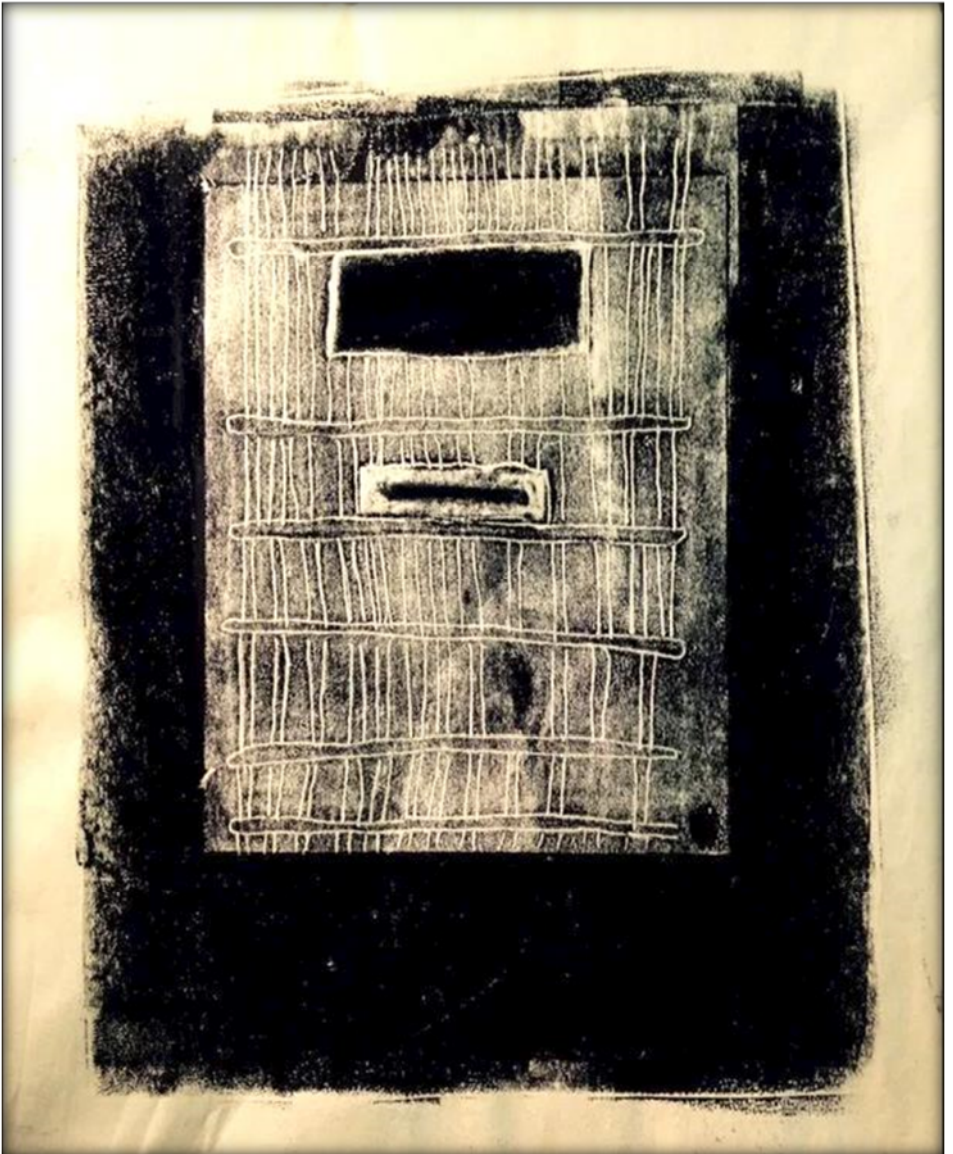


WOMEN'S PRISON NETWORK



ISSUE #14 - SPRING 2019

Editor's Note:

Welcome to Issue #14 of Women's Prison Network, a magazine by and for women, trans and youth prisoners in Canada.

This is a safe space to share art, poetry, news, thoughts, conversation, connections ...

We send copies into all Women & Youth prisons in Canada.

Send your art, poems, short stories, comments, articles, etc, to Women's Prison Network if you would like to be a part of the next Issue. – Thanks!

