

CELL BLOCK UNIT

YOUR PRISON HEALTH RESOURCE SINCE 1995 FREE - FOR PRISONERS, EX-PRISONERS & THEIR FAMILIES WORTH - JUNE 2025 - #108

"FOOL ME ONCE..."

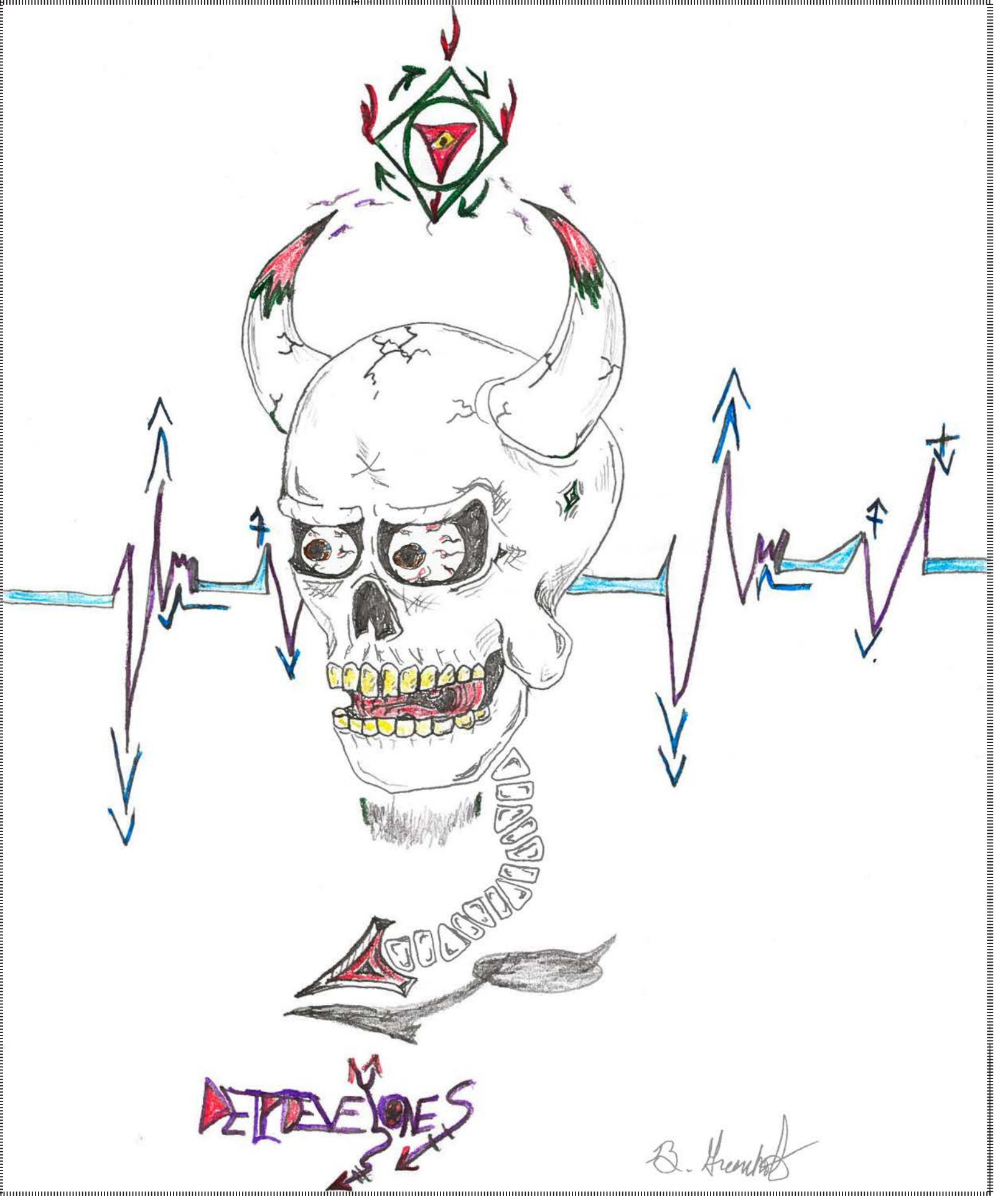
By Z
Greetings,
A few years back, in the summer of 2023, I was awarded about \$5500 because I was put in administrative segregation. It was a lot of money for an indeterminately sentenced offender who earned about \$6 for a day's work. The old adage about fools and their money is just as real inside as it is out there and so many of us were itching to spend. Many fellas in my circle jumped on the opportunity to buy drugs... it's a pretty good method to dull the effects of boredom, hopelessness, marginalization, oppression, and demons. I recall shaking my head derisively when my peers spent their awards on shatter, hash, tobacco, or whatever their "jones" demanded. In pursuit of transparency, I wasn't very derisive with them when they offered to share their spoils with me.

I myself chose a different "jones." For the 10 years I'd been in (on this bit) I had been trying to get authorization to have, as my own personal property, an electric guitar and some accessories to go with it. For most of my life, both when I was inside and outside the joint, a guitar was in my life: it is way better than drugs to battle many of my demons. Through it I found connection to my heritage, to my community about me, and in some small way... to a future. That last one is huge for those of us Indigenous people who have been declared Dangerous. It seemed like a good idea because around the same time, Anne Kelly put out one of her "Message from the Commissioner" pamphlets decrying the positive impacts of playing a musical instrument, how it was part of Correctional Programming, and that all inmates could have one sent in.

I obtained permission to have an electric guitar and some related accessories sent in. Many people on my Case Management Team were pretty excited about it and helped me find a quality guitar that would meet my skill level and music pursuits. I spent about \$2000 of my segregation award to have a Paul Reid Smith SE McCarty and some accessories shipped in. I was appreciative of the efforts of my CMT... this bridge of interaction even helped resolve some difficulties in our day-to-day adversity.

I was a little frustrated when

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LETTER FROM THE EDITOR

First and foremost, I want to acknowledge June 21st as Indigenous People's Day. We receive so many contributions from Indigenous peoples inside, and Cell Count would not be what or where it is without these art and writing pieces that have been shared with us over the years. Also, we're coming up on Cell Count's 30th anniversary, and that's something worth commemorating. For three decades, this publication has made space for people inside to speak your truths, create art, share stories, and support one another. That legacy exists because people like you have continued to show up, write, draw, reflect, and push back.

It's also almost Prisoners' Justice Day, August 10th, a day to honour people who have died in custody, and to speak out against the conditions and systems that caused those deaths. It's a day of grieving, but also of resistance.

We want our next issue to reflect both of these important observances. I'm calling on you to contribute. Send us your writing, artwork, poetry, or thoughts. Whether you've submitted before or not, we want your work in our next issue!

Here are some prompts that might help you get started. You can respond to just one, or as many as you like:

For the 30th Anniversary Issue:

What has Cell Count meant to you over the years?

Why is it important for prisoners to have a platform for expression and truth-telling?

What have you noticed has changed over the years with Cell Count?

What do you want for the future of Cell Count?

What advice would you give to someone who wants to contribute to Cell Count, but is unsure about it?

What's one article, poem or art piece that has really stuck with you over the years?

For Prisoners' Justice Day (August 10):

What does Prisoners' Justice Day mean to you personally?

Is there someone you remember on that day? What would you want people to know about them?

How do you cope with grief or loss inside?

What should justice actually look like for people in prison?

You don't need to stick exactly to these questions. Let them spark your thoughts, and write or create from there.

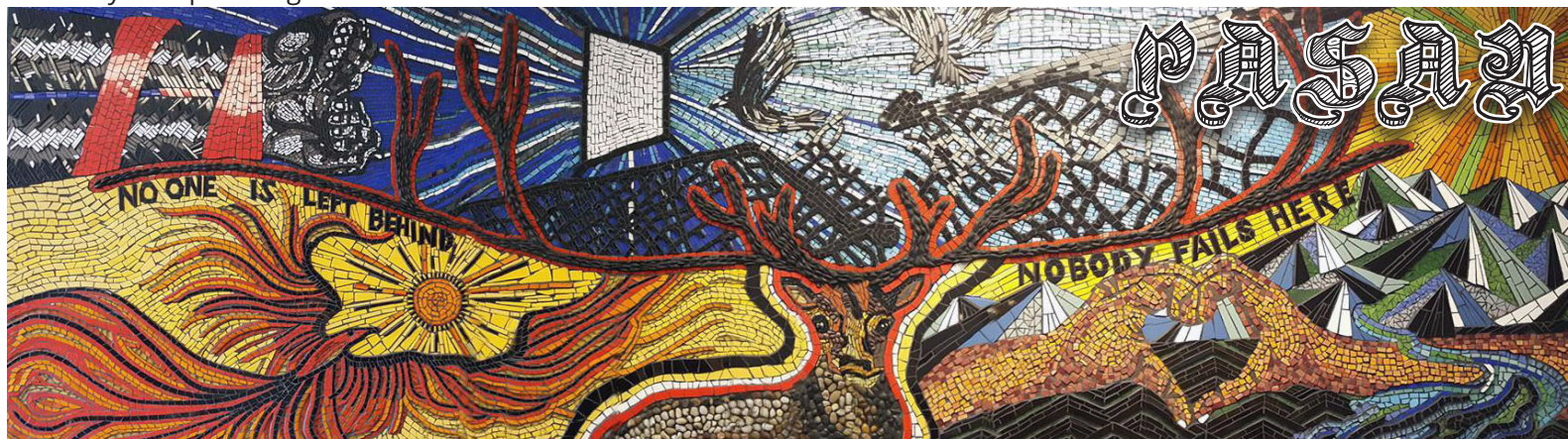
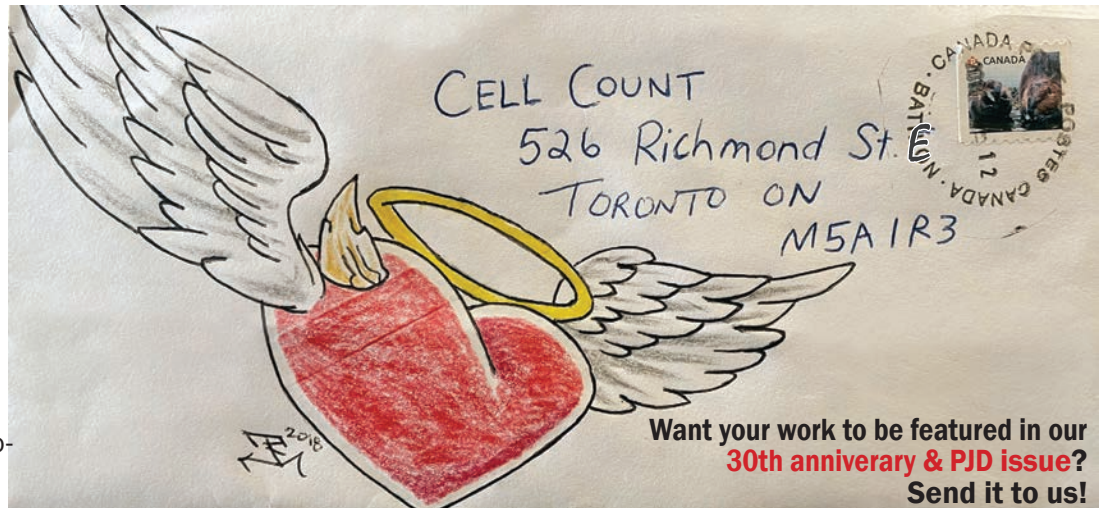
As always, I've been blown away by the submissions for this current issue. One writer shared how CSC took away their electric guitar, something that had been helping them stay grounded and mentally well. It's a reminder of how important creative expression is for some people's wellbeing. Another piece reflects on the Soleiman Faqiri case, and how provincial jails continue to fail people with mental health struggles. There's also a shocking and urgent article by a prisoner who is now seeking palliative care and MAID because of medical neglect in a detention centre.

The poetry in this issue is clever and thought-provoking. The art is absolutely beautiful. I'm constantly moved by the honesty, care, and talent that you all bring to this publication.

Lastly, a quick reflection on the recent federal election. Some ridings were decided by a very small number of votes. That's proof that prisoners' votes counted in this election. You helped shape the results. You made a difference. Don't let anyone tell you otherwise.

I can't wait to see what you send in for the next issue.

In solidarity,
Sena Hussain
Editor, Cell Count



ABOUT PASAN

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

SUPPORT SERVICES

- Individual support, informal counselling, case management, pre-release planning, and referrals for those in custody living with HIV and/or HCV
- We assist our clients in accessing

adequate medical care and support while incarcerated

- You can reach us via our toll free number at 1-866-224-9978. If you can't get through to us from our toll-free number, we also accept collect calls from prisoners across Canada at 416-920-9567, but we prefer people use our toll-free number
- Provide ongoing support, community development, resources and training for community groups across Ontario.

OUTREACH AND EDUCATION

- Conducts HIV/HCV and harm reduction workshops inside many of the provincial and federal adult institutions in Ontario
- Produces a newsletter, Cell Count, which contains articles, poetry and art produced by current and ex-prisoners
- Facilitates Prison 101, HIV/HCV prevention and harm reduction/overdose prevention trainings for agencies working with prison populations
- Assist agencies to start prison

in-reach and support and act as a referral "hub" for HIV/HCV positive prisoners who are transferred from one region to another, to ensure continuity of support

- Peer harm reduction outreach workers who go out into the surrounding community to hand out supplies, water, resources and overdose prevention kits. They also assist in the event of finding people who may be experiencing an overdose.

CONTACT INFO

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526 Richmond St E
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1-866-224-9978



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Thank you to all those of you who helped mail out over a thousand copies of this issue (happy birthday George F.)!

DOCTORS MUST RECOMMEND YOUR REMOVAL FROM ISOLATION IN BC PRISONS

By Jennifer Metcalfe

A new practice standard issued by the BC College of Physicians and Surgeons requires doctors to recommend that their patients be removed from isolation if their physical or mental health is negatively impacted, or if the person has been in isolation for 22 or more hours per day for more than 15 days (regardless of the doctor's opinion about the impact on the person's health).

The practice standard also requires doctors to recommend patients be removed from isolation if they have an existing symptomatic disability including depression or anxiety.

The practice standard is based on the United Nations' Mandela Rules that prohibit using solitary confinement for any amount of time for someone with a disability that would be made worse by its use, which is considered cruel treatment. The Mandela Rules consider solitary for more than 15 days to be torture.

The practice standard requires physicians to comply with the Mandela Rules and the Canadian Medical Association's Code of Ethics and Professionalism, which says doctors must "never participate or condone the practice of torture or any form of cruel, inhuman or degrading procedure."

Doctors in BC must be aware of and offer treatment for the mental and physical harm caused by isolation.

BC Physicians must regularly assess their patients' living environments to make sure they are not harmful to their health, including unclean cells, bedding or clothing, temperatures that are too hot or cold, and lack of proper nutrition.

Although these rules apply only to doctors in BC, people in other regions can argue that they should apply where they are held in custody, because they are based on the Canadian Medical Association's Code of Ethics and international law that informs law and policy in Canada. They should also apply to other health

care professionals in all regions of Canada.

If your doctor or other health care professional does not recommend your removal from isolation in these cases, does not offer you treatment for the harms of solitary, or ignores living conditions that harm your health, you could make a complaint against them to their professional regulatory body.

