison Farms." The one he wore to the screening read, "Restore Our Prison Farms," and on the back, "Your Vote Matters."

Peters was with Clarke Mackey, a professor in the Department of Film and Media at Queen's University who co-produced the film. "We won't give up," Peters said, adding that federal Liberals and New Democrats have pledged to reverse the prison farm decision if elected. Mackey said the film cost \$12,000 – all of it raised locally. (Much work on

the film was done pro bono; musician Sarah Harmer, for example, waived her fee.)

Two aspects of the prison farm story are remarkable: its location and its longevity. The blockade drew 200 people and saw 24 arrested for civil disobedience – the youngest a 14-year-old girl, the oldest an 87-year-old woman. Margaret Atwood had earlier led more than 1,000 Kingstonians in an unprecedented march on the regional headquarters of the Correctional Service Canada. All this in a conservative bastion where John A. Macdonald practised law and is buried.

The story just will not die. Prison farm supporters formed the Pen Farm Herd Co-op, and when cows from the prison were sold at auction, the co-op purchased 23 of them and sold \$300 shares to fund their upkeep. Now there are 31 cows (all "farmed out" nearby) and 185 shareholders. Should the prison farm restart, the plan is to sell the herd back to the government and disperse that money among shareholders.

A weekly one-hour vigil at the entry to the former prison farm commenced just after the operation officially closed almost four and a half years ago. Week in, week out, the evening vigil continues to draw three to six regulars who are themselves baffled by the support – the honks (even from police cars), the waves, the smiles, the coffee and hot chocolate. One regular told me, "This one issue is where all my values meet," and she listed six – everything from building empathy to reducing fossil fuel use to giving others a second chance. On the other hand, another regular reported, "We always get one profane or disparaging comment per vigil," so not everyone in Limestone City is onside.

Still, it's clear that the prison farm issue struck a chord. The 60 or so inmate farmers at Frontenac Institution opposed the closing, as did the prison guard union, the National Farmers Union, Kingston city council and a great many others locally and nationally. The issue galvanized ordinary people on

three fronts – criminal justice, food security, and the future of democracy. Do we punish prisoners, or rehabilitate them? Do we grow our own food, or import it? Do citizens have a voice, or not? On every count, few in the prison capital of Canada liked the answers given.

There's a scene in the film in which a former inmate, Pat Kincaid, describes being alone in the barn with what looked to be a stillborn calf. Kincaid tried everything he had been taught about being midwife to a dairy cow and had just about given up hope when the calf started to breathe. Kincaid called it "the best moment of my life."

Frontenac was producing fresh milk and eggs for prisons in Ontario and Quebec, as well as eggs for the Kingston food bank. Prison farm proponents still find it bizarre that a government obsessed with balancing the books and the bottom line has steadfastly refused to release figures to back its claim that the prison farms lost money. Now there's a laundry facility in the barns. Inmates press buttons. It still burns Jeff Peters that Conservative politicians maintained that working on a farm taught prisoners no skills of use in the real world. He says he can't wait for the federal election expected this year when Stormy the donkey will once again be pressed into service, this time wearing a sign that reads, "Put the Cows Back in Prison."

Lawrence Scanlan  
Kingston Whig-Standard  
Jan 27, 2015

The corporate state has convinced the masses, in essence, to clamor for their own enslavement.

- Chris Hedges

Never go to bed mad. Stay up and fight.

- Phyllis Diller

## **Inmates Sue Federal Government over Lack of Rehabilitation Programs**

VANCOUVER – Inmates at two British Columbia prisons have filed a lawsuit alleging the federal correctional service has violated its legal duty to provide rehabilitation programs.

Wesley Devries is incarcerated at Mission Medium Institution, and Yong Long Ye is serving time at Matsqui Institution in Abbotsford, B.C.

A notice of civil claim filed in B.C. Supreme Court against the federal Attorney General says both men have been prevented from accessing rehabilitation programs, either because they do not qualify or because of long wait lists.

Correctional Service Canada is legally required to provide various programs for offenders dealing with issues such as substance abuse and violence.

The suit alleges the lack of programs also impacts inmates' ability to transfer to lower-security institutions, get temporary absences and parole, therefore violating their Charter rights.

The case was filed on behalf of inmates' committees at the two prisons, said lawyer Chris Terepocki, who added the committees also funded the action.

"This was them deciding to allocate funds to what they thought was one of the most pressing issues that they're facing right now," Terepocki said.

Correctional Service Canada declined comment

because the matter is before the courts.

"It is incredibly frustrating for those of us that recognize that we need help and want to participate in programs," Jason McGown, former head of the inmates' committee at Mission Medium Institution, said in a statement. "Yet, for whatever reason, some do not qualify and are basically stuck until they reach their statutory release date."

Devries was sentenced to 34 months in September 2013 on fraud-related charges. When he arrived at the Mission prison, he learned there were no spots available for programs and no resources for psychiatric care, according to the suit.

As of January this year, Devries was still on a wait list for programs, with only seven months before his statutory release.

Court documents say he has been unable to apply for parole or unescorted absences or transfer to a lower-security prison because he could not access crucial programs.