Women's Prison Network
PO Box 39, Stn P
Toronto, ON, M5S 2S6

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Cover Artwork:

Arthur Tyler

Artists:

Cover Artists will receive a \$25.00 donation. Thank you so much for your work!

Let us know how & where you would like the donation sent to & where you would like your art returned to.

Please note: this magazine is for women, trans and youth from all cultures, so please do not send religious imagery.

Thank you for your art!

Writers:

One column is only 300 words, so do choose your words carefully.

It must be short & to the point.

Poems that are tight & give space for others are the first in.

Thank you for your words!

Donors for this Issue:

Very special thanks to: Agnes & Elle A.!

Ancestral Territorial Acknowledgment:

We respectfully acknowledge that the land on which Prison Free Press operates is the Traditional Territory of the Wendat, the Anishnaabeg, Haudenosaunee, and the Mississaugas of the New Credit First Nation.

The first all-solitary-confinement prison in the U.S., in Auburn, New York, was shut down in 1822, after only 18 months of operation, when the governor visited and saw that every one of its 26 prisoners had become psychotic.

'Women's Prison Network' is produced 4 times per year.
It is sent out for free to Women, Trans & Youth in Prisons in Canada.

If you are on the outside or part of an organization, please consider a donation!!!

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NEWSNEWSNEWSNEWSNEWSNEWSNEWS

Half of Canada's prisoners were abused as children, McMaster study suggests

About half of Canada's inmates were abused as children, suggests a new study out of McMaster University.

Medical student Claire Bodkin led a team that studied data from 30 years of research into Canadian inmates. Their work was published in the March issue of the American Journal of Public Health (AJPH).

The researchers found 65 per cent of female inmates experienced abuse in general, and half of them were sexually abused.

Bodkin said only one study in the data evaluated reported the prevalence of abuse among men. The researchers found abuse rates involving male inmates were at 35.5 per cent, with 21.9 per cent of them having experienced sexual abuse.

The team did a statistical analysis of the results to reach the conclusion that half of inmates had been abused, Bodkin said.

"That's an alarmingly high number."

These are the other researchers involved in the work, which included going over 34 studies from territorial, federal and provincial prisons and jails:

- Fiona Kouyoumdjian and Lucie Pivnick, both McMaster.
- Susan Bondy of the University of Toronto.
- Carolyn Ziegler of Toronto's St. Michael's Hospital.
- Ruth Elwood Martin of the University of British Columbia.

Bodkin said understanding people who have been incarcerated - including reoffenders - will go a long way in helping prevent crime.

Prisons need to take trauma into account in how they deal with inmates, Bodkin said.

"Regardless of where you stand politically, I think everyone can agree that prison is not a healthy place for people, and that it's a symptom of multiple other things that have gone wrong."

So "how do we need to think about the impact of childhood trauma? How do we prevent childhood abuse from happening in the first place?"

The findings aren't surprising to Ruth Greenspan, executive director of the John Howard Society of Hamilton, Burlington and area in Ontario.

"Many resort to their own abuse of themselves," she said. "There's a lot of addiction, self-mutilation, self-harm, and suicide, which again, are all indications of having suffered a lot of trauma. PTSD is something you see when you work with this population."

There have been some great programs over the years to address trauma among people who commit crimes, she said. But the funding comes and goes.

On the whole, there aren't enough free resources for individuals - before, during or after prison, said Greenspan.

Prevention 'would just save so much money'

"If we had more resources at the preventative level, before people got in conflict with the law, that would be really amazing," she said.

"If we prevented it, we would just save so much money in the criminal justice system. And I don't think we're there yet."

For her part, Bodkin has done some clinical training with men during and after prison. Some have "really expansive trauma histories," including severe abuse as children, she said.

"We suspected it was high, but there wasn't good research out there that led to a national perspective in Canada."

As for what constitutes abuse, Bodkin and her team used a World Health Organization definition, which means attendance at a residential school wasn't considered, although that research would be useful too, Bodkin said.

At any given time, 41,000 people are incarcerated in Canada, and a disproportionate number are Indigenous.

Samantha Craggs

CBC News

Feb 20, 2019

I have often reflected upon the new vistas that reading has opened to me.

I knew right there in prison that reading had changed forever the course of my life.

As I see it today, the ability to read awoke inside me some long dormant craving to be mentally alive.