HARD TIME PERSISTS: GAPS IN PRISON HEALTHCARE AND HARM REDUCTION STILL WIDESPREAD

Hard Time Persists: Healthcare and Harm Reduction in Canada's Prison System report by the HIV Legal Network as summarized by the Cell Count Editorial Team

In 2007, the HIV Legal Network released *Hard Time*, a groundbreaking report documenting how Canada's prisons were failing to provide adequate healthcare and harm reduction. Nearly two decades later, *Hard Time Persists* reveals that while some progress has been made, deep systemic failures still shape the experience of healthcare behind bars.

Despite the right to health being protected under the Charter and international law, people in prison continue to face barriers to care, from inadequate access to HIV and hepatitis C testing and treatment, to unsafe and discriminatory conditions that worsen public health outcomes.

Prison Health is Public Health

The report reinforces a core truth: people in prison are entitled to; healthcare equivalent to what's available in the community. Yet across Canada, the right to health is undermined by prison conditions, bureaucracy, and outdated or punitive practices. Overcrowding, surveillance, and the dominance of correctional priorities over medical ones lead to delays, denial of treatment, and compromised confidentiality.

This neglect is deadly. Rates of HIV and hepatitis C are dramatically higher in prison than in the general population, largely due to poor access to sterile equipment, condoms, and harm reduction education. The crisis is compounded by a toxic drug supply and the lack of continuity in care after release.

Indigenous, Racialized, and Gender-Diverse People Face the Worst Conditions

The report emphasizes that Indigenous people, Black people, gender-diverse people, and women in prison often bear the brunt of healthcare failures. Indigenous people, for example, now represent over half the women in federal prisons. Many prisons lack culturally safe care and services responsive to the lived realities of these communities.

Broken Systems, Missed Care

Only a handful of provinces, like B.C., Alberta, and Nova Scotia, have transferred prison healthcare to their ministries of health. In most jurisdictions, healthcare remains under corrections, where it's treated as a secondary concern. This leads to fragmented care, poor documentation, and a lack of accountability.

In many prisons, people must request healthcare through guards, face delays for appointments, or receive the wrong medications. Confidentiality is regularly breached. One person shared that they weren't allowed to know when their appointments were for "security reasons," only to later find out they'd missed critical follow-ups.

Harm Reduction: Spotty at Best, Nonexistent at Worst

Though international guidelines are clear, harm reduction saves lives, the reality inside Canada's prisons is bleak. Access to:

condoms and dental dams
safer tattooing equipment
opioid agonist treatment (OAT)

naloxone
sterile drug use equipment
hepatitis C treatment
STBBI (sexually transmitted and blood-borne infection) education

...varies wildly between provinces and institutions, and is often non-existent. Some people reported using rubber gloves as makeshift condoms. Others said they had no access to harm reduction supplies unless they "outed" themselves to staff, risking discipline or stigma.

One stakeholder put it plainly: "People should not be sentenced to an early death by prison."

The Path Forward

The HIV Legal Network calls on all levels of government to take immediate action. That includes:

Transferring prison healthcare to provincial and territorial health ministries

Ensuring access to STBBI testing, education, and treatment

Providing harm reduction tools without barriers or punishment

Supporting community organizations and peer-led programs inside

Guaranteeing care that meets the needs of Indigenous, racialized, and gender-diverse people

As one interviewee said, "I've met some of the most beautiful souls in prison. Every day they are alive is a miracle. You deserve dignity. You deserve to be safe."

Final Thoughts from Cell Count

This report affirms what many of you already know from lived experience: health and harm reduction inside prisons are not only neglected but often actively obstructed. The current system is failing to meet even the most basic standards. But we know what works; peer education, access to care, and a commitment to treating all people with dignity.

We share this summary in solidarity with all those inside fighting for health, safety, and justice.

This report was reviewed by reviewers of the report: Anton McCloskey (former Federal In-Reach Community Development Coordinator and current Senior Manager, Education, Advocacy & Communications, PASAN), Paul Quick (Staff Lawyer, Queen's Prison Law Clinic), and Sofia Bartlett (Interim Scientific Director, BC Centre for Disease Control & Adjunct Professor, UBC School of Populations and Public Health). We would also like to thank our interns for their contributions to the research and writing of this report: Nadia Fyfe, Tuvire Okome, and Kyle Younghusband.





Our Prisoner Support Lines Are Back!

FREE for prisoners to call.

report prison conditions, extended lockdowns, or issues accessing medical/psych care

request support, resources

with a new line for Kingston! 613-881-0050



Prisoner Support Lines

Hamilton	905-631-4084
Niagara	905-227-5066
Milton/GTA	416-775-7983
London/West	519-690-0836
Kingston	613-881-0050
Ottawa/East	613-768-9951
Kenora/North	807-548-4312



EMPLOYEES SAY NEGATIVE CULTURE IMPACTING CORRECTIONAL OFFICERS WITHIN CANADIAN PRISONS

By Maegen Kulchar, The Kingston-Whig Standard, May 30, 2025

More Correctional Service Canada employees and family members of employees have come forward with allegations of a culture of bullying and harassment inside the walls of Canada's prisons. This follows a Whig-Standard story about an investigation at Joyceville Institution after the death of a Kingston correctional officer, whose family alleges he took his own life due to extensive harassment on the job.

Alyssa Van Mourik said when she initially read the story about Bradley Gleeson taking his own life due to alleged harassment at work, it took her back to February 2023.

That's the year her mom, Bonnie McLean, overdosed on her PTSD medication, a prescription that was supposed to help her cope with the alleged harassment she had been receiving from multiple coworkers while employed at Joyceville and Pittsburgh Institution.

Sitting at a table with a file folder full of paperwork from Brockville General Hospital, CSC and the Workplace Safety and Insurance Act, just to name a few, Van Mourik described how she says her mom's push to stop the alleged harassment eventually led to her death.

"She said there was a lot of harassment but wouldn't go into details," said Van Mourik, who only uncovered the extent of it through the paperwork she found after her mom's death.

McLean started working at the prison in 1995. According to her daughter, the harassment she knew about started in the early 2000s when her mother's medical information was leaked to other staff members.

At the time, McLean had been prescribed medication by her psychologist to deal with stress. According to medical records in Van Mourik's possession, the psychiatrist cited workplace harassment as one of the causes.

Even though McLean's prescription medication was locked up while at work, her daughter recounted one scenario during which another employee allegedly made McLean stand in line in the parking lot along with inmates to be searched during a drug search after returning from a Habitat for Humanity project.

"That breached her medical information," Van Mourik said. "That shouldn't have been known to inmates and other co-workers. That should have been kept private. It was a big violation for her and made her feel like her humanity was stripped, like 'You're making me feel and look less than and that I can't be trusted.'"

Joyceville Institution is a clustered facility that houses a minimum-security site, the Regional Assessment Unit, as well as the Regional Temporary Detention

Unit.

At the time, McLean was working on the minimum-security side of the prison and, according to Van Mourik, staff wanted her mother to move over to the medium side, but her psychiatrist opposed it because it required her to carry a gun.

As a result, Van Mourik said, her mom was harassed for being "useless" and was told she was a "liability."

"There's always been something going on with her and management and her medical stuff," said Van Mourik, who shared an example where an employee allegedly told others that "a staff with a disability was coming and not to go easy on her and to not help train her."

Van Mourik sifted through the paperwork her mom had left at her house at the time of her death, pages of handwritten notes that described how she alleged she was being treated while on the job: accused of having an affair; leaving her in the back office to be harassed; refusing her to finish a CX2 competition; and accused of not calling in were just some of the accusations McLean at the time had written down.

A few years later, McLean underwent knee surgery, which came with complications that limited her to certain tasks, such as using the stairs.

It was those limitations that allegedly didn't sit well with one particular staff member.

In 2021, a staff member allegedly created a derogatory flyer specifically referencing "Bonnie" and "duty to accommodate." It was emailed to other employees and posted in staff areas around the prison, according to Van Mourik.

Contents of flyer as follows:
LOOKING FOR A CHALLENGE? CXII
VACANCY ON MIDNIGHTS
DUTIES INCLUDE:
YOUR OWN STAIRS
BONNIE'S STAIRS
ENTIRE 9-16-9 ROSTER'S 2200
HOURS STAIRS
KEEPER OVERTIME STAIRS
ANY ACCOMMODATED PERSON
WHO IS LOOKING TO MAKE A FEW
EXTRA BUCKS STAIRS. THEY WERE
ORDERED OF COURSE....

DISCLAIMER:
• DON'T EVER THINK THAT YOU
WILL BE ABLE TO GET A BREAK ON
THE DESK. THE DESK IS LIKE A UNI-
CORN. IT IS A MYTHICAL CREATURE
THAT DOESN'T REALLY EXIST. EVEN IF
YOU ARE THE ONLY ONE FROM YOUR
SHIFT REPORTING TO WORK.

• THIS JOB IS GUARANTEED TO BE
MINIMUM MANNED EVERY NIGHT OF
THE YEAR.

• IF YOU WANT TO MAKE A LITTLE
OVERTIME MONEY FOR YOUR FAMILY
THIS JOB IS NOT FOR YOU. YOU WILL
DO SO MANY STAIRS THAT YOU WILL
HAVE NO DESIRE TO COME AND DO
MORE STAIRS ON YOUR DAY OFF.

• YOU WILL HAVE TO WATCH EVERYONE
YOU WORK WITH GET RICH ON OT WHILE
YOU DO THE SAME JOB FOR REGULAR TIME.

• YOU MAY WANT TO GET SUPPLEMENTAL
HEALTH COVERAGE BECAUSE YOUR KNEES
AND HIPS WILL SUFFER IRREPARABLE DAMAGE.

• DO NOT EXPECT ANY SYMPATHY FROM
MANAGEMENT OR THE UNION. MANAGEMENT
CREATED THIS WONDERFUL ROSTER. THE
UNION AND YOUR COWORKERS WILL
SIMPLY LOOK THE OTHER WAY. IT

DOES NOT AFFECT THEM THEREFORE IT DOES NOT EXIST. THIS IS NOT THEIR PROBLEM.

SEE MANAGEMENT FOR MORE DETAILS

"This poster was posted in every security post, break room, and hallway and remained on the prison wall for three days. The aggressor emailed it to a manager before posting it and nothing was done," Van Mourik said. "Before the poster was posted, (the staff member) had cornered her in the prison and screamed at her. She told her manager about that and nothing was done."

Following that incident, Van Mourik said, her mother went on extended leave, which was approved by the Workplace Safety and Insurance Board.

The report from WSIB allowed the claim for a mental stress injury and stated the following:

"You reported that this harassment began two years ago and continued until January 2022 when you went off work. You reported a two-year history of the co-worker having violent outbursts toward accommodated correctional officers as well as inmates. These outbursts continued and the week of December 26, 2021, this co-worker made a derogatory flyer and posted it in work areas. This co-worker was also overheard saying, on numerous occasions, 'Ship all these f-ing accommodated people to another joint.' You reported that these events made you feel unsafe and led to your mental stress injury."

According to the report, McLean's employer, CSC, confirmed the events claimed by McLean and the WSIB:

"Based on information provided by you and your employer, it has been substantiated that you have been exposed to a substantial work-related stressor that is excessive in intensity and duration. There is long standing harassing and abusive behaviour by another correctional officer who posted a flyer around the institution which included his complaints and identified you directly. It is clear that there was ill intent towards you."

McLean's last day at Joyceville was filed as Dec. 28, 2021, some 28 years into her career.

"The harassment she experienced caused her so much social anxiety. She felt like she was painted as a junkie, like this useless person that can't do anything, and it just destroyed her," Van Mourik said. "They have this culture like it's ok and I don't understand that. Your job's hard enough working with inmates for long hours. You should have this sense of protection with your team, and that's not there."

The investigation was ongoing until McLean took her own life on Feb. 22, 2023. She was 52 years old.

16 years dealing with "macho attitude"

David Mellon, a former CSC officer from Gatineau, Que., worked in seven different institutions over 16 years. Throughout his time served, he told The Whig, he suffered through al-

leged harassment from co-workers while on the job.

According to Mellon, the people doing the alleged harassing had "macho attitudes" and if you were different in any way, or were not from the area, you were picked on.

"If you were the type that's not thick-skinned, that you don't fit in, then you are just going to be harassed, bullied, you're going to be shamed," Mellon recalled. "I think it's more about what's being said. Sometimes it has nothing to do with work."

Mellon said the first jail he worked at was Port-Cartier Institution located on the north shore region of Quebec.

Right out of the gate, he said, he was targeted for being an outsider.

"You're not from here," Mellon recalled being told. "At that point, because I had just arrived, I wasn't playing any sports with them. Not that I don't, but I wasn't at that point, so not being in the sports teams that they had, not going out with them because I didn't know anybody, they just put me on the spot as this outsider. It didn't really matter to them what I said, so I put in for a transfer. I put in a few transfers like that because where I was, the situation, the jail."

At one institution, Mellon was allegedly labelled a "know-it-all" for already having knowledge of a particular task inside the prison. At another jail he said he was given the silent treatment.

"I'd come into the unit with three officers, two would sit on one side and I'd be sitting on my own on the other side and for 12 hours, not a word," recalled Mellon, who added that most of the fellow officers were adults in their 40s.

Mellon says he did bring his concerns to those in a higher position, but even then, in many cases, he said that nothing was done.

"They'll hear you, but then what happens after that, like a lot of places, they'll just turn around and say, 'We'll talk to him.' But I want to know what happens. 'No, that's not your concern,'" Mellon says he was told.

He described Corrections as a very small community. Words travel fast, even from jail to jail. He claimed that no matter what jail he was transferred to or from, word about him travelled and he was constantly labelled.

"What you get from one jail, you'll find the exact same in another one," he said. "Sometimes it starts right away, sometimes it takes a little more time. Some of the harassers are actually on the union. So even if you go and see them, sometimes there's nothing done because they are part of that group."

While Mellon admitted he wasn't an angel, he said he believes more needs to be done when it comes to harassment instead of just a slap on the hand.

"The solution is there needs to be consequences to the harassment," Mellon said. "It needs to be public or needs to be shown that (they) are dealing with this,

and (they) are actually doing something about it."

Since parting ways with Corrections, Mellon said he has found peace, but at one point while employed that wasn't the case.

"When I was there, I felt like suicide, too," Mellon said, trying to hold back his emotions. "It hurts you and you bring it home. It affects the family. I've got kids and they felt it, too."

Mellon said he tried to get time off to deal with the pain, but was denied. He said he feels that Corrections needs to be able to recognize when someone is really in distress.

"One of the big comments that a lot of officers get is, 'Suck it up, buttercup'. If you can't take it, get out.'"

Alleged harassment not just in Ontario institutions

David Price worked at Dorchester Penitentiary in New Brunswick for 35 years, 27 of which he was a manager.

While he said he doesn't regret working for CSC, he said he was harassed extensively over an incident that resulted in two correctional officers getting fired.

He says as a manager, some of the other officers believed it was his fault and turned on him by sending memos about what happened to different departments.

"They sent it in on fax machines to other departments within the prison like the food services department. It was also sent to regional national headquarters, and it ended up in (members of parliament's) hands. When I went to talk to the warden about it, all he said was 'You're just going to have to grow a thicker skin.'"

Price alleges that he was bullied while on the job and also out in public. In one instance, he says a small group of correctional officers tried to fight him while out at a bar.

It was then that Price decided not to go back to work until the situation was resolved, because he felt it was no longer safe for him.

"My wife went through a lot of pain and suffering when it happened to me, the harassment," Price said. "A lot. A huge amount, because she had to deal with me at the house and then she had to deal with me being belittled by taking another job. But I couldn't go back to work because I wasn't sure I'd be safe there, whether I'd get backup if I got in trouble."