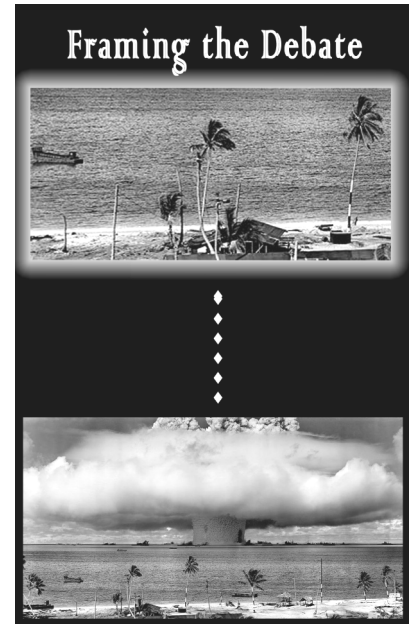
Ye is serving a sentence for drug-related crimes. The suit says the correctional service has refused to offer him any programs because he is classified as low risk and therefore does not meet the criteria.

Court documents say that Ye has been refused parole in part because he hasn't taken any violence-related programs. But his repeated attempts to get on wait lists have been denied, the suit says.

The lawsuit follows last summer's report by B.C.'s auditor general Carol Bellringer, who said B.C. Cor-

rections was failing to provide adequate programs for inmates.

Laura Kane  
The Canadian Press  
Feb 19, 2015



## **Ontario Broke Solitary Confinement Promise, Lawyers say**

Lawyers for an Ottawa-area woman held in solitary confinement for over 200 days threaten legal action against the province.

The lawyers for an Ottawa-area woman held in solitary confinement for more than 200 days are threatening legal action against the province, arguing Ontario has breached the terms of a landmark 2013 human rights settlement with their client that was meant to protect prisoners with mental illness.

At the centre of the controversy is an inmate handbook the government promised to update to include the rights of prisoners in solitary confinement. The Correctional Services ministry published a new version online at the end of December — three months past deadline — and later notified the Ontario Human Rights Commission, and the Star, that it had done so.

But a review of the 30-page document reveals a baffling omission: the new handbook contains no information about the rights of prisoners in solitary confinement.

"Zero," the lawyers confirmed.

They initially wondered if pages were missing.

"We couldn't believe that such a huge oversight had been made," said Christine Johnson, co-counsel with Paul Champ. It misses the element that, she said, was "the focal point of the entire human rights application."

The omission represents a "significant breach of the terms of settlement," the lawyers wrote in a letter to the Correctional Services ministry. They are demanding that the ministry update the document again.

In a statement emailed to the Star, a ministry

spokeswoman suggested work on the inmate handbook is ongoing.

Johnson and Champ represented Christina Jahn in a 2012 human rights complaint against the province that alleged Jahn was discriminated against at the Ottawa-Carleton Detention Centre, where she was held in segregation for 210 days instead of receiving appropriate treatment for her mental illness.

The Jahn settlement forced the ministry to agree to sweeping changes to better meet the mental health needs of inmates.

Ten "public interest remedies" with varying deadlines are outlined in the agreement. Remedy No. 9 — creating a new handbook accessible to all inmates — was particularly important to Jahn, "given the difficulties she faced in attempting to access information about her rights as an inmate in segregation," the lawyers wrote.

Calls for limits to or even a ban on solitary confinement are growing louder in Canada. The federal government is facing two court challenges from rights groups that argue the practice is inhumane and unfairly targets mentally ill prisoners.

The provincial corrections ministry did not respond to questions about why the December 2014 guide excluded any mention of its policies on solitary confinement. (The province generally uses the terms "segregation" and "close confinement" instead of "solitary confinement.")

"We are currently working with the (Ontario Human Rights Commission) to finalize our review of our segregation policy," ministry spokeswoman Lauren Callighen wrote. "We look forward to their feedback and any updates or changes to the policy will be reflected in the handbook." The commission is overseeing the changes.

The ministry has also completed a review of psychiatric services in jails as part of the Jahn settlement. Earlier this month, after saying the report would not be shared with the public because it contains "confidential" information, the ministry changed its mind and agreed to release it "as soon as possible."

What is missing from the inmate handbook that the province promised:

- ◇ Inmates in solitary for misconduct will have their cases reviewed by a superintendent after 24 hours to determine whether continued solitary is warranted.
- ◇ Inmates in solitary for any reason will have their cases reviewed by a superintendent once every five days to determine whether continued solitary is warranted.
- ◇ When an inmate has been in solitary for 30 consecutive days, the minister will be notified.
- ◇ Solitary will not be used for inmates with mental illness unless the ministry can demonstrate that alternatives have been considered and rejected because they would cause an undue hardship (new remedy from the Jahn settlement).
- ◇ The ministry must document what alternatives to solitary have been considered and rejected, including whether a treatment plan is in place to help the inmate leave solitary (new remedy from the Jahn settlement).

Amy Dempsey  
Toronto Star  
Jan 28, 2015

### **Many Provinces and Yukon Territory will Provide Latest Hep C Cure for Patients**

On Tuesday, March 24, multiple provinces announced they would begin footing the bill for the first once-daily, single tablet regimen for the treatment of chronic hepatitis C virus (HCV) genotype 1 infection in adults, a combination of two drugs - ledipasvir and sofosbuvir (Harvoni™), produced by Gilead Sciences Canada Inc.. Hepatitis C is a significant health issue in Canada. The Public Health Agency of Canada has reported that approximately 1 000 deaths each year can be attributed to hepatitis C.