- Malcolm X

Were You Incarcerated in a Provincial Jail or Prison Between May 30, 2009 and Nov 27, 2017?

A lawsuit may affect you. Please read this carefully.

The Ontario Superior Court of Justice decided that a class action on behalf of people who were prisoners in Provincial jails from May 30, 2009 to November 27, 2017 (with some exclusions) (the "Class") can proceed. You have a choice of whether or not to stay in the Class.

To stay in the Class, you do not have to do anything. If money or benefits are obtained, you will be notified about how to make a claim. You will be legally bound by all orders and judgments, and you will not be able to sue Ontario about the legal claims in this case.

If you want to remove yourself from the class action, you must submit an opt out form. Opt out forms are available. If you remove yourself, you cannot get money or benefits from this lawsuit if any are awarded.

The Court has appointed Koskie Minsky LLP and McKenzie Lake LLP ("Class Counsel") to represent the Class. You don't have to pay Class Counsel to participate. If they get money or benefits for the Class, they may ask for lawyers' fees and costs which would be deducted from any money obtained or would be paid separately by Ontario.

Read the Long Form Notice, which provides more information about your rights. You can also call the toll-free information line at 1-877-453-8714 (TTY: 1-877-627-7027), email: Jaillockdown@crowco.ca or write to:

Jail Lockdown Class Action
3-505 133 Weber St N
Waterloo, ON, N2J 3G9



Inmates Kept in Prison Too Long for Lack of Halfway Houses

Canada's auditor general says hundreds of federal prisoners are having their parole delayed only because the Correctional Service of Canada doesn't have halfway houses for them to live in. In a new report Tuesday, Michael Ferguson says staying in prison, sometimes for months longer than they're supposed to, hurts offenders' rehabilitation and prospects for success when they're released.

He says the backlog of prisoners waiting more than two months for parole increased tenfold over the last three years, from 25 to almost 260. And the shortage of spaces means parolees are increasingly sent to communities where they have no family or supports, and no intention of staying. The audit says parole officers often do not get important information about the parolees they are supposed to monitor and help, such as details about health conditions that could affect their ability to live and work on the outside.

A spot check of 50 cases found that nearly half of the time, parole officers didn't see their parolees on the right schedule or didn't check to make sure they were following special parole conditions.

The Canadian Press
Nov 20, 2018



Supreme Court quashes mandatory victims' surcharge for convicted criminals

Canada's top court has quashed a mandatory fine slapped on convicted criminals, overturning a surcharge that critics blamed for keeping impoverished people trapped in the criminal justice system.

In a 7-2 ruling, the Supreme Court justices said making the fine mandatory does not allow sentencing judges to consider mitigating factors, ignores the goal of rehabilitation and undermines Parliament's intention to address the serious problem of Indigenous overrepresentation in prison.

"The surcharge constitutes cruel and unusual punishment and therefore violates Section 12 of the (Charter of Rights), because its impact and effects create circumstances that are grossly disproportionate to what would otherwise be a fit sentence, outrage the standards of decency, and are both abhorrent and intolerable," reads the judgment.

The federal victim surcharge was introduced in 1989 as a way to make offenders more accountable and to offset some of the costs of funding victims' programs and services.

Before 2013, judges could waive the fine if the offender was poor, but the Conservative government of the day made it mandatory and doubled the amount judges were required to impose.

The Liberal government moved to repeal the mandatory surcharges under Bill C-75, which has cleared the House of Commons and is now before the Senate.

Sec. 737 of Criminal Code

Under Section 737 of the Criminal Code, a convicted offender must pay a victim surcharge that is 30 per cent of any fine ordered by the court.

If no fine is imposed, the surcharge is \$100 for a lesser offence and \$200 for a more serious offence. The court may also charge a higher fee if it's considered appropriate and the offender has the financial means to pay the higher amount.

But the majority ruling struck down that entire section of the Criminal Code, saying it should

be "declared to be of no force and effect immediately."

"The government could also proceed administratively, while Parliament may act to bring a modified and Charter-compliant version of the surcharge back into the Criminal Code," the judgment reads.

A spokesperson for Justice Minister Jody Wilson-Raybould said she is "studying the decision to assess the appropriate next steps."