He believes CSC needs to know how people are being treated in order to fix the problem of harassment in the workplace.

"It's consistent with Correctional Services Canada. They know that the union is very powerful. They are terrified of that union," Price said.

He went on to say that 90 per cent of CSC employees are good people, but the other 10 per cent aren't.

"That 10 per cent runs the institutions, in terms of how staff are to act and what they are to do and not to do," Price said. "What lines to cross and what lines they can't cross. And always make sure that management is the enemy. But on the other

hand, CSC has another issue in that they need to hire good managers.

“Harassment is going to and still is continuing within CSC, not just in Joyceville. Don’t anybody fool themselves that it’s just Joyceville. It’s right across the country, and it’s been going on more since UCCO went in as the bargaining agent,” Price said.

Allegations regional and national headquarters silenced employees

A current CSC employee, who requested to remain anonymous, said he has worked at multiple prisons spanning more than 32 years and that out of all of the institutions, there was one that stood out to him the most.

“When I got to Joyceville, I thought, ‘This has got to be the most messed up jail that I’ve been at.’ Just the way they talked about each other, the way they treated each other,” they said, who described one alleged incident that just appalled them.

“The sole example is, we found all these posters that were printed. It was triple X male gay porn, and they superimposed officers faces on these pictures. It was just disgusting. These were posted where inmates could see it. So, I had a big meeting with these officers and asked, ‘What the hell is wrong with you guys? These are your own peers, what is wrong with you?’

“They said, ‘We’re mad because we’re losing (segregation).’ So, your mad about a government decision and your reaction is, lets pick on our peers?”

While the employee said it’s just a few bad apples within the prison system, they said it’s a systemic problem.

“We are worse than high school. When I was a correctional manager, I’d go meet the new recruits at (Kingston Penitentiary) and I’d tell them they’re coming to high school times 10,” the employee said. “It’s just brutal how people treat each other. Again, not everybody, but it’s always a small core.”

This employee described the high school scene as a place with small groups of people with common interests, such as cliques. In prisons, they said, it was the same feeling.

“There’s not a lot of cohesiveness at times. Again, not all staff, but there’s a huge division and that’s the challenge that we try to deal with.”

Throughout the last six years, change is something this employee said they’ve tried to spearhead, but has hit a wall each time.

“Even as a warden, I have these legislative authorities, but we are not allowed to exercise them without getting the green light from regional or national,” they said. “So, I had to go to my bosses and finally convince them. I told them, I think, and heard things there that just baffled me. It’s brutal, something bad is going to happen. They said, ‘Oh you’re kind of overreacting.’ I said ‘No, I’m not. Do I need a dead body to take me seriously?’ They told me I was being overdramatic at that point.”

This particular employee had their own case of alleged harassment against them in the form of rumours and said instead of removing the aggressor, CSC moved them to another position.

“This is what we do wrong in the organization, they knew (this person) did wrong against me, but they moved the victim. And we do that in so many cases. The aggressors get to stay, and the victims are either moved, or they move themselves. That’s what we need to change.”

They said change needs to come from regional and national headquarters in order to improve the culture behind prison walls.

“CSC, like many government agencies, we don’t do major change unless we’re forced to,” they said, adding that the need for major equipment such as handguns, protective vests, and pepper spray all had to be done through court. “This organization just didn’t give it to them. We give in until we’re told to, and that’s where we’re flawed. Those are the kind of things that I was hoping we could change, but we haven’t yet and that’s why we end up in these situations.”

While this employee realizes change isn’t going to happen overnight, it’s a move they believe needs to be done sooner than later.

“People at the bottom of the pole, they can’t change things,” they said. “They can complain and make suggestions but it’s the people that implement the policies, they’re the ones that have to do it.”

While this employee is set to retire this year, they said they hope they can do what they can in the time being.

“Most people are trying to make change, so it doesn’t happen to anybody again and go through what we’ve gone through. That’s what I’m motivated by is to help people. It’s a tough environment; it shouldn’t have to be fighting staff.”

Former Commissioner of CSC said the root of the harassment needs to be disclosed

Don Head spent 40 years working for Correctional Service Canada. He started as a correctional officer in British Columbia back in 1978 and worked his way up to become the Commissioner of CSC in 2008. He held that position for 10 years, during which time he worked to help create programs around staff mental health and occupational therapy.

Although at times he said he does recall dealing with allegations of harassment, not among inmates but correctional officers themselves, in one instance, Head had to personally intervene as the Commissioner.

“There was a situation at one institution where a small group of staff were harassing colleagues in a very serious manner, to the point where they tried to come forward with their issues and complaints locally. Things were looked at and, I would say, brushed off,” Head recalled.

“They tried to bring them up again at a regional headquarters level. They looked at them and did a bit of a culture survey and there were some recommendations that, to be honest, were rather pedestrian in terms of things they should do, but it didn’t seem to change things.”

Head said he personally visited the institution to see exactly what was going on.

“Staff came forward, but they came forward sort of reluctantly and they needed to do it in an anonymous way,” he said. “It was during that process I found out how significant and severe the situation was at this facility and from that point on, I took a number of actions, including moving senior management around. We had several investigations that resulted in a number of staff either leaving or being dismissed.”

He went on to say that it’s not just correctional officers but in another case, senior managers.

“The situations that I was dealing with toward the end, there were some concerns with the senior local management that one, weren’t taking the issues seriously enough or they were actually in one case being influenced by some of the individuals who were doing the harassment and therefore they dismissed those that were bringing the complaints forward,” Head said. “So, it is a concern if that kind of situation exists.”

According to Head, more needs to be done when it comes to addressing the situation at large instead of just sending out a memo.

“Anytime you hear about harassment in a federal government agency, the first thing they do is they say, yes, we have a policy where we don’t tolerate this and we’ll take appropriate action. Well, that’s a pretty pedestrian response in my mind. It doesn’t necessarily get to the point of dealing with the issue,” he said.

Instead, Head said he would like to see more engagement from senior levels and staff in general when it comes to investigations and dealing with issues such as harassment. And he knows that’s easier said than done. Head said bringing forward issues or concerns about colleagues is referred to as “the blue wall,” and is not seen as a positive action to take. He said a lot of trust needs to be built in order for individuals to disclose the true root of the problem.

“Bringing forward issues or concerns about colleagues is not seen as a positive thing,” he said. “So, it takes some time and effort for people that are investigating these kind of situations to build trust with the individuals before they’ll actually get into disclosing the true root, issues, causes or concerns that they are encountering.”

He said for the most part, the correctional staff want to do a good job and make a difference, but there are times a negative culture exists. That could be in the form of staff members not liking how day-to-day operations are running or a lack of support

from management.

He said changing the culture surrounding harassment won’t be a quick fix and takes a multifaceted approach.

“The first thing is the direct leadership engagement with the frontline staff. Second is reinforcing the fact that there is a policy that harassment will not be tolerated. The third thing is ensuring that there’s regular follow-up by the shift supervisors. That if there is something that has happened or is going on, what is it you did with it? Let’s report it, let’s monitor it, let’s stay on top of this,” said Head, who hopes current and future investigations don’t have past typical outcomes.

“Talk to a few people, gather a few facts and say yay or nay and if it is yay that there was some harassment, well we need to reinforce the policy, we need to get more training going. That happens all the time over and over again but it doesn’t resolve the root cause of the harassment.”

UCCO-SACC not saying much

The Whig-Standard reached out to the Union of Canadian Correctional Officers for an interview, but received the same response as per a previous request.

“UCCO-SACC-CSN is deeply saddened by the tragic loss of Bradley Gleeson. We extend our heartfelt condolences to his two young children, his mother, family, and loved ones during this incredibly difficult time. The union is committed to uncovering the full circumstances surrounding this tragedy and will spare no effort in seeking answers and accountability.

“UCCO-SACC-CSN maintains a strict zero-tolerance policy on harassment and has consistently advocated for a safe, respectful, and harassment-free workplace. We are closely monitoring this situation and will ensure that the employer takes appropriate and timely action.”

CSC working to strengthen its organizational culture

In a statement provided to The Whig-Standard from Mike Shrider, the regional communications manager for CSC, it was said that CSC takes all allegations of misconduct seriously.

“Allegations of harassment or bullying, when reported, are thoroughly investigated, and appropriate preventative and disciplinary action is taken where warranted. Our staff are expected to uphold the highest standards of conduct, as outlined in the Code of Discipline and the organization’s core values,” the statement read.

CSC outlined a range of confidential mental health resources to support its employees. Those include:

- The Employee Assistance Program
- A suicide crisis helpline
- PSPNET (supporting public safety personnel mental health)
- Critical Incident Stress Management
- An Employee Protection Protocol for those facing threats
- An anonymous tip line, multiple processes to engage staff

and a generic email inbox shared with all staff in the region to raise any information or concerns regarding inappropriate conduct in the workplace

In addition, CSC said they have established an ombuds office for workplace well-being, a confidential and impartial resource to assist employees with workplace concerns and connect them to appropriate supports.

According to CSC, a culture audit was conducted last year to help improve workplace culture across the organization. A director general of culture position had also been created to help with the commitment. The organization said since then, “CSC has been actively working to strengthen its organizational culture, with a focus on respect, inclusion, and zero tolerance for harassment or discrimination.”

According to an inside source, a townhall has been organized by CSC for employees at Joyceville Institution on May 29, 2025, from 11 a.m. – 12 p.m. The open-discussion meeting is expected to address allegations of inappropriate behaviour at the prison.

The Whig also obtained a copy of an internal memo issued by Kevin Snedden, regional deputy commissioner of the Ontario and Nunavut region for CSC, in the days following the publication of Bradley Gleeson’s story.

The memo reads:

“Dear staff, You may be aware of a recent media article circulating concerning alleged inappropriate conduct by staff at Joyceville Institution. Please be advised that CSC is conducting a comprehensive investigation into these matters, including the broader allegations of harassment and violence at Joyceville Institution that have been brought forward.

“Please note that CSC employees are expected to act according to legal and ethical standards, and are subject to the rules of professional conduct and code of discipline as outlined in the Commissioner’s Directive 060: Code of Discipline. CSC does not tolerate any breach of its policies, and all allegations are thoroughly investigated regardless of the source, with actions taken as appropriate.

“CSC takes allegations of harassment and bullying very seriously. CSC is focused on ensuring that its institutions provide a safe, respectful, and healthy environment, conducive to staff safety, inmate rehabilitation, and the protection of the public. CSC staff receive training on the organization’s core values, which clearly outline behavioural expectations both within CSC and as a public service employee.

“Staff are expected to uphold these standards, including those set out in the Values and Ethics code for the public service. Please be reminded that the Employee Assistance Program is available to support you and members of your family, as needed: The Employee Assistance Program / TELUS Health.”

The Whig requested an interview with Commissioner Anne Kelly, but did not receive an answer.

RE: SOLEIMAN FAQIRI'S HOMICIDE / MENTAL HEALTH & OTHER CSC-RELATED ISSUES

By Brian Kerr

Just a few comments in respect to a publication by Nicole Thompson of The Canadian Press, released around June 14, 2024, and reprinted in *Class Action News*, Issue #34 – Summer 2024. In it, a man named Leonardi is quoted as saying: “The emotional take on a person is very, very hard. So, in terms of mental health, building resilience, and keeping them strong so when they get out, they can do better, they can be with their families.” I would like to point out that this kind of support is, practically speaking, non-existent.

Also referencing the publication by Shanifa Nasser of CBC News (also in *Issue #34, Class Action News, Summer 2024*), dated May 16, 2024—an excellent date, by the way, as it happens to be this writer’s birthdate—I would like to say the following:

“After seven painful years spent calling for accountability, Soleiman Faqiri’s family hoped that by now, the province of Ontario would have acted on at least one of the recommendations issued in the inquest into his death at the hands of jail guards.” (*Issue #34, Class Action News, Summer 2024*)

The provincial officers at Lindsay’s Central East Correctional Centre are known for being rude, violent, and indifferent toward essentially all incarcerated people. They are especially racist and abusive toward immigrants and non-European people.

The article continues:

“In December, a coroner’s inquest confirmed what the family had long asserted: that Faqiri’s 2016 death at the Central East Correctional Centre was indeed a homicide. Along with that finding came 57 separate recommendations from the coroner’s jury – all aimed at preventing anyone with a mental illness from dying in an Ontario jail again... But five months on, the province won’t say if it will act on any of those recommendations, including one

to release a public statement recognizing jails are not an appropriate environment for those with significant mental health issues – something the jury said should be done within days.”

I have a few thoughts on this.

The day we see no mental health-related deaths within the provincial or federal jail systems would be bewildering—a miraculous event I, with all honesty, doubt I’ll witness in my lifetime.

It comes as no surprise that CSC would refrain from commenting on whether it will act on any of the recommendations, including the one to release a public statement acknowledging that jails are not appropriate environments for those with significant mental health issues.

Given CSC’s habitual refusal to take accountability for its responsibilities—often excusing the inexcusable—I believe the Faqiri family deserves not only a formal apology from the provincial government for Soleiman’s death and their inaction on the jury’s recommendations, but also apologies from the Ministry of the Solicitor General / MCSCS and the Commissioner of CSC. Moreover, a monetary or charitable contribution in Soleiman Faqiri’s name should be seriously considered.

A monetary settlement should be offered to the family, at the very least, out of respect and dignity.

Faqiri’s brother was absolutely right when he said CSC was “under the expectation, outrageously, that this case will go away.” (*Issue #34, Class Action News, Summer 2024*). That’s CSC’s response to almost every instance of wrongdoing by correctional employees. It’s the same pattern seen in their internal grievance system, responses to HRTO and CHRC complaints, public inquiries, audit reports, and so on.

The truth is, “They have done nothing—and the fact that the system has remained the same” is a painfully familiar scenario.

Take, for instance, the case of Ashley Smith, who was deliberately neglected despite her known mental illness. She died by suicide, choosing death over continued psychological torture inflicted through administrative incompetence and neglect.

Or consider Jeremy Phillips, who was incarcerated in a federal institution in British Columbia. He reportedly begged for help, fearing for his life, and told a specific correctional officer—by name, Sandy—that he believed his CSC-assigned call-partner, Michael Grey, intended to kill him. He was told: “Too bad. Deal with it.”

So yes, Yusuf—“we all have a stake when people have a mental illness.” As Soleiman’s brother said: “These are human beings, and their lives are being lost because of uninformed policy decisions or lack of resources. How many more inquests do we need until

the system transforms?” (*Issue #34, Class Action News, Summer 2024*)

I am deeply sorry for what happened to Soleiman Faqiri and his family. But the unfortunate truth is that similar tragedies happen frequently—especially to people living with mental illness. Whether CSC intentionally preys on those it deems “weak” or whether it is the result of some deeply ingrained, tyrannical, authoritarian mindset, is up for debate—but the pattern is undeniable.

At times, it borders on what could be described as *correctional-punitive genocide*.

The reported number of 46 mental health-related deaths in provincial custody between 2014 and 2021 is, sadly, not surprising. Corrections Canada has done very little to prevent such deaths. And in the broader political context—such as the U.S. supporting Israel’s genocidal campaign against Palestinians—Ontario tolerating systemic cruelty within its own institutions isn’t far off in terms of moral disregard.

It’s ironic that the number of incarcerated people with mental illness has nearly doubled to 45 in 2025, from 2019. Here’s a revelation: between March and May 2023, 46 people were transferred out of Beaver Creek Medium Institution due to a series of brutal attacks.