"With at least 250,000 Canadians living with hepatitis C and new drugs available that allow for over 90% cure rates, Action Hepatitis Canada (AHC) is thankful that many provinces and Yukon Territory recognized the importance of adding these lifesaving drugs to their formularies," commented Patricia Bacon, Chair of AHC. "Getting these drugs to pa-

tients is a first step toward a healthier Canadian community where people living with hepatitis C can access the care they need and the cure they deserve."

British Columbia, Ontario, Manitoba, New Brunswick, and the Yukon have announced that the drug will be covered, following negotiations that saw the provinces and territories working together through the pan-Canadian Pharmaceutical Alliance (pCPA) to reach an agreement to make the new drugs affordable. Prices agreed upon are being kept confidential. With the exception of Quebec, who is negotiating separately, the other provinces and territories are involved in this negotiation as well and their decisions are expected shortly.

Treatment protocols for hepatitis C used to include the drug interferon, and involved repeated injections for up to 48 weeks, with severe side effects in many, and resulting in cure rates of less than 60%. New drugs that have 94-99% cure rates, few side effects, and a treatment time of as few as eight

weeks were approved by Health Canada in 2014, but the price tag (starting at \$86,000) kept the treatment out of reach for most.

While an outline of specific treatment criteria is still pending and will likely vary from province-to-province, today's announcement is certainly an important step toward the elimination of viral hepatitis in Canada. British Columbia has announced that eligible patients can apply starting today, and the BC Minister of Health says they expect to treat 1 500 BC residents in the first year.

Action Hepatitis Canada  
Mar 26, 2015

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If you are selling security, you have to make sure people feel insecure.

- Spun

Prison Food after Cutbacks called Disgusting & Inadequate by B.C. Inmates

'Prisons are meant to correct criminal behaviour, not serve as a vacation home,' spokesman says

Prison food is responsible for vomiting, diarrhea and malnourishment, according to complaints launched by several B.C. inmates after the government cut \$6.4 million from Corrections Canada's grocery budget.

"I shake a lot because of malnutrition," says Jean-Paul Aubee, an inmate at Mission Institution who has served 14 years of a life sentence for murder.

Aubee serves as a prisoner's advocate at the medium security prison in Mission, B.C., where he says inmates have said they are getting sick because of a new "cook-chill" program implemented in November as a cost-saving measure.

"The food is causing people to experience diarrhea, nausea, vomiting. I have experienced this myself many times," says Aubee, who argues the quality, quantity and preparation of Canadian prison food has deteriorated.

In November, Corrections Canada closed full kitchens at four B.C. prisons, including at Mission. The government has defended the program, saying meals are approved by a dietitian and that the program will save taxpayers money.

All main courses for these four facilities are prepared at the Matsqui Institution's kitchen, and then frozen, trucked and reheated in prep kitchens at other nearby facilities. It's part of a national "cook-chill food preservation system" to modernize prison food preparation and cut costs.

Aubee says prisoners do not expect prime rib, but he thinks the Conservative government's cutbacks have gone too far.

"There is a chicken stew that they make, and the chicken smells rotten, you can't even eat it," says Aubee, who does not believe the new menu contains enough protein for adult men.

The correctional service has a policy that allows deductions from inmate income to help cover food and board costs.

Food shortages, heating problems

There were several complaints about vomiting and food-borne illness at Kent Institution in Agassiz when the program began in November.

"The food-cart heaters were not working, and we had reports of prisoners at Kent getting sick from eating cold food," says Jennifer Metcalfe, a lawyer with Prison Legal services in Burnaby.

In a January 2015 prisoners' newsletter from the Mission Institution, prisoners complain about the quality of the food. (CBC)

"Prisoners on halal diets have refused to eat the food because the quality is so poor. Some prisoners got sick from eating fish," according to Metcalfe, who says inmates report that food is still being served cold.

CBC has obtained several internal complaints filed by prisoners who say they went hungry after the kitchen repeatedly ran out of main course items such as corn, carrots, salad, potatoes and rice before all prisoners have had a turn to eat.

"The kitchen needs to make enough for everyone," writes an inmate in one complaint from Mission Institution.

One inmate complained that when he found a worm in his canned peaches, kitchen staff told him, "That is extra protein. Just move it out. It's fine."

But the inmate wrote that "to continue this deplorable cycle is refusing to provide the necessities of life."

In the prison newsletter, one inmate describes "disguised mystery meat" as "terrible, unfair and especially gross."

"I believe it's a fact that what they are giving us is not adequate and does not in any way meet Canada's Food Guide regulations," says Aubee.

Menu approved by dietitian

Corrections Canada insists "serving sizes are in accordance with Canada's Food Guide" and the menu is approved by a registered dietitian.

It says the new cooking system will save taxpayers almost \$3.3 million this year and almost \$3.2 million next year.

"Prisons are meant to correct criminal behaviour, not serve as a vacation home. We are confident

that CSC provides meals that meet appropriate nutrition standards," said Jeremy Laurin, spokesman for Public Safety Minister Steven Blaney.

Two inmates who complained to prison management about food quality say they were told by prison officials that food costs are capped at \$4.91 per inmate per day.

Corrections Canada says it costs \$12 a day to buy, prepare and deliver food for each inmate.

Inmates not 'being picky'

Howard Sapers, Canada's independent prison investigator, says his office has been looking into the implementation of the new program because "food is so essential to the safe and proper operation of a prison."