Josh Paterson, executive director of the B.C. Civil Liberties Association, an intervener in the case, called it a "huge win for fairness in the criminal justice system."

"Forcing offenders to pay this surcharge even when they had no ability to pay meant that many people were going to jail simply because they are poor," he said in a statement.

"The court found that this is cruel and unusual punishment that outrages the standards of decency. Even people with a less serious conviction could be dogged for years by collection efforts and the threat of imprisonment due to the fact they could not pay the surcharge."

Kathleen Harris
CBC News
Dec 14, 2018

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This magazine is only sent into women's prisons. Ads are not on the web version.

'The prices are outrageous': Concerns raised over monopoly on ordered goods in federal prisons

Prisoners at federal penitentiaries are being forced to buy goods and personal effects at prices inflated above what the public pays, an inmate and advocates say.

Federal inmates are allowed to order goods and personal effects through a single catalogue. It's provided by Prototype Integrated Solutions, a Langley, B.C.-based company that has a monopoly on the prison market. It also provides goods to several other federal departments, including the Department of National Defence and the CBSA.

Hundreds of items are available in the catalogue, everything from clothing, electronics, health and personal hygiene items to sporting equipment, religious goods and hobby supplies. However, the inmate, who resides in a Quebec prison, says the catalogue falls short both in terms of price and quality.

"The prices are outrageous ... There's a guy, he bought a stapler, first time he goes to staple with it, it just falls apart into pieces in his hands," he told CBC News in an interview from prison.

His identity is being withheld because he is a whistleblower.

Before the catalogue, which was brought in under the previous Conservative government, the inmate said prisoners were able to buy items by placing an order with an institutional staff member. They would then go to the nearest town or make an order through the mail.

According to Corrections Canada, the catalogue was intended to standardize what was available to inmates, as well as reduce the amount of time staff would spend processing orders and shopping for items.

'Covers all costs'

In an interview, Ghislain Sauvé, director general of technical services and facilities at the federal agency, said the catalogue brings consistency between penitentiaries across the country, so that inmates in B.C., for instance, can buy and pay the same amount for goods as inmates in Newfoundland.

"It covers all costs, so when you pay for an item it covers everything, delivery, any handling," said Sauvé

A representative of Prototype Integrated Solutions declined an interview request.

In an email, the company referred questions to Corrections Canada, adding that the contract is the "result of a fair public procurement process." Prototype Integrated Solutions takes all the profits on sales, according to Corrections Canada.

Dozens of items more expensive

CBC News obtained a copy of the catalogue that is in effect until the end of March, 2019.

In at least two dozen cases CBC found items in the catalogue that were more expensive for inmates compared to the price the public would pay.

The items include:

- A Levi's "trucker" jean jacket was priced at \$153.38 plus tax for inmates. A similar styled "trucker" jacket could be purchased online at Levi's Canadian store for \$108.
- A pair of men's Run Supreme Reebok shoes is being sold for \$136.74 plus tax in the catalogue. A similar pair of "Run Supreme" shoes are available for \$90 on Reebok Canada's website.
- An Under Armour shower shoe would cost an inmate \$67.19 plus tax. On Under Armour's Canadian website the same shower shoe is being sold for \$39.99.
- A 19-inch LED television is being sold for \$237.03 plus tax. A similar television could be bought at Walmart Canada for \$103.50.

In comparing the items, CBC attempted to find the exact item described or the most similar item that was available to the public. Many of the items in the catalogue are no longer sold in retail stores.

According to the inmate, one of the worst items to order through the catalogue is music on compact disc. Prototype Integrated Solutions charges a rate of \$27.56 plus tax for any music CD.

The inmate says most often a relative can purchase the same CD for half the price, and not have to wait up to six months for delivery.

Public Services and Procurement Canada reviewed the catalogue before it was awarded, he said.

"They did a cost analysis to confirm that the items were competitive, or were appropriate for the Canadian retail market," said Sauvé.

High prices, low pay

Many of the inmates struggle to save up to buy items in the catalogue, the inmate said.

Inmates earn between \$5.25 to \$6.90 a day working in the institution. However, those wages are subject to a 30 per cent deduction to pay for room and board and the inmate phone system.

Jarrod Shook, a former prisoner who now works as an editor for the Ottawa-based *Journal of Prisoners on Prisons*, said that inmates are well aware of the monopoly in place and their limited wages put many items out of reach.