In November 2022, an incarcerated person was murdered near the J-building/gymnasium area.

In March/April 2023, a person from the Tundra Unit was brutally attacked by at least four others—some wielding makeshift knives. The victim was bleeding from the eyes, hunched over in agony, and losing a great deal of blood while trying to escape. He eventually made it back into the Tundra Unit.

In October 2022, an Inuit person housed in Edgewood Unit was slashed across the face in the J-building area—reportedly due to unpaid debts.

Between February and March 2022, two people were involved in another violent altercation. One was ambushed, dropped a glass bottle in the struggle, and used the broken glass to defend himself—slashing the attacker’s face from forehead to jaw. Blood was everywhere.

These incidents expose a blatant contradiction of CSC’s own Responsibilities and Procedures.

CSC is *supposed* to promote ethical decision-making and value-based behaviour—particularly in managing conflict. They are mandated to provide a safe, secure, and healthy environment, using the *least restrictive measures* possible, to protect both the public and those incarcerated. That includes offering medical care that meets the same standards as those available in the community.

Unless CSC interprets “least restrictive measures” differently, it’s unclear why enforcing their core values seems to be such a challenge.

Apparently, a bill is being proposed to formally recognize that “a correctional facility is not an appropriate environment for a person experiencing

a mental health crisis.” But with a Progressive Conservative majority (which was not achieved as of this writing), I’m skeptical this will ever become reality.

CSC and the Ministry of the Solicitor General operate under a Conservative ethos. So it’s hardly surprising that they refuse to disclose how long a response to the inquest recommendations might take.

Howard Sapers, a witness at the inquest, said: “Even if there are one or two recommendations that need consultation and more thought, I would have expected a signal that Ontario was not happy with the status quo.”

But they remain silent—perhaps out of fear that the public won’t like what they have to say. It seems they’re buying time, hoping to craft a response that will delay accountability when the next tragedy occurs.

I agree wholeheartedly with the statement that “the status quo is in fact a criminal justice system struggling to deliver on basic promises,” and that the current in-custody reality is “increasingly both ineffective and unsafe.” That’s according to a report by the Ontario Chief Coroner’s expert panel on deaths in provincial custody.

I’d take it even further: it’s not just ineffective and unsafe—it’s morally, ethically, and humanely indefensible.

That it took Soleiman Faqiri’s fatal psychotic episode—treated not with care but with force—and yet another unjust in-custody death to spark this conversation, only shows that neither CSC nor the Ministry of the Solicitor General truly cares. They do not take these matters seriously.

To suggest otherwise would be dishonest.

The public must take a stand against these supremacist systems and the state power that upholds them.



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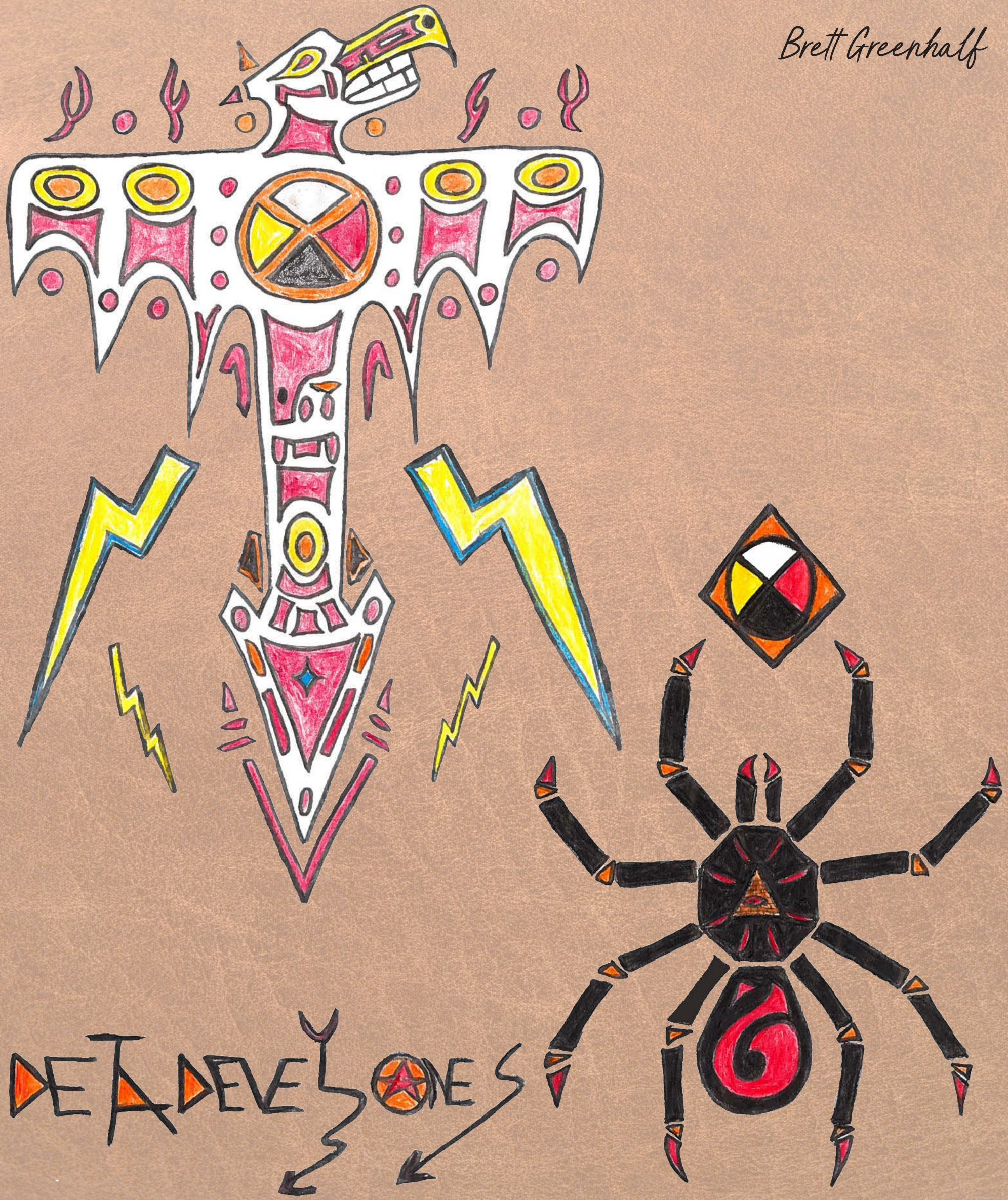
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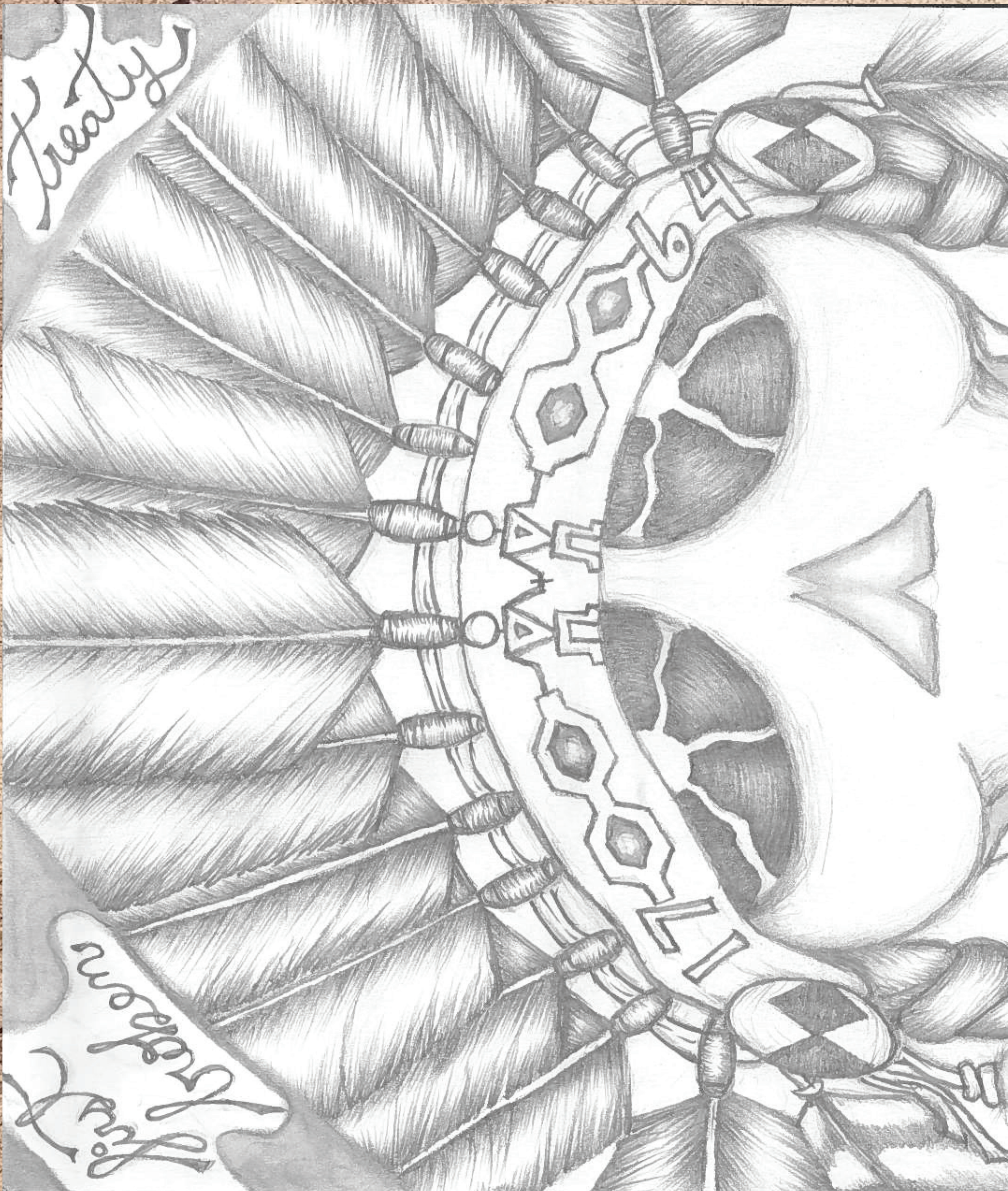
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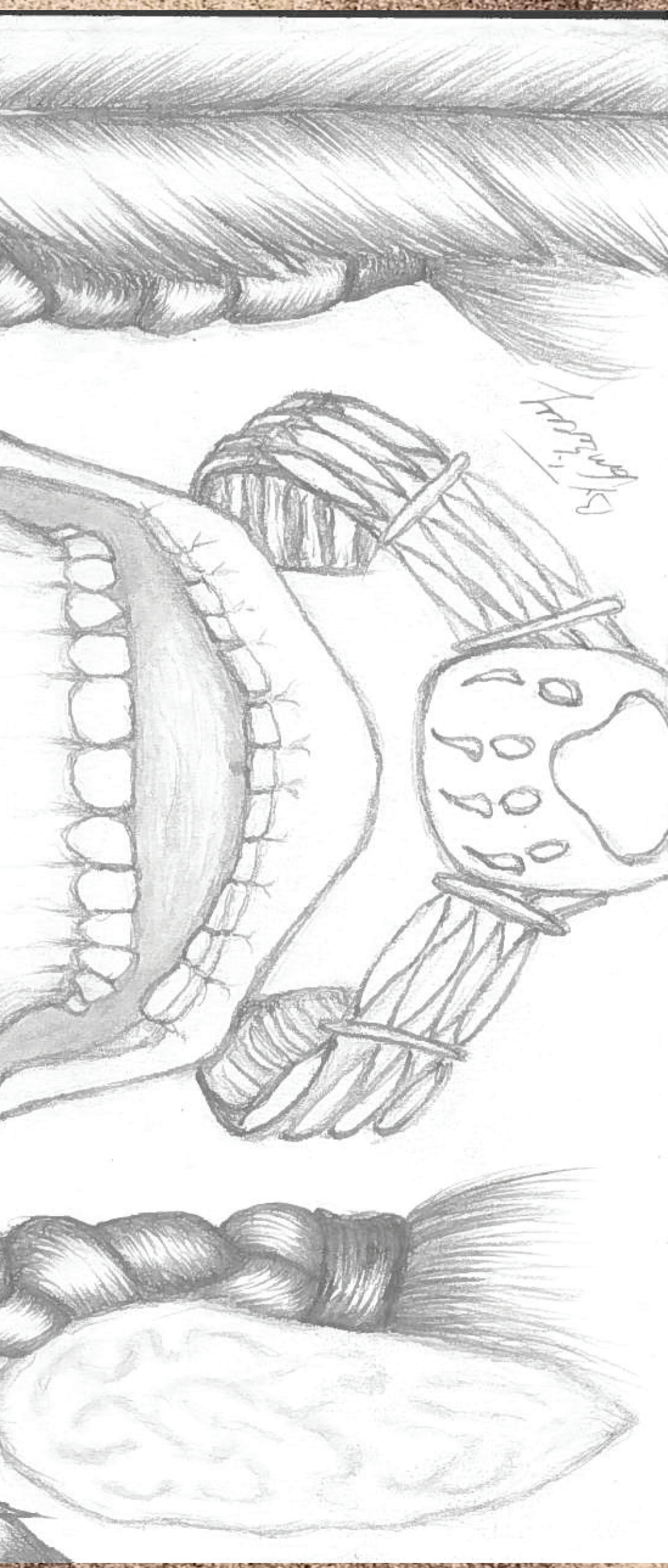
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Treaty

Shoshone





To: Cell Count.