He says his office has heard from inmates upset about food quality across Canada. Sapers says his job is to ensure budget cuts don't violate the law or the government's obligation to provide adequate food.

"Prison kitchens are not restaurants and no one expects them to be. This isn't a matter of inmates being picky or choosy. They have no choice. They rely on CSC making sure those three conditions: quantity, quality and nutritional value have been looked after."

Sapers says that to date, officials have been quick to fix food safety problems, but says he is using the powers of his office to launch his own broader investigation into the new food program.

"We're also very concerned to make sure that the specific complaints don't represent a larger systemic issue, so we're looking at the roll-out of the cook-chill program."

Aubee says the lack of quality food is raising tensions and he fears that could even lead to violence.

"To the average citizen out there this may sound trivial, but what people don't get a grasp on is that all of this contributes to big giant chips on shoulders of inmates who are going to be released into the community," Aubee says.

Natalie Clancy
CBC News
Mar 11, 2015

Muslim says he's not allowed to practise religion at Baffin Correctional Centre

Inmates at notorious jail say they're being denied recreation, outdoor time

Inmates at the Baffin Correctional Centre in Iqaluit say tensions are reaching a boiling point because basic rights — such as practising their religion, and having access to fresh air and recreation — are being denied.

CBC News has agreed to withhold the name of a Muslim man in custody at the correctional centre who fears he will lose his privileges. He has been charged with assault and assault with a weapon.

Like many at the correctional centre, he is on remand, meaning he is in custody awaiting trial. People on remand have been charged with a crime, but have not yet been found guilty, and could be found not guilty.

The man says he's not free to practise his religion and cooks have refused to respect his dietary restrictions.

"Staff here told me that I don't need to practise my religion because I might become radical," he says. "I asked for no pork or no ham or bacon, and they just gave me what has touched bacon or ham, but I have refused those meals."

Inmates at institutions in the provinces have a toll-free number to call if they feel their rights are violated, the man says, but that's not available at

the Baffin Correctional Centre.

Other inmates tell CBC News they are lucky to use the exercise yard once per week for 30 minutes and guards have clamped down on board games such as chess and Scrabble.

Conditions 'unhealthy:' defence lawyer

Defence lawyer James Morton has visited the jail many times and has written articles for national publications in which he talks about the sad state of Canada's "cardboard prison."

"It sounds like a bit of a joke, but the fact is that the physical plant at BCC is such that you can in places actually poke a hole through the wall," he says.

Despite the problems, Morton said most inmates he deals with prefer the correctional centre to enormous, dehumanizing federal prisons in the south. But the poor conditions take their toll.

"Being inside all the time is unhealthy and claustrophobic, and frankly makes it hard for the guards as well," he says. "This is not an easy situation for them."

Denying fresh air and board games isn't a constitutional breach of rights, but Morton said an argument could be made that overcrowding amounts to cruel and unusual punishment.

Morton said while convicted inmates have committed crimes, most are not hardened criminals. He said the prisoners are no longer mainly Inuit.

"There are Muslim prisoners. I've brought Qur'ans to BCC. There are people of different backgrounds and faith and that's going to become more and more the case over time," Morton said.

The Nunavut Court of Justice recognizes conditions at the facility, and tends to credit two days for every one day spent in remand at the correctional centre when sentencing offenders — although Morton says the current Canadian guideline is one-to-one credit.

A report released last year by the Office of the Correctional Investigator found that the facility, built in 1986, is "well past its life expectancy" and that "cells are overcrowded beyond acceptable standards of safe and humane custody."

The institution was initially designed for 41 minimum-security inmates. When the Office of the Correctional Investigator conducted its visit and review in March 2013, 106 inmates were housed there.

A new facility is scheduled to open this spring in Iqaluit to relieve some of the overcrowding at the Baffin Correctional Centre. It's expected to have a capacity of about 50 inmates.

Nunavut Justice officials say they plan to comment on the inmates' concerns later this week.

CBC News
Jan 29, 2015



Nunavut's Jails Extremely Unsafe for Inmates and Staff: Auditor General

IQALUIT — Nunavut's jails are unsafe, lack maximum security facilities and completely lack rehabilitation programs that would help inmates return to society, according to a report from the Auditor General of Canada released Tuesday.

The report found that Nunavut's jails are overcrowded and getting worse, that inmates are offered little if any services and that jail staff are not trained with basics such as first aid or the proper use of force.

"Our audit concluded that the (Nunavut) Department of Justice has not met key responsibilities for inmates within the correctional system," said Assistant Auditor-General Ronnie Campbell. "The safety and security of staff and inmates at the Baffin Correctional Centre and the Rankin Inlet Healing Facility are at risk"

Some of the report's findings were so severe that the federal auditor general's office reached out to Nunavut Corrections prior to the release of the audit for safety reasons.

"We also found that evacuation drills were not being conducted at either facility... we sent a letter to the acting deputy minister of The Department of Justice during the audit to advise her of this," said Campbell.

The audit found that despite the high number of crimes committed in Nunavut connected to substance abuse, "there is no substance abuse treatment centre" operating in Nunavut.

"It is especially important for inmates to have access to the programs and support they need in custody," said the audit.

The audit found there were no substance abuse

programs offered at the Baffin Correctional Centre for seven months in 2012 and the program as offered only twice between January and September 2014.