"The wages have never increased since the 1980s, and furthermore with inflation, access to products now are a lot more, and prohibitively, expensive," said Shook.

Corrections Canada allows for inmates to receive up to \$750 a year from family or others outside of the institution.

Maintaining sense of identity

The items in the catalogue also provide inmates an opportunity to wear clothing outside of what they are issued by Corrections Canada upon arrival at an institution.

When not working or during free time, inmates can change into casual clothing.

"You feel a little less human," the inmate said, about wearing Corrections Canada clothing.

"It's a matter of personal pride, where even if it's not the best looking T-shirt or the nicest pair of shoes, at least you're wearing something that belongs to you."

Shook said the *Journal of Prisoners on Prison* has also heard how important it is for inmates to be able to have their own clothes and personal items.

In a 2017 issue, the journal asked inmates to write about reforms of the prison system under the former Conservative government. Many identified the purchasing process as an issue and spoke about losing their sense of self-esteem.

"When you're able to access basic things, like maybe a pair of earrings that you used to wear or a particular style of clothing, it does help you maintain a sense of your identity," said Shook.

Why more?

Both the inmate and Shook say that Corrections Canada should return to the former system and allow prisoners to order through a staff member who can get the best price.

"Why should we have to pay... more? Every little piece, article of clothing, why do we have to pay... more just because we're inmates?" the inmate said.

Another change both would like to see is prisoner's wages adjusted to give inmates more purchasing power.

Corrections Canada said the contract with Prototype Integrated Solutions has been extended another year, meaning it will be in place until March 2020.

Sauvé said they are exploring options for what to do after the contract runs out, that includes looking for an alternative to the current catalogue.

In at least two dozen cases, CBC News found items in the catalogue, provided by Prototype Integrated Solutions, that were more expensive for inmates compared to the price the public would pay. (CBC)

Sauvé said pricing is Prototype Integrated Solutions responsibility. He added that he has heard concerns about the cost of goods from not only inmate committees, but also Corrections Canada staff.

Brennan Neill
CBC News
Dec 19, 2018

Please try to remember that what they believe, as well as what they do and cause you to endure does not testify to your inferiority but to their inhumanity.

- James Baldwin

Nov. 20 is Transgender Day of Remembrance

Nov. 20 is Transgender Day of Remembrance (TDoR), an international event commemorating people killed due to anti-trans violence. In the last year, 369 trans or non-binary people have been killed globally.

And it's a Canadian problem too: 74 per cent of trans youth in Canada have been harassed at school, and 37 per cent have experienced physical violence.

POEMSP OEMSPOEMSPOEMSPOEMSPOEMSPO

EMSP OEMSPOEMSPOEMSPOEMSPOEMSPOE

Untitled

To Me

Happy today wasn't me
Until I thought of you

A thought to a smile
That only us could bring through

Waiting for the chance again
For new things to us, that we can do

To You

- Brandy Laramee

This Is Me

I got into trouble on a drop of a dime
I never seem to do what is right
I end up doing nothing but time
But all I do is fraud and fight
Maybe someday I will straighten out
And stop breaking the law
A long time from now, no doubt
Getting into trouble is just a flaw
I seem to like being in jail
Being in jail makes me happy
All I seem to do is fail
But I'm not sure this is the person I want to be
But I got nothing to be out there for
My life has been turned upside-down
Whenever I look for help, all I get is closed doors
I can't seem to smile anymore, all I do is frown

- Ruth Trecartin

Prisons do not disappear social problems,
they disappear human beings.
Homelessness, unemployment, drug
addiction, mental illness, and illiteracy are
only a few of the problems that disappear
from public view when the human beings
contending with them are relegated to cages.