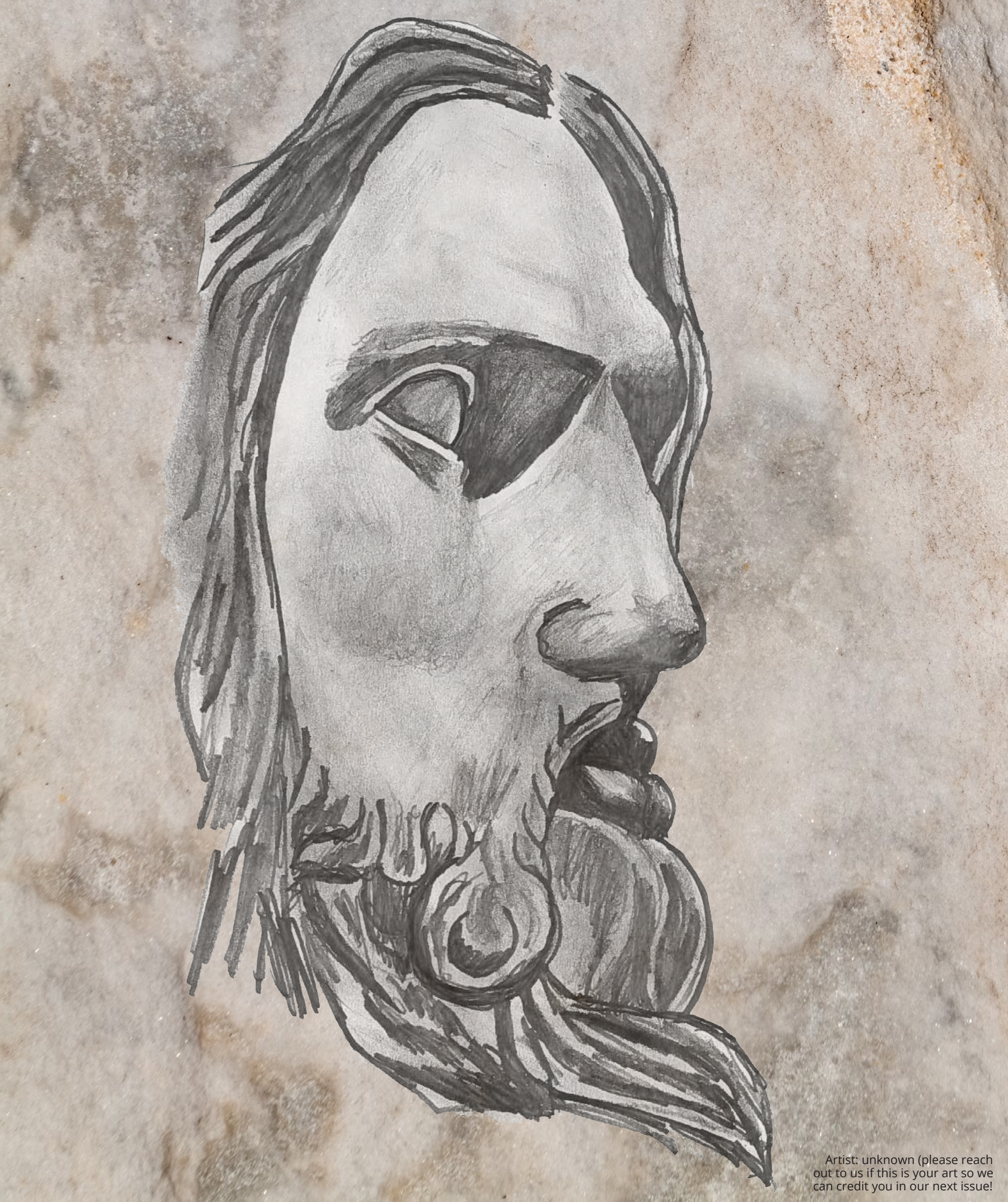
Hello, my name is Thomas VanEvery I am a indigenous man doing a life sixteen sentence in Canada with twenty years in. I drew this picture for the first treaty broken The treaty of 1764 - (The treaty of Niagara) Just a reminder to understand were we been and were we are going with this "truth and Reconciliation"

Now I'm in prison - n- if you truly understand history than you'll understand this is the New age Residential schools we've been in Captivity for 150 years and still are Reservations - n- Residential schools is the base of The tree to "Kill The Indian" and

prison is a branch of that tree that is still growing till this very day indigenous are 35% percent of the prison population and only 3% percent of Canada's population ask yourself what is that all about "longterm Genocide"

The C's in beaver creek med. tried to kill me and I survived now they got me in millhaven max for no reason. I'm starting a class action law suite against Beaver creek for Racism against indigenous people just waiting for the courts to accept, so I'm asking if anyone has experienced Racism at beaver creek please contact us if they want to be apart of This Law suite.

Sincerely yours
Thomas VanEvery



Artist: unknown (please reach out to us if this is your art so we can credit you in our next issue!)

By Steven Williams
2021...

I was transferred to Otisville Corr. Fac. When my classification was lowered from maximum to medium security status. I had served the first 16 years of incarceration behind the wall, and I was looking forward to completing an 18 to life sentence in a much safer environment. So I thought.

I signed up for the John Jay College informational session, and I was accepted. I finished the first semester with a 4.0 GPA, and I had earned an essay submission to John Jay's Finest magazine for Sociology 101. College was a good distraction from the brewing conflicts on the compound. However, it was Spring Break that I would get a panoramic view and be dragged into the fold of a negative bliss of ignorance.

For some unknown reason, I was one of the rare guys who was never moved into the housing unit that was designed for college students. My questions of why all went unanswered by the administrative faculty. The unit where I was housed was gang infested, plus extremely violent.

There were C.O.'s who would begin their shift by saying 'I don't care what happens here, as long as I don't see any blood!' Those were the encouraging words for those of us in custody. We were confined to witness a consistent pattern where the C.O.'s relinquished obligatory control.

It was the night of Parenting Class when I was attacked by gang members. I had become an advocate for change, and my positive focus was not welcome. For two days, I was in the infirmary, and my personal property was left unattended in the unit. All of it was stolen!

I was informed that I would be removed from population for security reasons, and I cried, literally. I loved my college experience! The C.O.'s were hardly even on their post. This could've been avoided. It was clear to me that this administration was not one for stopping violence. They encouraged it.

2022...

I was transferred to Wallkill Corr. Fac. For a two-week layover. I had no property. I filed a loss of property claim against the exact facility that allowed my property to be stolen. I wanted them to be held accountable, and to be reimbursed for the property loss; books, creative writing, headphones, sneakers, boots, clothes, food, cosmetics, letters from my kids / photos, and my grand-parents obituaries. (SMH)

I was sent to Woodbourne Corr. Fac., and I was housed in a dorm environment that was out of control. I had an option to be placed in a cell upon my request, which I did. However, the level of ignorance, and the obligatory neglect by the C.O.'s just encouraged more violence.

My first problem began with an overly aggressive Sergeant who accused me of making him do work because I had filed a loss of property claim, which he was tasked to investigate. He asked me 'What happened to your property?' which leads me to believe that he never read the claim that detailed those facts. I asked him 'Did you read the claim?' Angrily, he told me to 'Shut the F&*k up!' in a room with three other Sergeants present. Immediately, I was kicked out of the office. Luckily, not in a literal sense.

It should suffice to say that my claim was denied. My property was stolen, so there was no way to show receipts for proof of purchase. However, everything that I had received came through the

package room, and that I could prove. The Sergeant said, 'Your package room folder could not be located.' So, I decided to do a F.O.I.L. request to obtain the folder myself. I resubmitted my claim, but the end results were the same. Nothing This Sergeant was determined to leave me without any property. I was not surprised.

I did get a visit from the Office of Special Investigations, also known as OSI, but this had nothing to do with the gang assault. They were investigating a female C.I. from Wallkill Corr. Fac., who was smuggling drugs, cellphones, and having sex with incarcerated individuals. I was only there for two weeks, so I knew nothing. But it became breaking news when the actual bus was made.

Ironically, it was at Woodbourne Corr. Fac. Where a female C.O. made a sexual advance towards me. I rejected her sexual advance, and then she began to spread a rumour that I was a snitch. For clarification purposes, a snitch is a criminal, and as soon as they get caught, they will rat out other criminals to get lesser time. I was neither. The criminal lifestyle was a thing of the past, and I made a conscious decision to become a law-abiding citizen.

My safety had been compromised by a C.O. who was corrupted and could not handle rejection, especially, from an incarcerated individual. I wrote a formal complaint to OSI, but I never heard a word from them. I sought out a half decent Sergeant who informed me that C.O. Wilson was already being investigated for similar allegations. This C.O. was the reason why the gang members began to plot an assault against me. Again, I was removed from the population for security reasons.

2023...

I was transferred back to Wallkill Corr. Fac., and then to Collins Corr. Fac. The violence there was the worst that I had ever seen. At my initial interview with a Sergeant, I was warned that I was going to have serious problems with other incarcerated individuals. Why? I was from Long Island, N.Y., and the prison is all filled with Upstate guys. When the proximity transfer was implemented, everyone put in for a transfer to get closer to where they were from. This was all silly territorial gripes between Eastern and Western New Yorkers. Prison stupidity.

It was so dangerous that guys were getting sliced across the face while they slept! The violence was so frequent that it had become the norm. Even boiling hot water was thrown to settle beefs. The C.O.'s were absent from their post for hours at a time. They were gone for so long that when the phone rang, it was the incarcerated individual who alerted them. (Madness!)

One night, there was fisticuffs. The C.O. stated, 'Hurry up and get it over with, so I can go home!' The C.O.'s were entertained by the slugfest. These are the people who are supposed to show care to the confined by maintaining control. Instead, they allowed more violence than a maximum prison. Including Attica/2006.

On another day, someone was cut across the face right inside the unit where we slept. Again, the C.O.'s were nowhere in sight. It was screams from the victim that got their attention. An air of mystery loomed, because they had no idea who had done it. But there is never a shortage of people who are more than willing to volunteer information.

The C.O.'s should want to prevent such violent acts from ever happening, but they don't. The less that they knew about any incident; there would be less paperwork for them to file. Literally, that night, I slept with one eye open. I mean, I had to! The guy who was responsible for the cutting

slept in the bed next to mine. (Sheece!) The next morning, the C.O. locked our recreation room. This was a form of punishment, because they claim that no one would say who did it. Truthfully, this was how they justified not being on their

cont'd pg 12

WHAT DIGNITY? WHAT CARE?: A HUMAN RIGHTS CRISIS INSIDE ONTARIO'S JAILS

By Raven

I was admitted on October 20, 2021, during my gender transition from male to female. Upon arrival, I requested a female officer for the mandatory strip search. A male officer responded, "I don't give a fuck," and denied my request. When I asked to speak with management, I was refused. Instead, I was assaulted. The same officer threatened to rape me, then placed me on suicide watch. I was assaulted multiple times while in segregation.

During a medical visit, the doctor mocked my facial piercings, saying I had "more rivets than a space shuttle."

After nine days in segregation, I was moved—only to be returned after a CO falsely claimed I was on a hunger strike. In reality, I had been drinking Boost twice a day, which the jail itself considers a meal replacement. Back in segregation, I was assaulted again—this time by four COs who shouted transphobic slurs while attacking me. The next day, I was denied food and fluids for over 24 hours.

Mental health staff eventually intervened. A sergeant glanced at my record but ignored me. A nurse came to take my vitals but said the COs told her it wasn't safe. When she was finally allowed in, my heart rate was 122. I warned the CO that he was going to give me a heart attack. He replied, "Good. The world would be better off without you." When I asked why, he said, "Because you're a piece of shit." He then hit me in front of the nurse and told me if I moved, he would "put me right down." The nurse reported this to mental health. I later went 20 days without eating because they didn't provide food I could physically consume.

After nearly two years in a male segregation unit at OCDC—four months of which were continuous—I was finally transferred to the women's unit. The delay was due to my trans care plan incorrectly listing me as non-binary, based on misgendering by the arresting officers. The prison never verified this with me. I spoke to several deputies to have it corrected, but no one acted until a deputy finally updated the plan. That same day, I was moved to the special needs unit and eventually to female segregation.

Throughout my incarceration, I was hospitalized several times due to a hernia. During one admission, they discovered a heart valve infection while checking my heart rhythm. Additionally, a hospital nurse caused a severe infection in my arm by failing to change my IVs. My arm swelled three times its size due to the buildup of pus. I pulled out the IV myself, and pus poured out. A CO assaulted me while I was still in the hospital, then sent me back to jail. I remained septic for four days while staff, including nurses and sergeants, acknowledged I needed urgent medical attention but did nothing. A transphobic jail doctor finally saw me and, only after that visit, I was returned to the hospital. There, I underwent heart valve replacement surgery. No one had informed me of the infection until after the procedure. I now have a massive scar from my chest to my stomach.

I had a Do Not Resuscitate (DNR) order in place and was approved for Medical Assistance in Dying (MAID) because the untreated heart infection left me terminally ill. Had the hospital treated the infection when it was first found, I wouldn't have needed the surgery and wouldn't be terminal. I now rely on a walker, need help to shower—which I haven't been able to do in two years because PSW services are no longer available—and continue to be shuttled between jail, hospital, and segregation.

Since the surgery, I've had at least ten strokes. During one fall in the medical unit, I dislocated my shoulder and waited 30 weeks for an x-ray—only receiving one after having a stroke. I was prescribed Dilaudid for pain but developed another infection due to nurses not changing my subcutaneous lines regularly. The jail doctor then switched me to a fentanyl patch, then took me off both medications, replacing them with Tylenol and Advil—which I'm allergic to. When I asked why, a nurse practitioner told me it was because I was "supposed to die a year ago."

One of the worst experiences involved the male doctor in the "TOC room" (Time Out of Cell). During one visit, he joked, "Oh, I feel like a female now, somebody get me a dress," prompting hoots from a CO. I filed a complaint—nothing happened. Later, I refused to see him and asked to wait for a female nurse practitioner. He replied, "It's 2022, how do you know I'm not a female?" Another time, down in male seg, he told COs, "Flatulence means gas, fallopian tubes mean female—but hey, it's almost 2023, anyone can be female now." All but one CO laughed. I filed another complaint. This time, he got a slap on the wrist but continues to misgender me and deny appropriate care. The health care manager's response? "He's the only doctor we have." I'm a palliative care patient and should be treated by palliative doctors.

Corrections says I can't be transferred to palliative care because they won't assign COs to accompany me. Instead, I'm left to suffer in segregation, jail, and the hospital.

There are three major incidents involving COs. One was sexual harassment—a CO repeatedly made unwanted comments. When I tried to press charges, another CO initially corroborated my claim, but then retracted his statement out of fear. The harassing CO is now barred from being near me, but jail staff never informed the police.

The second incident was an assault. After returning from the hospital, the sergeant took photos of bruises all down my arm. The CO denied it, and the photos mysteriously disappeared—tampering with evidence, which halted police involvement.

The third was a forced strip search. My care plan clearly states "female strip." A female sergeant began the search, but a male CO stopped her, sent her out, and forced the search on me, even throwing a wheelchair at me. When I asked for his badge number, he gave it and said, "Report it to the ombudsman all you want. Nothing's gonna happen." I told him I'd go higher—I did. I filed a report with the Human Rights Tribunal and submitted a three-page statement. Eight months later, the CO was found guilty and is now barred from contact with me or the women's unit. Still, the deputy never informed the police. When asked, he falsely claimed I didn't want to press charges. Human Rights has documentation proving otherwise. My lawyer confirmed that the deputy never forwarded the case.

PTSD CONT'D FROM PG 11

post. They used us as scapegoats, who they say were making their jobs harder to discover the truth. C.O.'s are not the problem solvers. If they were ever there to solve problems, no prison would be out of control, especially when the C.O.'s are the ones who control the prison environment. FACTS!

Two days later, the culprit who slept in the bed next to mine, snuck up behind me on our way from the mess hall and cut me across the neck! I saw a hand, and I was able to move just enough for it to not be a severe cut. I was sent to the infirmary, but the culprit was still walking the compound, freely. For another time, I was removed from population for security reasons.

I was transferred to Wyoming Corr. Fac. where the violence was equal to my previous facility, if not worse. The C.O.'s gave the gang members the task of saying who would get on the phone, and when. I was merely trying to call my family, and that phone call took three days to make. I became a target on day one for asking to call someone, anyone! These C.O.'s came up with something quite illogical called 'Police Yourself.' If that was the case, none of us would be in prison. We would have all been able to 'Police Ourselves' with the laws that govern society.

The gang members would play tag-team with the phone, all day. There were times when the phone would hang off the hook for an hour. But if you were not in the gang, don't you dare touch it, or else. This was totally insane! I was behind the wall for 16 years and I did not have this problem. Respectfully, I approached the C.O. about the obvious organized confusion. Soon after, I was approached by a gang member who said, 'Don't go to the C.O., we run the phone!'

I guess that I had asked one too many questions about the phone. The next morning, as I entered the bathroom to brush my teeth, and wash my face, I was gang assaulted by two guys. The C.O. was laid back in his chair, wearing a pair of dark sunglasses, as if he was asleep. Clearly, it was set up that was conspired by the C.O., and the gang members.