A total of 98 per cent of male adult inmates in the territory are Inuit and their average age is 32, the audit found. Yet the Inuit traditional values, known as Inuit Qaujimajatuqangit and which are written into Nunavut's justice system, are not applied inside the territory's jails.

"The directives contain little guidance on how Inuit Qaujimajatuqangit can be incorporated into other aspects of the corrections system," reads the audit. The audit found that Nunavut's mental health issues also extend into the territory's prisons, but the corrections department employs only one psychologist.

"Without mental health services, inmates rehabilitation efforts can be limited as the issues underlying criminal behaviour were not being addressed," said the audit.

Jail guards and staff are also woefully undertrained, the audit found, which many not having mandatory training in "first-aid, mental health issues, the criminal justice system or the proper use of force."

The audit also found that correctional employees increased their income by 20 per cent by working overtime. At the Baffin Correctional Centre alone, 16 front-line workers increased their annual salary by 50 per cent. Within that 50 per cent group, five staff members saw their pay rise by more than 90 per cent.

The audit found that inmates were being sent to segregation without the authorization of the warden, as is required. The report found that the warden authorized only one of 14 segregation cases studied by auditors. The report found that routine

reviews and observations of inmates in segregation were also ignored.

The territory has also failed to adequately monitor land camps where inmates are taken out of the prison for cultural activity outdoors. There are five camps operating in Nunavut at an annual cost of \$1 million. The audit states that "the program was not well monitored by the Department."

Case management faced criticism from federal auditors which reviewed 39 different inmate files. Iqaluit's Uttaqivik Community residential house — a halfway house for low security inmates — received praise, but the Baffin Correctional Centre and the new Rankin Inlet Healing Facility did not.

"Serious case management deficiencies at Baffin Correctional Centre and Rankin Inlet Healing facility limit the Department's efforts to rehabilitate inmates and prepare them for release back to the community," said Campbell.

At the Baffin jail none of the 21 files auditors examined had any indication they were monitoring an inmate's progress, and only one of the 21 had a plan for the inmates release.

The 44-page report contains 17 recommendations. Nunavut's Department of Justice agreed with all the recommendations, including improving care of maximum-security inmates, using data collected by territorial officials, providing more oversight for staff and improving case management for inmates.

The report was tabled Tuesday in the Nunavut Legislative Assembly.

Kent Driscoll
APTN National News
Mar 10, 2015



We Don't Need 'Life Without Parole'

It seems like such a simple equation: If a murderer is sentenced to life in prison, he should stay in prison until he dies. Polls have shown that a majority of Canadians support the idea of automatic life without parole, preferring it to the reinstatement of the death penalty, if given the option between the two.

The Harper government is right there with them. It plans shortly to introduce legislation that would make life without parole the automatic sentence for killers of on-duty police and jail guards, and anyone who kills during a sexual assault, a kidnapping or a terrorist act. It could also apply, at a judge's discretion, to a particularly brutal slaying that shocks society.

"Canadians do not understand why the most dangerous criminals would ever be released from prison," the government said in its 2013 Throne Speech. "For them, our government will change the law so that a life sentence means a sentence for life."

The problem is that, if Canadians believe that the most dangerous criminals — the ones serving the current sentence of 25 years without parole eligibility — are walking free as soon as they hit the 25-

year mark, it is because they have been misinformed. It is untrue to contend that the types of murderers targeted by the pending Tory legislation have any real chance of getting parole.

There are numerous examples of dangerous criminals who remain in prison until they die, the serial



killer Clifford Olson being among the most notorious. Just last October, Justin Bourque, the Moncton man who pleaded guilty to three counts of first-degree murder in the brutal killings of three RCMP officers, was sentenced to 75 years without parole eligibility. He, too, will die in prison.

So what's the problem? Canada does not need

automatic life without parole. It is a cruel punishment that risks failing the constitutional test of being proportionate to both the crime and the criminal. It is also self-defeating, in that a person who murders one police officer or one kidnap victim would get the exact same sentence as the person who murders five, or 10, or 20.

Worst of all, it undoes the progress Canada made when it abolished the death penalty in 1976. Canadians have struggled with the fact that the alternative to the finality of capital punishment is the perpetual obligation created by rehabilitation and parole. But that was our choice, and it was a good one. Since the end of the death penalty, the murder rate in Canada has been cut in half.

The Harper government says the justice system is deficient because murderers don't get their so-called just deserts. But the country put the medieval notion of eye-for-an-eye justice behind it in 1976. We don't automatically condemn people to die in prison any more, and we shouldn't go back to that.

Editorial
Globe and Mail
Jan 27, 2015

Manufacturing a Crisis in Canada's Prison System

Canada's prisons are in crisis. Inmates in federal lockups are being double-bunked at higher rates than ever before. Provincial jails have more people waiting for trial than have been convicted. The Baffin Correctional Centre in Nunavut is said to be at high risk of "civil liability".

The federal government would have you believe everything is fine and dandy — that complaints from prisoners are actually funny. The Conservative party website Toughoncrime.ca reads like something the kids in short pants cooked up late one night after Mom and Dad went to bed: "We've cut perks for prisoners, AND WE'RE NOT SORRY."

Of course they're not sorry. Why would they be? The government's legal costs come out of our pockets, not the party's. Inmates are suing the feds because there aren't enough rehabilitative programs in prisons. They claim they can't get parole because they can't take programs ... which means they will be let out on statutory release with no treatment.