- Angela Davis

Untitled

Today I am feeling sad & blue.
I am unsure of what to do
I am stuck here behind prison walls
Footfalls echo in the halls

The food looks bad, so hard to eat
When I don't eat, I'll feel so weak
Sometimes I cry, & I can't stop my tears
It's a relief at times, lets go my fears
So here I sit & watch time go past
Wondering how long hardship will last

- Anny Oyster

Purpose

In life you will realize that
There is a purpose for everyone you meet
Some will test you
Some will use you
And some will teach you
But most important are the ones
Who bring out the best in you,
Respect you & accept you
For who you are
Those are the ones
Worth keeping around

- Allana Custer

Someone

There's someone somewhere
Who thinks of you smile
Who finds in your presence
That life is worthwhile
So when you're alone
Remember it's true
There's someone somewhere
Who's thinking of you!
We all have our hard times

- Kayla Marr

POEMSP OEMSPOEMSPOEMSPOEMSPOEMSPO

EMSP OEMSPOEMSPOEMSPOEMSPOEMSPOE

Is There Life After Love?

Every road had a rainbow
 And every wish had a star
 Every tear had a shoulder to cry on
 And every night had guitars
 But every fool's a lonely fool
 And such a fool am I
 Cause every night I think of you
 And every night I die
 Is there life after love?
 Some things aren't certain
 But some things I'm sure of
 Like angels in heaven
 And god up above
 But is there life after love?
 You gave me forgiveness
 But you could not forget
 No, I should never have told you
 What I've lived to regret
 The truth lies between us
 And I can't take it back
 No, it's too late for lyin' now
 It's too late for that
 Here I am, there you are
 We're so far apart
 I miss you babe
 Our love will never part

- Sherry Simic

Show Me the Way

Many years have passed me by...
 A daughter at home, who wonders why?
 Sitting in my cell, crying inside
 Going to sleep with those haunting feelings
 Of how I could've took his life
 I'm getting too old to just let life pass me by
 Oh how I wish I could turn back time
 My life hasn't been paved with gold
 No more life on the run
 Thinking drugs & alcohol are fun
 I pray each & every day
 Please Creator "Show me the way"

- Amanda Stewart

DeLinkQuent

Let us learn from those
 Who have failed
 Now it's time to excel
 No more payin' bail
 'Cause we're stayin' outta jail cells
 We deserve better than poverty,
 Struggle & violence
 Too many brothers have died for us
 To live in silence
 Call me paranoid for
 The tears that fall
 But somebody is tryin' a
 Kill us all
 How are we supposed to get by
 Work together & make it
 If our leaders are getting high
 Drunk & inebriated
 No more drinking, smoking
 Slowly dying inside ...
 Instead of dope, give us hope
 Instead of prison, give us pride
 We're tired of hypocrites
 That sing the same ol' song
 They keep on telling us what to do
 But they keep on doing wrong
 Judges sentence us to prison for life
 And deny all appeals
 While politicians make
 International drug deals
 We're tired of sitting around
 Feeling self-pity
 Matter of fact
 We're talking back

- April Daniels

My Secret

I'm here to share my secret
 I'm here to come clean
 I'm a drug-addicted beauty queen
 Love the Crystal Methamphetamine
 I love it, so Fuck You

- Cara Watkinson

Court orders new rules for holding prisoners in solitary confinement

The British Columbia Court of Appeal has given the federal government more time to implement new policies for holding prisoners in solitary confinement — but has ordered new conditions in the meantime to limit the violation of inmates' constitutional rights.

The Charter challenge of Canada's solitary confinement policy was launched by the BC Civil Liberties Association and the John Howard Society of Canada. They argued that keeping inmates in solitary leads to suffering and death, deprives them of fundamental protections and discriminates against mentally ill and Indigenous inmates.

In January 2018, the B.C. Supreme Court struck down the federal solitary confinement policy as unconstitutional. The federal government appealed the ruling even as it proposed reform legislation to eliminate the use of solitary.

"While we are prepared to extend the suspension of the declaration of constitutional invalidity, that cannot be a justification for the federal government to maintain unchanged the conditions of inmates kept in administrative segregation," Monday's court of appeal ruling says. "Without violating the existing legislation, the government must take steps to deal with constitutional concerns."

The federal government's reform bill, Bill C-83, introduces Structured Intervention Units (SIU) meant to house inmates separately when they pose a danger to themselves or others, while still giving them access to rehabilitation, mental health care and other programs.

The bill has been reviewed by a House of Commons committee and the government hopes to see it clear Parliament and become law this year.

Public Safety Minister Ralph Goodale said he welcomed today's court's decision, which affords more time for reforms to be implemented in "an effective and orderly way."