Wait, this gets better! Would you believe that I was given a misbehaviour report for fighting, violent conduct, and creating a disturbance?! I have documented proof! The C.O. never saw what happened, but he gave a detailed description of the incident. Needless to say, I was found guilty of all charged, and I lost all my privileges. To add insult to injury (no pun intended), the medical records proved that I was the only one to sustain several bruises. Again, I was removed from population for security reasons.

I was transferred to Orleans Corr. Fac., at night, and they placed me directly into population. Meaning, I had skipped the entire reception process to be classified. It was intentional when I was housed in another gang infested unit. I was shocked to learn that there was a security breach upon my arrival. The gang members were well aware of the physical confrontation that I had, and with who. This was so illegal.

No one was ever just thrown into population without going through reception. This raised more red flags (no pun intended), with the gang members who wanted to know why I was there. They were on the verge of attack, until a guy who recognized me from behind the wall intervened. He was not a gang member, though he was well respected for the thirty years he had served in DOCCCS. He

was familiar with the deception that C.O.'s imposed on us.

Still, I was not safe. So, I got up early the next morning, and I called an attorney. Immediately, the attorney mailed out delivery confirmation letters to OST, the Superintendent, and the SORC. Thankfully, I was placed in Protective Custody. It was then that I finally got my first interview with OSI. Unbelievable!!!

The OSI investigation proved that I needed long term Protective Custody. I was being targeted by gang members, as well as the C.O.'s. The current administration, as a whole was not happy with what I had done, which was to protect myself. There was now work to be done, and they were the ones who were compelled to do it. For the most part, the C.O.'s never, ever do the work to fulfil their job's description.

From 2021 to 2023, I was transferred for security reasons seven times, and four of those transfers were in 2023. They have yet to clarify the 'security reasons,' and how it pertained to me being transferred. I mean, in specifics. Even when I would write to OSI, they never considered an investigation to know why the 'security reasons' transfers kept happening. For my entire incarceration, I have not committed a single act of violence, and not once did they respond to my letters. If I did not contact a lawyer, I would have still been at risk for being harmed, even worse, murdered.

Robert Brooks' life was savagely taken at Marcy Corr. Fac., and it is sad, but true. He was murdered! Now a Federal Bureau investigative hammer has been brought down on their foolery. The only difference between Robert Brooks and the countless incarcerated individuals who have suffered from savage beatings, is that Robert Brooks is no longer here to tell his story. I can only wish, hope, and pray that another life is not erased from existence for DOCCCS to live up to care, custody, confinement, and control.

The Justice System is two-faced, and it will backbite whoever lacks money to balance the scales. The Justice System is a tool used to break those broken and tighten the loose screws to lock cells. The practice of systemic social injustice works smoothly for most to fail. If there's a leaven in the after-life, life on earth must be years of the hottest hell ... PTSD.

THE PERILS OF CORRECTIONS CAN-ADA

By Anonymous

The most concerned

I have been involved in the correctional system for 31 years—approximately 21 years in the provincial system and 10 in the federal system. During this time, I've learned a great deal about the perils of a deeply broken institution.

From the internal grievance system to violations of Indigenous rights, from the opening of legal correspondence to poor and inadequate health care—there are countless issues plaguing the system.

I've written letters to the Auditor General, the Prime Minister of Canada, National Headquarters (via the Attorney General's Office), the Human Rights Tribunal of Ontario, and various legal counsels. I've seen some success through the Human Rights Tribunal and legal advocacy, but not much elsewhere. Unsurprisingly, the major government agencies have been largely unresponsive. The Auditor General's Office, the Prime Minister, and the Attorney General all failed to respond to my letters altogether.

One of my ongoing concerns is the severe lack of Indigenous ceremonial interventions in prison, both provincially and

federally. There's also been consistently inadequate documentation and communication regarding my Correctional Plan, Progress Reports, Incident Reports, Observation Reports, Pay Reviews, Psychological and Psychiatric Assessments, and other reports. Efforts to obtain a proper Community Assessment Report—to prepare for structured community release and secure housing upon the faint hope of conditional release—have also been insufficient.

Once you're inside these walls, it becomes nearly impossible to maintain any real hope of genuine freedom—especially if the authorities believe they hold even the slightest advantage over your fate.

Yes, it's claimed that accused persons, offenders, or inmates have rights comparable to those of the average citizen. But anyone who has done significant time—or even just spent time before so-called justice system officials, public defenders, or the courts—knows this simply isn't true.

Much like the phrase "Justice is blind," the idea that one is "innocent until proven guilty" rings hollow. Any man who has faced the so-called justice system knows how deeply flawed that presumption is.

I've always been astounded by how governing bodies can create laws and expect the public to follow them under threat of punishment, while they themselves routinely fail to uphold the very same standards. In my opinion—perhaps you'll agree—this is hypocrisy at its finest.

Any leader, rule-maker, or authority entrusted with upholding the law, yet incapable of modeling that same integrity, should be ashamed. They should be publicly held accountable, stripped of their title, and forced to resign.

Yet public accountability is rare. Those in power protect each other—they are influential, interconnected, and embedded within the same social circles in which they live, love, and thrive.

Is it any wonder we have doomsday prophets, convinced that a better age must be on the horizon?

Then there are those who have lost all hope. And we must never forget the martyrs—those who have given their lives in the face of such injustice, indignity, and absence of compassion.

I write this letter to shame all who have made such dehumanizing, inconsiderate decisions with complete disregard for the people affected by them.

Such individuals need to consider the unknown consequences of their actions. It seems "compassion" has been deliberately left out of every discussion and decision.

This moral cancer has spread—from the Atlantic to the Pacific, from the Arctic to the Antarctic—and it is, without question, a disgrace. Across generations, across bloodlines, it has taken root. And we are all bearing witness to its damage.

THE HUNGER THAT DIVIDES

By Anonymous

When in the most obtuse reality, it is simply impossible to do!
No matter how many hoops, no matter how many obstacles, there be set before you, the almighty dignitary stands to say the least!

We all know, what happens to those who make any attempt whatsoever at a revolution or for that matter – even so much disagrees with the governing reins at be.

How, one becomes the sudden target of an enemy overture!

I find it amazing how those who have been lucky enough to survive the holocaust did so, with such dignity and grace!

I find it even more amazing, they were given the attempt of recognition, as they were.

However, is that not the hypocritical way of our society these days? Moreover, has it not been such a way since the dawn of man's mind can possibly fathom?

How many times had our own former Prime Minister Justin Trudeau gotten away with deceiving the people?

Yet he, like any other dictatorial leader strives to take the walkway with his ultimate walk of allegiance.

I mean it had only been 12 years already and he still had not done the two most important things he said he would, which for the most intents and purposes opened his way into office. I mean aside from allegedly defending women's rights, which I feel, is one of the most valuable commodities bestowed upon our society. However, what ever happened to the promissory two-for-one-deal he was allegedly going to reinstall or the amendment of the Dangerous Offender Designation?

I guess this just shows or gives ample suggestion to the realism of capitalist gain in our country.

How it is more efficient to have overpopulated and overflowing jails in our society in which to bank our next meal or paycheck, given you are in the loop of our political scheme of the matter.

How blind you must really feel the little people truly are! How blind we must be to the intent of our Governmental dictatorships.

Like the entire idea of more and more incarcerating confinements, whether it be jails or even FEMA-like camps have somehow slipped our primal minds.

Notwithstanding, the chance of these things ever having past our minds as to

cont'd on pg 13



WISRCanada
Courage to change

RECOVERY BY MAIL

WISRCanada offers free Twelve Step-based recovery to inmates who are troubled by compulsive or risky sexual behaviour through our "Writing to Inmates Seeking Recovery" program. We start by providing recovery literature to inmates. Next we connect individual inmates with a volunteer letter writer who has worked the Twelve Steps themselves and are experienced sponsors.

Supporters, friends, and family members can contact us at WISRCanada@gmail.com or visit our website at saatoronto.org/prison-outreach

Inmates can write to us at:

**WISRCanada
PO Box 75096
20 Bloor St E
Toronto ON M4W 3T3**



HUNGER CONT'D FROM PG 12

what would be the sole purpose of such increase of penal type facilities?

When the truth of the matter is the fact that either you comply, or you die alone and without the company of your family and loved ones. Without the comfort of a reality, you once knew and took so for granted.

Nevermind, how we so often neglect the difference between conformity and indefinite confinement.

So long as we throw you a juicy bone to chew on in the meantime, you may never discover our underlying ways.

Is it not money which convinces us to turn our greasy cheeks?

Is it not this, which convinces us to undergo the perils of yet another tyrannical Governmental reign?

Another \$160 or \$200 bonus here and there! Is that not enough to appease the peasants, which be?

“So, it seems!” “So, it seems...”

I suppose so long as the Government keeps throwing us money every now and then, we find it alright that they lock our loved ones away! That they hold them in such a state of decay and find additional reasons in which to keep them away from their families and loved ones.

There are some who are no longer blind to such actions or dictatorial rule. Nevertheless, there are other who are enforcing it, as they cannot survive without it! As they, like the peasants who are tossed a nice meaty bone every now and then, rely on such commodity in which to adhere to their intentionality of awaking yet another day!

The hunger which seems to divide us, appears to be the same in which keeps us all apart!

Perhaps we should seek another source of nourishment!

Perhaps we ought to invest in a one-world diplomacy ran solely by the people! I mean wasn't this the true purpose and beginnings of what we somehow begotten today?

What ever happened to the rule of the people? What ever happened to the say of the majority?

Again, it seems we have fallen victim to some sort of roués!

When, or will we ever come to our senses?

Will we ever set our loves ones free?

Perhaps we do not care, like the mothers who conspired to eat their own children when things were so tough they could not bear to survive another day without!

Maybe we will all be granted the convenience of lecture when the day shall surely come for us all to owe a tribute and state of reckoning for our lack of discernment.

Perhaps, it cannot come too soon!

I mean who shall really be left in the end?

Those, who neglected their own flesh and blood?

Or those who simply helped to put them away, as a form of safekeeping perhaps!

I mean, were you there when they were alone and desolate?

Did you visit to ease their solitude and discomforting?

Did you provide them with the hope and grace in which they so desperately depended without the intention or wanton desire to take it all away?

Maybe, we should all take a moment in our oh so busy lives and ask ourselves which side we are *really* on?

Where do we stand as people, person or soul?

On which side of the great divide would we stand as a majority?

Would we fall in our dignified onus as a people conjoined as one?

Or do we even care?

If our saviour were here today, would we not put him up on the cross as we did when we were young?

Would we not treat him any differently than we did the day we hung him up?

Moreover, what for the most part makes us think we would be any different towards our own flesh and blood today?

Are we any different? Or are we all the same?

Perhaps we are even worse...

Perhaps we have the audacity to throw even more of our loved ones down before the lions amidst their hungry dens.

Are we a sacrificial society?

Do we somehow feel this may in some way atone for our sins?

Or are we simply backwards in our way of thinking?

Perhaps we lack the sort of empathy we ought to have towards one another!

Perhaps we are beings controlled by an entity we so long ago were fooled and deceived into believing was the right way of travel.

Perhaps we need to get back to the reality of our origins and start believing the doctrines, which gave birth, and a sense of understanding to our lost and befallen ways.

Otherwise, I hope you take pleasure in the fact that you would divulge in the immorality, which precedes such doctrines, just as I have stated not so long ago, should it not be heeded with a contrite and discerning heart.

Is it no wonder, a loving and caring God, is hopeful we will find our way back to a sense of loving and caring harmonious state?

One in which we will be forgiven as we too have had the compassion in which to forgive.

I guess the decision is ultimately up to us...

Which side do you choose to be on when the “son of man” shall come again?

Are you a goat or a lamb?

Demon, angel or saviour?

To which shall you prefer to stand?

The left or the right?

Shall the rest of your eternal days be spent wondering the light of day or the fright of the night?

It is all a decision we all need to make, and if you would rather choose not to.

Perhaps the decision will be made for you!

Are not most of our decisions today being made for us?

Or at least so it seems?

No matter how convinced you may or may not be, I believe we need to ask ourselves who really are making the decisions for us?

Is it our loved ones, or perhaps it's some sort of conglomerate.

I think, the time is coming where we will all need to decide for ourselves.

And that is, who are we really?

Would we truly wish the same sort of fate to befall one of our loved ones?

And better yet, what are we prepared to do to prevent such things from occurring?

Well, no matter what we choose, I can guarantee we will be judged upon our end decision and the consequence it has accrued.

Is this a sense of accountability, perhaps it is.

However, let us not tell CSC, as they will likely distort this to mean something else!

God forbid...

Sincerely;

“He who lost his life to something more ordain. However, less consulting, the typical orthodoxy of a rather unified

domain.”

GUITAR COVER STORY CONT'D

my new property arrived because the CSC staff responsible for my personal property refused to give me some of the accessories they'd previously approved... however, I had a brand-spanking new guitar and that was fine by me. I played every day... I'd start at 6:30 and stop at 23:00. I put a few bands together and I took the time to share my 40 years of music experience with many of my peers... kids just entering the pen and some ol' dogs who'll never see freedom again. I learned some Québécois music and discovered some cultural ideals of French Canada. I helped my peers learn to read music and I badgered fellas to pick up the microphone, sing the songs they loved and come out of their shells. We weren't smoking drugs or isolating in our cells or developing a (justified) distrust of CSC... we were developing those skills that CSC itself claims to be productive towards successful reintegration. For a moment... I felt hope... the most dangerous thing in here. Fool me once.

About 30 days after I received my electric guitar Anne Kelly declared all electric guitars to be unauthorized personal property. She declared steel guitar strings are prohibited. My guitar now sits collecting dust in the Personal Effects Department as it has been seized. The Warden says I can have it if I use nylon strings on it... rendering the “electric” completely inoperable. The PRS McCarty cannot support nylon strings... they'd make no sound were it even possible to physically string them in the first place.

Shortly before Ms. Kelly's message my mom decided she'd had enough of this life and checked out. I have no family, friends, or otherwise to ship my seized property to and it just so happens the CSC's policy says my guitar gets “forfeited to the Crown.” This means, if you've never been inside a joint or in local proximity to one, that my guitar will either end up in a guard's home or a local pawn shop (owned by guards' families) or some similar disposition. Take a walk through a prison and see how many Bose stereos and RCA televisions occupy the lounges of CSC staff and how many of those electronics bear the name of inmates on tamper-proof stickers.

\$2000 awarded to address the impact of carceral treatment identified as cruel... gone. Forget that CSC policy says that an item, once authorized, remains in the possession of an inmate until that inmate is released. Forget that, according to CSC's own Data Warehouse statistics, CSC staff have been responsible for more unjustified harm than steel guitar strings by a factor of just under 1000. Forget the proactive social interaction, development of relationships between peers and CSC staff or the plethora of positive impacts purported in Anne Kelly's own proclamation. What matters to CSC is that their staff members don't get poked by a guitar string when they search or that an inmate has one less thing (of many) to utilize as a choking device.

Consider for a moment some of the following materials that are approved, items documented in incident reports in strangling events: cable cords*, electric extension cords, headphone cables, bathrobe cinches, and shoestrings*; items documented in incident reports in “poking events”: staples*, sewing needles*, butter knives*, syringes*, picture frames, chisels*, 'Exacto' blades*, drill bits*, and pencils. I can also provide listings for bludgeoning events, chemical assaults, escape events... unfortunately, it is a waste of time because common sense or reasonability are not considerations within the

scope of Correctional Service Canada's approach to Theat-Risk-Assessments whereas union placation, as a knee-jerk response, tops CSC's concerns.