Meanwhile, Prime Minister Harper claims he's curbing statutory release so repeat offenders can spend more time in prison to access programs. Somebody's wrong.

The B.C. Civil Liberties Association and the Canadian Association of Elizabeth Fry Societies have filed a constitutional challenge against the widespread use of solitary confinement. Despite the sordid deaths of Ashley Smith and Eddie Snowshoe, so little has changed. Locking prisoners up in solitary confinement for short periods of time is probably a necessary evil — but let's not pretend it's not going to have bad effects on people.

Corrections Canada is losing over 500 acute care beds which help provide intermediate care for

inmates with mental health issues ... at a time when Canada's prisons are becoming de facto mental health facilities.

Canada's prison guards (not exactly bleeding heart types) have been warning the Tories their crime agenda is dangerous. They're pressing an ABC campaign — Anybody But Conservatives — for the coming election. They say the Tories have done more damage to the corrections system than any government in our history.

Some of the cuts are downright petty. Why, for instance, cut \$6 million from Corrections Canada's food budget? Stupid question, maybe: \$6 million buys the government a lot of Economic Action Plan ads during the playoffs. Who gets credit for feeding convicts?



Meanwhile, even as the reported crime rate is dropping, new sentencing laws are jamming up prisons and driving up the federal corrections budget by 25 per cent. That, of course, does not include the cost of defending all these lawsuits and court challenges. If the government loses them, it will appeal. All of these costs are borne by the taxpayer. But the Harper government isn't sorry.

Add to all of this Harper's pitch for life sentences without parole. It serves no purpose, would be extremely costly and is almost certain to be over-

turned by the courts as cruel and unusual punishment. No responsible government passes laws it knows are themselves illegal. But the Harper government isn't sorry.

So where, in all this government-orchestrated chaos in the prison system, is Howard Sapers, Canada's correctional investigator? Mr. Sapers is very good at his job. He was appointed by the Liberals and re-appointed by the Tories. He is focused, non-partisan and he remains true to his mandate — even though it's not always politically popular. His appointment is set to end this month.

Competent, intelligent, ethical, non-partisan and thorough — if ever a public servant needed to keep his resume updated under the Harper government, it's Mr. Sapers. So expect the government to forego re-appointing him. They'll replace him with some friendly hack, someone who knows when to smile and keep his mouth shut. Or they'll just leave the post vacant; the post of taxpayers' ombudsman has been vacant since last summer and we all still pay taxes. Most of us don't know anyone in a federal prison. An empty CI office means a quiet CI.

The federal government spends billions of our dollars keeping thousands of federal inmates in prison. We deserve to know those inmates are being treated humanely, are safe and are getting the kind of programming that keeps the streets safe in the long run. We're not going to get straight answers out of this government. We need someone like Sapers keeping an eye on things.

But God knows this is a government that hates being held to account. So we might as well start speculating about Sapers's replacement. Say, I hear Dean Del Mastro might be looking for a job ...

Steve Sullivan
iPolitics.ca
Mar 11, 2015

Update from the Tunnelling Committee

All of you are aware of the tunnelling project started a while back. There are three separate tunnel locations named 'Tom', 'Dick' and 'Harry'. This was following the example of the WW2 project of Stalag 17.

The enthusiasm at the beginning of the effort has gone through rising and falling cycles. We seem to be at a low ebb currently. It has been quite discouraging to keep running into shortages of necessary tools and materials and the waning enthusiasm currently prevailing in the institution. Remember, this is your project, and the willing participants will be the ones to reap the rewards.

Where the locations of the tunnels are is still a well kept secret. How well kept a secret is yet to be discerned. We will presume the locations are a mystery and will maintain a sincere effort to keep them that way! The light-hearted attitude of the staff towards 'Tom', 'Dick' and 'Harry' is still puzzling. We have been led to believe on several occasions that they are aware of mysterious shale deposits throughout the institution, along with concern over the tremors from the blasting.

Now that the security problem has been addressed, I'll turn my attention to the lack of TNT. A cornerstone of the tunnelling philosophy was the supposition that TNT would be readily available. We have

had to close two tunnels as a result of shortages in that commodity.

Residents unwilling to carry a thousand kilograms of shale away is another headache. This stone MUST be integrated in the track, walkways and driveways on a daily non-stop basis. Lack of manpower may jeopardize the whole project.

Completion of the exit tunnels was targeted for May 1st. This would have allowed participants to spend their summer in a relaxed atmosphere.

The whole philosophy of tunnelling out of Bath Inst. has been debated on several occasions. There are several who have argued against the wisdom of the project. They fail to understand the satisfaction experienced both physically and psychologically from an endeavour of this magnitude.

It is the belief of the committee that an urgent meeting should be held to rekindle the enthusiasm and seek new recruits. Please contact your committee member on your range for times and locations of recruiting and organizational meetings.

Again, remember that this project was designed for everyone at Bath. Your committee is distressed at the thought of having to exclude some who may wish to use the tunnel but have not participated. Please do not force us to make these choices!

Tunnelling Committee
(from 'The Bath Times' - Feb 1993)

Strength

The first time, not knowing where you are
Treated like an animal, how'd you get this far?