'Fundamentally different system'

"This additional time will be important as Parliament continues its consideration of Bill C-83, which will eliminate segregation and establish a fundamentally different system focused on

rehabilitative programming and mental health care," said Goodale's spokesman Scott Bardsley.

"This new approach will allow CSC to separate inmates when necessary to maintain safety, while at the same time ensuring that those inmates receive mental health care, programming and meaningful human contact."

Bardsley said policy changes already implemented have dramatically reduced administrative segregation placements — from 780 in April 2014 to 340 in March 2018, a drop of 57 per cent.

Monday's court ruling orders Correctional Service Canada (CSC) to take additional steps, including:

- Giving inmates in segregation an extra 30 minutes of yard time, so they can be outside their cells at least 2.5 hours each day.
- Requiring daily visits from health care professionals - including visual observation of inmates in segregation - and new procedures for following through on placement recommendations from those professionals.
- Allowing prisoners legal counsel at hearings related to their placement in solitary confinement. The inmates must also be advised of their legal rights and be given private space to speak with their lawyers.
- Allowing Indigenous elders to visit the segregation units and provide one-on-one counselling to Indigenous prisoners.
- Creating a review system that requires authorization from a senior official before an inmate can be kept in segregation for more than 15 days. That senior official can't be the head of the corrections institution where the inmate is being held, or that person's subordinate.

The court also said the government must begin to open units outside of solitary confinement for prisoners who do not want to integrate into the mainstream prison population, or who are deemed unable to integrate safely.

Under the proposed new SIU model, inmates who can't be safely managed in the mainstream population would receive interventions and programs tailored to their needs. They also would be allowed outside their cells for four hours each day (the current rules only permit two hours) and would have access to two hours a day of "meaningful human contact."

The new legislation still doesn't include a limit on the number of days an inmate can be kept in an SIU, however - something prisoner rights advocates call unacceptable.

"Solitary confinement is unconstitutional when it is indefinite," said Josh Paterson, executive director of the BC Civil Liberties Association. "These conditions don't impose a maximum. Bill C-83 doesn't impose a maximum. So as far as we're concerned, none of this is responsive to that."

Paterson said the court ordered "strong direction" on many fronts that will improve the system, but the measures don't go far enough to protect prisoners' Charter rights.

Kathleen Harris
CBC News
Jan 07, 2019

Alberta judge grants inmate 3.75 credit days for each day spent in 'cruel' solitary confinement

An Alberta judge has given an inmate 3.75 days credit for each day he served in solitary confinement, calling it a form of cruel and unusual punishment prohibited by the Charter of Rights and Freedoms.

"Segregation ravages the body and the mind," Justice Dawn Pentelchuk of the Alberta Court of Queen's Bench said in written reasons released last week for sentencing Ryan Prystay to time served, plus 77 days, on multiple charges, including possession of methamphetamine and a loaded firearm.

Mr. Prystay, 36, spent more than 400 consecutive days in solitary in the Edmonton Remand Centre, after assaulting another inmate. It was not until nine months after his placement in solitary that he was told in a review what he needed to do to be released into the general population. He was charged in August, 2016, and pleaded guilty in October, 2018.

Canadian law generally allows judges to give 1.5 days credit for each served in pretrial custody. Justice Pentelchuk said she gave the heightened credit because of the length of time Mr. Prystay spent in solitary, the effects on his psychological and physical health (he suffered from anxiety and hopelessness, insomnia, auditory

hallucinations and anti-social feelings), and a lack of "ascertainable standards" in the remand centre's use of indefinite solitary.

Alberta's Justice and Solicitor-General's department said the Edmonton Remand Centre uses administrative segregation for inmates whose safety may be at risk or who pose a safety risk to others. It said the Crown Prosecution Service is reviewing the Prystay decision and will decide whether it will appeal.

Administrative segregation, the term used by correctional authorities for solitary confinement, is being used at "an alarming rate and for alarming lengths of time" in Canadian correctional institutions, she wrote. "It is a powerfully tempting way for institutions contending with inadequate funding and staffing shortages to address challenging circumstances within inmate populations. It is often used as a punitive measure to circumvent the more onerous due process requirements of disciplinary segregation." Mr. Prystay had pre-existing mental-health issues, has been a drug addict since the age of 13 and has a long criminal record. He was usually confined for 23 hours a day, with access twice a day to a "fresh-air room" - though its windows were mostly kept closed in winter.