I want you to know why I spend what little money I have on drugs now. I want you to know why I don't have any trust in CSC or, for that matter, Canada. I hope this example (of many possible examples) demonstrates how the vengeance you seek is accomplished. I didn't tell you about CSC guards assaulting Carl Hines before his death outside my cell. Or about a CSC staff running my deceased father's eagle feathers through a paper shredder just before he wiped his ass with them and then threw them in my face. Or being held in a cell for years at a time for 22+ hours per day and so very much more... Assaults, double doors, property destruction (deliberate, that is), falsified reporting, food napping, cultural repression... On and on.

I've apologized to those fellas who spent their segregation awards on drugs... at least they've gotten what they paid for. I won't make the same mistake again. You won't fool me twice.

Z

**Issued by CSC or provided by CSC*

CAMP LIFE OR (MIN)

By Anonymous

I have been in jail now for 32 years on a life 25 sentence. It took me almost 29 years to get to camp. Why you ask? That's a damn good question. But are you really ready to hear the real reason?

Because I completed all of my correctional plan and did all my programs in my first five years. Then I went to work for Corcan as a welder, since that was what I had done before I came to jail. The biggest reason was because I wrote too many complaints and grievances against CSC and asked too many questions about things I saw with CSC. So as my retribution, they screwed with me at every turn they could. From my institution parole officer manipulating my case management a few times. And then just using cut and paste to make sure it would flow all through my file. And then changing reports from people on the street and using her own words to describe what other people are saying about me to make it sound negative, when it was really positive and supportive.

I was going up for my day parole and had full support, then I filed a grievance because of something CSC was doing to me. The next thing I know, I'm being called in to main security and being told my behaviour is not of one that should be in camp or min. So, I was sent back to Medium, and when I got there, I had no PO for almost five months. Then once I got a PO, they couldn't make heads or tails on why I was even transferred back to Medium. So, the PO wrote on a yellow sticky note and stuck it on my file saying to send this inmate back to camp. Then, they went on stress relief so then I got a lawyer involved and the MAI looked at my file and said there was no reason to send me back to Medium and sent me back to camp all that took 9 months.

I get back to camp and all is going well until three weeks later when CSC gets information and I get sent back to Medium. Again, this time I get a lawyer on it right away and seven days later I was back at camp and starting all over again. This is how camp life goes for a guy who stands up and fights for what little rights you have left as an inmate. Then my day parole gets put off for another year again. In camp life you need to stay to yourself, talk to no one, and say nothing about

cont'd pg 14

CHANTAL BOUCHER AKA: CHANTI B

“These Walls”

Through walls raised high, and
doors locked tight!
We always think of each other ev-
ery night
When holding each other is what we
crave
You still are my only man
Strong & Brave
Our voices we share are hearts
unbound
We can’t wait to hear each other’s
sweetest sound
Despite the miles our spirits
start to beat as one an unchained
heart
The walls may cage him and I but
we’re never going to say goodbye!
Babe, you know you’re my ride or
die

MICHAEL TYANCE

“My Name is Fentanyl”

Try me once and it might be your
last
Try me ten times and you’ll never
let me go
I am the corruptor of souls
You will not escape my grasp
Once I have my teeth in you
You will cry and say, “why did I”
I should have never tried you at
all
You won’t recognize yourself after
e
I will take everything you have
Everything you hold dear in your
life
You will sell everything you own
Your car, your house, and even
yourself
I will take yoru sense of self
respect and dignity
You will lie and cheat and steal
everything
From your family, friends, and
neighbours
It doesn’t matter who it is from
As as you can get to me
Once i have my teeth in you
Your body can’t run without me
You will wish you never tried me
You will plead and say, “let me
go”
But once I have my teeth in you
I will never let you go
I am the destroyer of families
I am the corruptor of minds
Try me once and you will regret it
Try me ten times and you will wish
to die
I will take everything from you
Your life, your love and your soul
My name is Fentanyl

GORDON C. LEMAIGRE

Calculating the Number of

Grains of Sand

My name is Gordon C. Lemaigre. I
am from LA-Loche, Saskatchewan. I
am presently doing time in Prince
Albert, Penitentiary in Saskatch-
ewan. About 10 years ago while I
was still here, I invented a math
formula to calculate how many
grains of sand in cubic miles.
Formula. GOS = [{(192·x)5280’} y]
or GOS = 192·x·5280·y
GOS = (192·x·5280·y)
192/16th in one foot. 16x12
= 192
GOS = Grain of Sand
x = how many
grain of sand 5280’ = 5280’ ft
in one mile
y =
how many miles
I’m going to calculate 3 grain of
sand in 26 miles.
GOS = (192·3)5280’·y
(192·3) - 576 GOS
576 x 5280’ = 3,041,280 GOS

3,041,280 x 26 = (70,073,280)
GOS = 494, 412, 294, 513, 651,
351, 552, 000. Sextillion.
26 cubic miles of grain of sand
equals 494 sextillion grian of
sand.
4994 sextillion,
412 quintillion, 294 quadrilion,
513 trillion,
651 billion,
351 million,
552 thousand,
000 hundreds.
Astronomers said there are more
stars in our universe than there
is grain of sand on Earth.
Astronomers are wrong. They are
just guessing.
We have more grain of sand on
Earth than the stars in our uni-
verse.

Astronomers said there are one
hundred billion galaxies in our
universe and each galaxy has one
hundred billion stars.

One hundred billion galaxies x
one hundred billion stars qual
10,000,000,000,000,000,000 =
10 sextillion.

We only have 10 sextillion stars
in our universe.

26 cubic miles of grain of sand
has 494 sextillion grain of sand.

STEVEN WILLIAMS

“Fatal Fetus”

It took two to procreate one
life...
Fireworks blazed through the sky
on this passionate night. What
ended with steamy love all began a
heated fight...
I’m anxious to see the world! A
precious boy or a pretty girl. I
hear them talk about me often, I’m

the future unfurled...
Why does mommy cry so much? I
don’t know every fact, but it is
an issue of trust. It hurt when
mommy said, “Daddy don’t give
a...”
But isn’t cursing bad? That’s when
I knew she was mad. I haven’t ar-
rived yet, and I’m stressed being
born without dad...
I hear him yell, “I can’t take
it!”
If I’m born a bastard child, I
must face it. I want to cuss like
a sailor, but I am not able to say
sshhh...
Mommy loves daddy! She said she
don’t, but that is a lie. Dad-
dy loves mommy but hides behind
selfish pride. I’m the lie detector
test to determine they need to set
their differences aside...
I can’t wait to be born!!! I have
high hopes that I can mend two
broken hearts by being twisted and
torn. How on earth did my soul
before air to breathe life caught
in this couple’s storm...
My baby fists are balled, as mom-
my stumbles into a fall. She high
pitch screamed when a table plate
smashed into the kitchen wall. I’m
appalled that daddy was shopping
with another girl at the mall...
He’s less of a mister for the
way he hit her. Mommy’s fingers
twitched while dialling the cops’
number. The chances are slim that
I will survive this fight of fist
throwing, and mommy’s claws...
The ambulance sirens blared, as
medics raced across the front
lawn. Mommy was heavily breathing,
while repeating, “Oh, Lord!”
Our neighbour shouted, “What hap-
pened!?!”
Mommy cried, “Contractions...”
I feel it is much more... mom-
my’s safe placenta is not so comfy
and warm... I’m tangled in a web,
and mommy’s bleeding is not the
norm... my day of birth... is my
date of death... I was strangled
by the umbilical cord...

BRANDON STARNYSKI

“Moments After Tears”

Eyes of fire and ice
Enchant me and entice
Manevvres that chill and warm
Carry me from the wicked storm
Her voice so clean
I see her and I a mirror wanna
touch her
Embrace her warm fur
Love fills the air circulating
No more manipulating
I am hers and she mine
Destined into and on this time

JULIE MÉNARD

Untitled

I never imagined my life today to
be so different than the yester
years. Here I have more structure,
more rules, more programs. I’m
here to become a better person.

I know I’ve become a better per-
son. I’m not the same as I once
was. I struggle not knowing my
next move. I lay awake at night,
crying myself to sleep. Missing
all the people who have left me
and gone to heaven. I wish I could
tell them one last time that I
love them and miss them.
Dear Father, Please help me...
Help me to move forward
To accept the things, I cannot
change.
Show me the rainbow that follow my
tears!

How I hunger to be home with my
family and loved one,
How I wish I could rise into the
sunset
How I miss all those yester years!

SHANE DUPUIS

Reflections in Corrections

Look at this cage, and you might
just find;
the key is here, to not lose your
mind;
3 walls and a ceiling, minus their
steel door,
the exact same thing you looked at
before.
Before they rushed your house, 8
guns drawn,
with the same regard for your life
as you give a pawn.
Get down on the ground, they
scream and shout,
your poor little princess, no clue
what it’s about.
She’s only 4, so she don’t under-
stand,
why the pigs are taking away her
favourite man,
The one she calls daddy, who never
did plan
for this horrible day, cause it
was just a breach,
a minor offence, still an excuse to
reach,
out to the judge who gave them the
greenlight
to rush in your house and endanger
your life.
One slight move, those pigs would
have shot
was there any witnesses, absolute-
ly not.
Nobody downstairs, just pigs and
me
now I’m stuck in this cage, can’t
wait to be free

GOT POEMS?
WE’D LOVE TO READ THEM. CELL
COUNT IS ALWAYS LOOKING FOR PO-
ETRY FROM INSIDE. RAW, HONEST,
CREATIVE, WHATEVER FEELS REAL
TO YOU. SEND US YOUR WORK!

CAMP LIFE CONT'D FROM PG 13

CSC, and you should be good and not
write complains or grievances or you will
be kicked out and sent back to Medium.
Good luck to all lifers’ it’s hard.

PASAN IN-REACH SCHEDULE

TEDC & TSDC

1-on-1 & groups
currently on hold.

Call for updates

Maplehurst 2x/month

Wednesdays

HWDC every other
Wednesday. Call

**Cherisa at ext 233 to
book a 1-on-1/group**

Hep C**Workshops**

CNCC 4th Tues

& Weds of

the month

TSDC 3rd Tues

of the month.

Run by **Chance**

ext 230

Ontario**Federal Pens**

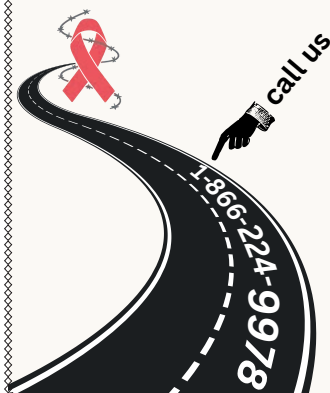
Look out for

our posters.

Workshops run

by **RJ & Omar**

ext 222



LAND ACKNOWLEDGMENT

PASAN's office, where we publish Cell Count, is on the historical territory of the Huron-Wendat, Petun, Seneca and, most recently, the Mississaugas of the New Credit Indigenous peoples. This territory is covered by the Dish With One Spoon Wampum Belt Covenant, an agreement between the Haudenosaunee and the Ojibwe and allied nations to peaceably share and care for the lands and resources around the Great Lakes.

HIV+ CLIENT SERVICES

In order to be a client & access these services you need to have confirmed HIV+ status and be a prisoner or ex-prisoner (all times Eastern Standard time)

- Phone Hours: Mon – Fri from 9-5, except Tuesday mornings
- Workshops and Programming - Scheduled usually on Mondays or Thursdays, give us a call or check out our website for a complete list of events we have scheduled.
- ID Clinic – cancelled for now
- Release Funds - \$50 (twice a year max)
- TTC Tokens – 2 each for clients who attend workshops
- Harm Reduction Materials – Mon – Fri from 9-5, except Tuesday AM (Safer-Crack-Use-Kits, Safer-Needle-Use-Kits, Piercing Needles, Condoms, etc.) - for everyone.

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

ABOUT CELL COUNT

PASAN publishes 'Cell Count', a minimum of 4 issues per year. We are based in Toronto on the traditional territory of the Mississaugas of New Credit First Nation, the Haudenosaunee, the Huron-Wendat and home to many diverse Indigenous peoples. It is sent out for FREE to Clients & Prisoners in Canada. If you are on the outside or part of an organization, please consider a donation @ \$20 per year. We are proud to release our newest issue to you. We are also grateful for all the wonderful feedback we have been receiving from our readers, and encourage you to keep putting your two cents in. Our goal is to have most of our content written and produced by prisoners and ex-prisoners, so we highly encourage you to get in touch with us if you're interested in

being part of the Cell Count team.

Publisher: PASAN

526 Richmond St E, Toronto, ON M5A 1R3

Circulation: 700+ - Recirculation: ???

All original artwork, poems and writings are the sole/soul property of the artist and author.

Fair Dealing in the Canadian Copyright Act:

Sections 29, 29.1, 29.2: "Fair dealing for the purpose of research, private study, education, parody, satire, criticism, review, and news reporting does not infringe copyright."

A NOTE ABOUT PEN PALS:

Here is a list of correspondence services for people inside (alternatives to pen pals, which is, sadly, no longer a part of Cell Count):

Canadian Inmates Connect: Currently, there is a \$35/year subscription. Your ad will be placed on a website, and people with internet access browse through to decide who to connect with. A point of caution: you are asked to say what you have been convicted for, and your full name will be published online. Melissa is the person to contact for more information. Write or call her at: Canadian Inmates Connect Inc. 3085 Kingston Rd, Suite 267, Toronto, Ontario, M1M 1P1 - (647) 344-3404

Black and Pink: Specifically for queer and trans prisoners. They are based in the United States, it does not cost anything to be part of the list, and you don't have to tell them your conviction. Here is how to reach them: Black and Pink National Office, 2406 Fowler Ave, Suite 326, Omaha, NE, 68111
617.519.4387

Prison Fellowship Canada: This is a faith-based, Christian organization that connects prisoners with volunteers of either the same gender, or where there is a 15-20 year age difference. The point is for you to have an outlet to express yourself to someone who will listen. If you are of the Christian faith, this may be a great option for you. You can reach them for more info at: Prison Fellowship Canada - National Office, 5945 Airport Road, Suite 144, Mississauga, ON L4V 1R9
905.673.5867

Prisoner Correspondence Project: "...a solidarity project for gay, lesbian, transsexual, transgender, gendervariant, two-spirit, intersex, bisexual and queer prisoners in Canada and the United

States, linking them with people who are part of these same communities outside of prison." - From their website. Write to them here: QPIRG Concordia c/o Concordia University

1455 de Maisonneuve Ouest, Montreal, QC H3G 1M8

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

MOVING?

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

CALLING ALL ARTISTS, WRITERS (FICTION, NON-FICTION), ILLUSTRATORS, CARTOONISTS, POETS, JOURNALISTS (ASPIRING OR OTHERWISE), AND OTHER CREATIVE TYPES:

We want your submissions! We get lots of letters from our readers telling us how much they love seeing all your work and they're hungry for more. Send us your stuff and get published in Cell Count. When you send us stuff, please make sure you write a line in that gives us permission to publish your work. Also, let us know if you would like your work returned to you or sent on to someone else! Please also type your work or write clearly if you can!

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 and leave space for others – quality and quantity! Also, let us know in writing if it's ok to edit your work for grammar, spelling and so we can fit it in.

Please note: If you do send something to us, please give us a call if you can so we can look out for it in the mail. Also, call us again at least a week after you send it to make sure we got it. If not, if you're sending in a piece of writing, we can transcribe it over the phone for you, so keep a copy of everything you send us!