The first night is without sleep
You're no longer a person, you're treated like sheep

No familiar faces, you now live on a block
You don't make eye contact, you don't even talk

Morning till noon, breakfast till lunch
The food is so bad, it hits like a punch

Soon you learn rules, like rules of the road
You understand now & that lightens your load

Unknowing how long or when you'll get out
One thing is for sure, fear you know everything about

The fear & the strength you'll find in yourself
This is our time to fight to good health

Nicholas Dolanski
~~~~~

The greatest gift is not being afraid to question.  
- Ruby Dee

**Ontario's Welcome Move on Rights Shows Reality of Trans People in Prisons**

On Monday, Ontario's Ministry of Community Safety and Correctional Services announced a new policy designed to better protect the rights of trans people in the province's correctional facilities.

Among other things, the new policy will allow trans people to self-identify their gender for placement and admission purposes, regardless of whether they have undergone sex reassignment surgery. This is a Canadian first.

In the face of either outdated or nonexistent guidelines, prison administrators in jurisdictions across Canada regularly make decisions about where to place trans people on the basis of the sex assigned to them at birth. More fine-grained considerations of legal sex or self-identification are usually deemed irrelevant in determining whether trans people should be placed in a men's facility or a women's facility.

Take, for example, the experiences of trans women in Canadian prisons. Unless they have undergone sex reassignment surgery, most trans women will be placed in men's facilities, even when they have taken steps to change the sex markers on government-issued identification such as a driver's license or a birth certificate. Jurisdictions such as Ontario no longer require individuals to undergo surgery in order to make this change, with self-identification becoming the central consideration.

Recognizing that placing a trans woman in a men's facility will almost certainly result in discrimination, harassment, and violence, corrections officials usually make the decision to place her into solitary confinement "for her own safety".

The results of using solitary confinement – even as a so-called "precautionary safety measure" – are

devastating. Causing everything from psychosis to hallucinations, solitary confinement raises serious mental health concerns. The United Nations Special Rapporteur has even identified the prolonged use of solitary confinement as a form of torture.

On Jan. 19, the B.C. Civil Liberties Association and the John Howard Society of Canada launched a constitutional challenge to the use – or, perhaps more accurately, abuse – of solitary confinement in federal prisons. The lawsuit argues that the current practice violates the Canadian Charter of Rights and Freedoms.

When it comes to the treatment of trans people in Canadian prisons, a series of recent high-profile cases raise serious questions about whether federal and provincial governments are complying with their human rights obligations.

In February, 2014, Avery Edison, a trans woman from the United Kingdom, was detained by officials at Toronto's Pearson Airport. Despite carrying a passport that identified her as a woman, Ms. Edison was initially admitted to a men's facility. Officials then placed Ms. Edison in solitary confinement "for her own safety."

After widespread international criticism, corrections officials reversed the decision and transferred her to the adjacent women's facility.

Armed with Ontario's newly minted Toby's Act, along with rapidly changing societal attitudes about trans people, Ms. Edison has launched a human rights complaint against the Ontario government. She argues that her treatment constitutes discrimination on the basis of gender identity and gender expression.

As the new Ontario policy demonstrates, it would be a mistake to assume that Ms. Edison's experience is an isolated incident.

Recent empirical evidence demonstrates that trans

people are regularly subjected to extraordinarily high rates of discrimination, harassment, and violence in correctional facilities across Canada. The deeply troubling practice of placing trans women in men's facilities – and then using solitary confinement "for their own safety" – is widespread.

As an immediate response to this human rights issue, other jurisdictions in Canada should follow Ontario's lead and allow trans people to self-identify their gender for placement and admission purposes, regardless of whether they have undergone sex reassignment surgery.

But it would be naive to think that introducing a new policy will ever bring about a human rights revolution in Canadian prisons.

As we consider reform, it is important to not lose sight of the underlying forces that often bring trans people into conflict with the criminal justice system in the first place. A 2010 study found that 43 per cent of trans-identified respondents in Canada had attempted suicide, 20 per cent had been targets of assaults, and 34 per cent had experienced verbal harassment or threats. These realities tend to produce high levels of criminalization.

Ultimately, the experiences of trans people further underscore the troubling human rights record associated with Canadian prisons. While reform is welcome, it may be time to more fundamentally re-think prison policy in Canada.

Kyle Kirkup  
Globe and Mail  
Jan 26, 2015  
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No one can dub you with dignity.
That's yours to claim.

- Odetta

On My Own

I feel sadness & despair
Darkness in the air
I yell, 'Someone get me out of here'
But no one seems to care
Constantly calling home
No one answers the phone
It's probably best that I be left alone
To face my demons, on my own

Jamie Halkett

Hell Hold

They say there's flames in hell
But have you ever been alone in a cold cell,
With nothing to do but think to yourself?
Thoughts of suicide collide
With loved ones on my mind
Tears running down my eyes, wishing I'd die
Painkillers can't kill this pain I got inside
I wish I was born deaf & blind
So I couldn't learn the evils of this world
'Cause now I'm trapped here, missing my girls
I try to pray for a sign but I haven't seen one yet
It's like my only escape is death
But if this is hell, then what's next?

Kronic - OG

All I Have is Time

Time to kill
Time to fulfill
Time to think about my life

Time to grow
Time to show
Just what kind of person I can be

But when all I have is time
Going through my mind
I know I'm going insane
From this fricken game

Blaine Castonguay

Untitled