Women are the fastest-growing prisoner population in Canada, but often their experiences are marginalized in conversations about the prison system. We want to hear your take on prison, life, family, or anything else you're interested in writing about. We can guarantee confidentiality, and can publish your pieces under a pseudonym if you want! Please submit your articles, poetry, art, or letters to the Cell Count editor at 526 Richmond St E, Toronto, ON M5A 1R3.

CELL COUNT AT BATH INSTITUTION

We have been informed that all Cell Count subscriptions at Bath Institutions are given to the PEC worker to distribute. So please give them a visit and ask for your envelope by name!

CONTACT NUMBERS

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

NEXT CELL COUNT DEADLINE

Please get your next submissions in for the 30th anniversary & PJD issue ASAP! If your submissions didn't make it into this issue, it will be prioritized for the next. Same with future submissions! So don't hesitate to send it in when it's ready!

CELL COUNT EVALUATIONS

Please take a few minutes to complete the evaluation form we've included with this issue and mail it back to us. We use these evaluations to make sure that Cell Count is useful to you and so our funders know we're on the right track. Call us if you would like to do your evaluation over the phone instead! 1-866-224-9978

CELL COUNT PEER LIAISONS

Cell Count is looking for peer liaisons who are currently incarcerated to be a representative for Cell Count inside. You would be responsible for gathering subscribers, letting us know when subscribers have moved, encouraging people to submit their work, helping with evaluations, and answering general questions. Call Sena if you're interested! 1-866-224-9978x234



ATTENTION PRISON FAMILIES!!!!

**MAIL YOUR LETTERS
STRAIGHT FROM YOUR
CELLPHONE.**

**POST2PRISON
No More:**

- Pens, paper, envelopes or stamps
- Going to the store to get photos printed
- Going to the post office or mailbox

WE DO IT ALL!!

You can send:

- Letters
- Photos
- Visiting/CPIC Forms
- Puzzles
- Workout Routines
- And more.....
- In just minutes

**ALL VISITING AND APPLICATION
FORMS ARE
FREE!!!**

www.post2prison.com

resources

EAST COAST

ALLY CENTRE
Take collect calls
150 Bentinck St, Sydney, NS, B1P
1G6 902-567-1766
AIDS COALITION of NOVA SCOTIA
Accept collect calls
1675 Bedford Row, Halifax, NS, B3J
1T11-800-566-2437, 902-425-4882
**AIDS COMMITTEE of NEWFOUND-
LAND & LABRADOR**
Take collect calls
47 Janeway Place, St. John's, NL, A1A
1R7 1-800-563-1575
AIDS NEW BRUNSWICK
65 Brunswick St, Fredericton, NB, E3B
1G51-800-561-4009, 506-459-7518
AIDS PEI
Take collect calls
2-375 University Ave, Charlottetown,
PE, C1A 4N4 902-566-2437
AIDS SAINT JOHN
Don't accept collect calls
115 Hazen St, NB, E2L 3L3 506-652-
2437
BOOKS BEYOND BARS
P.O. Box 33129
Halifax, NS
B3L 4T6
HEALING OUR NATIONS:
1-800 565 4255
3-15 Alderney Dr, Dartmouth, NS,
B2Y 2N21-800-565-4255, 902-492-4255
MAINLINE NEEDLE EXCHANGE
Calls from within Nova Scotia are
free
Don't accept collect calls
5511 Cornwallis St, Halifax, NS, B3K
1B3 902-423-9991
SHARP ADVICE NEEDLE EXCHANGE
Accept collect calls
150 Bentnick St, Sydney, NS, B1P
6H1 902-539-5556 (Collect)
SIDA/AIDS MONCTON
Accept collect calls as long as they're
HIV related
80 Weldon St, Moncton, NB, E1C
5V8 506-859-9616

QUEBEC

CACTUS
Accept collect calls
1300 rue Sanguinet, Montreal, H2X
3E7 514-847-0067
**CENTRE for AIDS SERVICES MON-
TREAL (Women)**
Accept collect calls
1750 Rue Saint-Andre, 3rd Flr, Mon-
treal, H2L 3T81-877-847-3636, 514-495-
0990
**COALITION des ORGANISMESCOM-
MUNAUTAIRES QUEBECOIS de
LUTTECONTRE le SIDA (COCQSIDA)**
Accept collect calls
1 est, rue Sherbrooke, Montréal, H2X
3V8 514-844-2477
**COMITÉ des PERSONNES ATTEINTES
du VIH du QUEBEC (CPAVIH)**
1-800-927-2844
2075 rue Plessis bureau 310, Montre-
al, H2L 2Y4 1-800-927-2844

ONTARIO

**2-SPIRITED PEOPLE of the 1ST
NATIONS**
Accept collect calls
145 Front Street East Suite 105
Toronto, Ontario M5A 1E3 416-944-
9300

**AFRICANS in PARTNERSHIP
AGAINST AIDS**
No collect calls, call PASAN
526 Richmond St E, Toronto, M5A
1R3 416-924-5256
**AIDS COMMITTEE of CAMBRIDGE,
KITCHENER, WATERLOO & AREA**
Accept collect calls
Have a toll-free number
2B-625 King St E, Kitchener, N2G
4V4 519-570-3687 (Collect), 1-877-
770-3687
AIDS COMMITTEE OF GUELPH
Accept collect calls, prefer that peo-
ple use their
89 Dawson Rd, Unit 113, Guelph,
N1H 3X2 1-800-282-4505; 519-763-
2255 (Collect)
**AIDS COMMITTEE of NORTH BAY
and AREA**
Accept collect calls
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) or Toll
Free (ON & QC only) 1-800-461-2182
**AIDS COMMITTEE of THUNDER
BAY**
574 Memorial Ave, Thunder Bay,
P7B 3Z2 1-800-488-5840, 807-345-
1516 (Collect)
POSITIVE LIVING NIAGARA
Accept collect calls from registered
clients
(Recommend that you get a case
manager to get registered with
them)
120 Queenston St, St. Catherines, ON
L2R 2Z3 905-984-8684 or toll free
1-800-773-9843
**ANISHNAWBE HEALTH AIDS PRO-
GRAM**
No collect calls
255 Queen St E, Toronto, M5A
1S4 416-360-0486
ASIAN COMMUNITY AIDS SERVICE
When prisoners call, they offer them
small bursaries to cover their calling
fees
107-33 Isabella St, Toronto, M4Y
2P7 416-963-4300 (Collect)
**BLACK COALITION for AIDS PRE-
VENTION**
Accept collect calls
20 Victoria St, 4th Flr, Toronto, M5C
2N8 416-977-9955 (Collect)
**CANADIAN HIV/AIDS LEGAL NET-
WORK**
Accept collect calls
1240 Bay St #600, Toronto, M5R 2A7 416-
595-1666 (Collect)
FIFE HOUSE
Accepts collect calls
490 Sherbourne St, 2nd Flr, Toronto,
M4X 1K9
416-205-9888
**HIV & AIDS LEGAL CLINIC OF ON.
(HALCO)**
Accept collect calls
55 University Avenue, Suite 1400
Toronto, ON, M5J 2H7 1-888-705-
8889
**HIV/AIDS REGIONAL SERVICES
(HARS)**
Accept collect calls
844-A Princess St, Kingston, K7L
1G5 613-545-3698 (Collect)
**ONTARIO ABORIGINAL HIV/AIDS
STRATEGY**

Accept collect calls
844-A Princess St, Kingston, K7L
1G5 613-549-7540 (Collect)
PEEL HIV/AIDS NETWORK
Accept collect calls
160 Traders Blvd, Unit 1, Mississauga,
L4Z 3K7
1-866-896-8700, 905-361-0523 (Col-
lect)
**PETERBOROUGH AIDS RESOURCE
NETWORK (PARN)**
Accept collect calls
60 Hunter St E 2nd Floor, Peter-
borough, ON K9H 1G5, 1-800-361-
2895, 705-932-9110 (Collect)
STREET HEALTH CENTRE
Accept collect calls
Hepatitis C Treatment Program 235
Wellington St, Kingston, K7K 0B5 613-
549-1440 (Collect)
THE AIDS NETWORK (TAN)
Don't accept collect calls
101-140 King St E, Hamilton, L8N
1B2 905-528-0854 toll free 1-866-
563-0563
THE WORKS
Accept collect calls
277 Victoria St, Toronto, 416-392-
0520 (Collect)
TORONTO PWA FOUNDATION
Accept collect calls from clients
200 Gerrard St E, 2nd Flr, Toronto,
M5A 2E6 416-506-1400
**Toronto Community Hep C Pro-
gram**
Accept collect calls
955 Queen Street East, Toronto, M4M
3P3
416-461-1925 (Collect only on Tues-
day & Friday, 11am-5pm)
Once out, please call 416-417-6135
John Howard Society of Toronto
1-866-265-4434
Black Legal Action
720 Spadina Ave. #221, Toronto, ON
M5S 2T9 (416) 597-5831

PRAIRIES

HIV COMMUNITY LINK
Accept collect calls
110-1603 10th Ave SW, Calgary, AB,
T3C 0J7 403-508-2500
AIDS SASKATOON
1143 Ave F N, Saskatoon, SK, S7L 1X1306-
242-5005 1-800-667-6876
**CENTRAL ALBERTA AIDS NET-
WORK SOCIETY**
No collect calls
4611 50th Ave, Red Deer, AB, T4N
3Z9 403-346-8858
HIV EDMONTON
9702 111 Ave NW, Edmonton, AB,
T5G 0B1 1-877-388-5742
**KIMAMOW ATOSKANOW FOUNDA-
TION**
Accept collect calls
RR 1, Site 1, Box 133, Onoway, AB,
T0E 1V01-866-971-7233, 780-913-9036
**NINE CIRCLES COMMUNITY
HEALTH CENTRE**
705 Broadway, Winnipeg, MB, R3G
0X2 1-888-305-8647
**PLWA NETWORK OF SASKATCHE-
WAN**
No collect calls
Box 7123, Saskatoon, SK, S7K
4I1 306-373-7766
OUT SASKATOON
213 Avenue C S, Saskatoon, SK S7M
1N3
306-665-1224
**PRINCE ALBERT METIS WOMEN'S
ASSOC.**
No collect calls
54 10th St E, Prince Albert, SK, S6V
0Y5 306-763-5356
**RED RIBBON PLACE
(ALL NATIONS HOPE AIDS NET-
WORK)**
2735 5th Ave, Regina, SK, S4T
0L2 1-877-210-7622
STREET CONNECTIONS
No collect calls
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
Accepts collect calls. 713 Johnson
St, 3rd Flr, Victoria, V8W 1M8 250-
384-2366 or 1-800-665-2437
LINC
33270 14th Ave, Mission, BC, V2V 4Z7
1-877-424-4242 (BC only)
CAAN
6520 Salish Dr, Vancouver, BC V6N
2C7 (604) 266-7616

NATIONAL

**CANADIAN ASSOCIATION OF ELIZA-
BETH FRY SOCIETIES (Women)**
701-151 Slater St.
Ottawa, ON
K1P 5H3
(613) 238-2422
BRAIN INJURY ASSOC OF CANADA
440 Laurier Ave. West, Suite 200
Ottawa, ON K1R 7X6 Toll-free: 1-866-
977-2492
CATIE
1-800-263-1638
555 Richmond St W #505, Toronto,
ON M5V 3B1
NEW LIFE PRISON MINISTRIES
P.O. Box 123
Arva, ON
NOM 1C0
Aftercare support: 1-888-842-6898
prairie provinces who collaborate
and organize together on issues of
prison and police abolition.
**EAST COAST PRISON JUSTICE SO-
CIETY**
6061 University Ave, PO Box 15000
Halifax, NS, B3H 4R2
www.eastcoastprisonjustice.ca
**West Coast Prison
Justice Society/
Prisoners' Legal Services**
302-7818 6th Street
Burnaby, BC
604-636-0470

OTHER SUBSCRIPTIONS

OUT OF BOUNDS MAGAZINE
6000 William Head Rd, Victoria, BC
V9C 0B5
**JOURNAL OF PRISONERS ON PRIS-
ONS**
c/o Justin Piché, PhD, Dept of Crimi-
nology University of Ottawa, Ottawa,

ON, K1N 6N5
PRISON FREE PRESS
POBox 39 Stn P Toronto ON M5S
2S6

PRISON BOOK PROGRAMS

**BOOKS TO PRISONERS
OPIRG-Carleton**
326 UniCenter, Carleton University
Ottawa, ON. K1S 5B6
(613) 520-2757
BOOKS 2 PRISONERS
PO Box 78005, 1755 East Broadway
Vancouver, BC, V5N 5W1
604-682-3269 x3019
BOOKS BEYOND BARS
PO Box 33129
Halifax NS, B3L 4T6
902-446-1788
OPEN DOOR BOOKS (ODB)
c/o QPIRG Concordia
Concordia University
1455 de Maisonneuve O
Montreal, Quebec, H3G 1M8
514-848-7585
GELA PRISON LIBRARIES PROJECT
Available in Edmonton Institution for
Women, the Edmonton Institution,
and the Edmonton Remand Centre.
BOOK CLUBS FOR INMATES
c/o Centre for Social Innovation
720 Bathurst Street
Toronto, ON M5S 2R4

PRISONER RIGHTS

**TORONTO PRISONERS' RIGHTS
PROJECT** (Runs the Prisoner Emer-
gency Support Fund)
PO Box 291 Toronto P Toronto, ON
M5S 2S8
**PRISONERS UNITED ORGANIZA-
TION**
PO Box 30009, Greenbank North PO,
Ottawa, ON, K2H 1A3
**BLACK INMATES & FRIENDS ASSEM-
BLY**
2518 Eglinton Avenue W, Toronto,
ON, M6M 1T1 ph (416) 652-3131
**DISABILITY NETWORK OF ONTAR-
IO'S PRISON PROJECT**
Hamilton Centre for Civic Inclusion
423 King St East, Hamilton, ON L8N
1C5 *see page 3 for contact numbers*
**CRIMINALIZATION AND PUNISH-
MENT EDUCATION PROJECT (CPEP)**
University of Ottawa, Dept of Crim
120 University Private, room 14002
Ottawa, ON K1N 6N5

Who are we?
We are a group of
community volunteers who
help to support prisoners
in having platonic, safe,
and meaningful pen pal
connections.

write to us!
A FREE, PLATONIC
PEN PAL PROGRAM FOR
FEDERAL PRISONERS

We are dedicated to
social justice, anti-racism,
and freedom. We believe
in the right to dignity
and humanity for all.

Pacific & Prairie Region
Penn2Paper
104-1015 Columbia St.
Box 873
New Westminster, BC
V3M 6V3

Ontario & Atlantic Region
Penn2Paper
455 Danforth Ave
Box 429
Toronto, ON
M4K 1P1

send us a note to one of
these addresses based on
your location

Write ON!

Supporting prisoners through correspondence

INCARCERATED IN CANADA?
NEED INFORMATION?

WE CAN:
Research general information
you need, such as:
• general legal information
• info on prison rules and
policies
• info on resources,
programs and services
• and possibly other kinds of
information you need.

WE CANNOT:
• Give any kind of
professional advice, legal or
otherwise
• be a pen-pal service
(though we could refer you to
one)
• Send anything that could be
viewed as sexually explicit
• Send store bought items such
as notebooks, crafts, etc.

CONTACT US:
Write ON!
Suite # 234
110 Cumberland Street
Toronto, On M5R 3V5