Why have I given so many years to these chains
A quarter century of misery yet no change
I've walked a thousand miles under these black
skies
Where I see my own reflection yet I'm blind to my
lies
So I ride through the nights lost and confused
By my own evil dreams I've been consumed
Constantly surrounded yet always alone
Concrete walls become a second home
I try so hard to change to change my ways
A game of hide & seek for the keys to my cage

Lance Brooks

Write what should not be forgotten.
- Isabel Allende

Why?

Why did my mom leave us?
Why did we live in group homes?
Why would they beat on us?
Why did I quit school?
Why smoke crack?
Why do I rob people?
Why did I have to be in prison?
Why did my sister end her life?
Why is life so fucked?
Why us?

Billy Shea
In Memory of Dorothy Shea 12/11/14

Lake of Society

A deserted boat, sit in a dried up lake
Grounded on cracked earth
A broken prison system
While I patiently await the parole board
To open up the dam
Release the water, fill the lake
So I can use the tools given to me during Programs
So I can gradually paddle back to the shores
Where I left off and
We can float together once again
In the lake of society

Jamie Halkett

Freedom Wasted

Thoughts ponder through my racing mind
Running scared, trying to hide
From the shame of my crime
Pity & selfish blame, not caring
Or too afraid to concentrate
On the damage & pain
Drained in denial I cry
His false pretence & little white lie
Caused me to receive a Life sentence
No way to deal, no feelings to cope
Creator sent me an angel of mercy
To show me some hope

Roxanne McGinty

Time

As the Justice System seems to overlook the real
truth and relies on the lies of the non-credible.
Do they who judge us & sentence us really know
how we feel?
They say we have no remorse, the question therein
lies 'Are they my pillow?'
Which I drench with tears due to my losses.
But I will state this, I know life is a long road that
has to be travelled by us.
It is only our choice to walk it with success or
regrets.
The choice is ours but I say live life to the fullest,
One day at a time & this is because 'Time' is all we
have in 'Life'.

J. Hawley

Almost Done

Crazy I have become
From the crime I have done
22 months, I've hardly seen any sun
I wait for that day, oh that one
2 more months & this will all be done

Mateusz Wojciechowski

Untitled

Silence is a ghost
Hiding in the shadows
Ready to explode unexpectedly
In a matter of time before you know
It comes out creeping when it's ready

Cody Allen Joseph

Dead End!

Drugs have brought me heartaches & jail
Drugs have got me withered & frail
Drugs have got me skinny & pale
Drugs have got me nothing, I've failed
Drugs have brought me nothing, but up for bail
So where have drugs got me? Nowhere, I've failed!
Drugs have got me!
I'm a victim of my own addiction

Richard Hardwick

Can't Stand Jail Life

I can't handle this pain I'm in
Judgment, disrespect & lies people say about me
I tried respecting others but sense
I'm a quiet, keep to myself person
People take advantage of that
I'm through trying to understand why people
Treat me like this everywhere I go
Even here at the Healing Lodge
I'm treated like I'm nothing to people
Well I am through with people
I can't stand jail life

Anonymous

Addiction

Addiction - is it me or you?
Or is it a pastime, just something to do?
No matter what I think, it grew
Addiction - could you please go away?
Just for one time, can I be sober today?
So silly this is the game we play
Addiction - in all shapes & forms
Doesn't last long till families are torn
Sometimes it's with you from the time you are born
Addiction - I wish you would pass
It's because of you I am such an ass
So my addiction this I must ask
Can we say no to puff-poke-sniff or a glass?

Kiel Rodgers

- 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.

Can I get hep C from sharing exercise equipment?

Hep C cannot be transmitted through sweat. There is no risk in contracting hep C from exercise equipment like benches or weights. Blood on workout equipment would need to get into a person's bloodstream. See above for cleaning instructions.

Can I get hep C from fighting?

Hep C virus transmission can happen when blood from a person living with hep C enters the bloodstream of another person. If there is blood-to-blood contact during a fight there is a chance of transmission. There have been at least two (not many!) documented cases of hep C transmission during a bloody fight. To reduce risk of transmission one study suggests using single-use disposable wipes to dry any blood after a fight. Clean the blood and wounds and don't re-use cloths or towels.

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 treatment. 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.

Is there a cure for hep C?

Hep C can be successfully cleared from your body with treatment. Treatment can last between 3-12 months. Many people could not tolerate the side effects of the old standard treatment for hep C: peg-interferon and ribavirin for 6-12 months. New treatments have recently been approved in Canada, some without peg-interferon. These new drugs have higher cure rates, shorter treatment times, and fewer side effects than peg-interferon/ribavirin.

Access to the new meds is not wide-spread, but CSC has already approved two of them. These treatments may only be available for people who already have hep C-related liver damage and particular genotypes of hep C.

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 volunteers Kristy & Fraser, 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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address, ... but only,
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AIDS RESOURCE CENTRE



EAST COAST

AIDS COALITION of CAPE BRETON
150 Bentinek 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 Bentinek 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
526 Richmond St E, Toronto, M5A 1R3 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, P1B 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
120 Queenston St, St Catharines, L2R 2Z3 905-984-8684

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

ASIAN COMMUNITY AIDS SERVICES
260 Spadina Ave, #410, Toronto, M5T 2E4 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 4I1 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
803 E. Hastings St, Vancouver, V6A 1R8
Toll Free: PROOV - 604-525-8646 FED - 1-877-900-2437
(#'s are approved by institutions & are NOT Collect Calls)

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

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

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- Provincial Inst -
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