Justice Pentelchuk said his placement in solitary was "devoid of procedural fairness and appropriate oversight." She noted that a government expert in a B.C. constitutional challenge to the federal practice of administrative segregation testified that the time limit should be 60 days.

She could have gone further, by dismissing the charges against Mr. Prystay, but she said it was "not the clearest of cases" as to justify such an extreme move.

Sean Fine
Globe and Mail
Jan 08, 2019

Being oppressed means the absence of choices.

- bell hooks

I am not free while any woman is unfree, even when her shackles are very different from my own

- Audre Lorde

Inmates get new hotline to report conditions at Ottawa jail

A new hotline for inmates was buzzing with calls on Monday from people concerned with the conditions at the Ottawa-Carleton Detention Centre (OCDC).

Starting Monday, volunteers with the Jail Accountability and Information Line (JAIL) are on standby for three hours a day to hear concerns about Ottawa's jail.

"We are doing this because jails are still injuring people, they are still maiming people, they are still killing people," Justin Piché, an associate professor of criminology at the University of Ottawa, told CBC Radio's All In A Day.

"If we can be of assistance to promote accountability within the jail, to redress human rights violations [and to] improve conditions, we think that will make the jail here a better place." The hotline was set up by a group called the Criminalization and Punishment Education Project.

It's made up of academic researchers such as Piché, former inmates and other advocates who want to reduce imprisonment and improve conditions in the correctional system.

Two volunteers take calls during the shift from family, friends and inmates themselves, who can choose to be anonymous if they'd like. The group is also against the planned expansion of the OCDC.

2 ways to try and help

Piché said the hotline connects prisoners with information about existing resources that could help solve their problems.

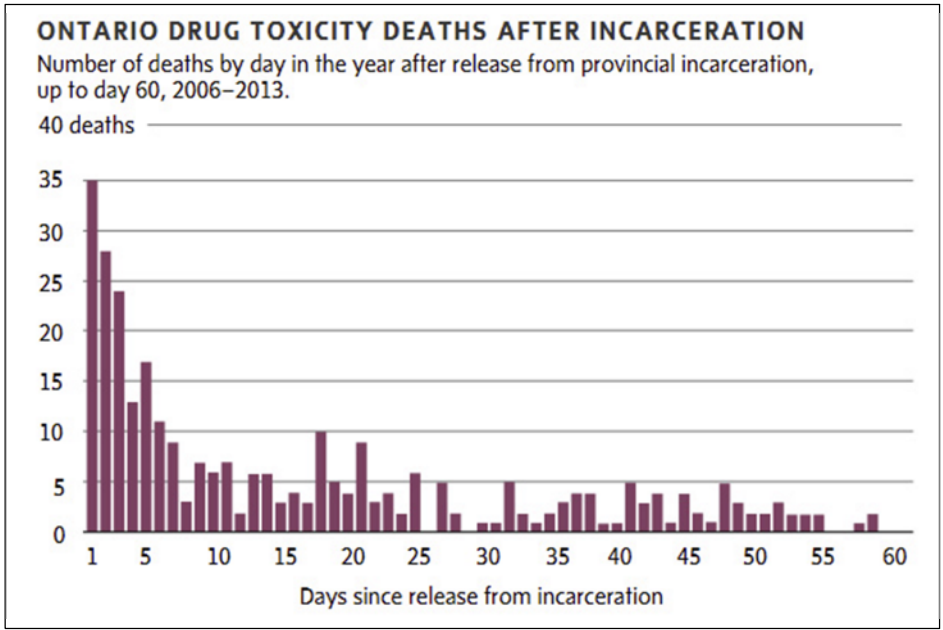
The group will also advocate on behalf of an inmate by directly contacting the Ottawa jail about the complaints and asking for solutions.

"It's in their court to decide whether or not they want to avail themselves of the opportunity to improve conditions ... or dig their heels in the sand," he said.

"If we have to make some noise, then that's what we will do."

The hotline is open at 613-567-JAIL (5245) from 1 p.m. to 4 p.m.

CBC News
Dec 11, 2018



Children of Inmates Reading Program (ChIRP)

"Reading aloud is the single most important thing a parent or caregiver can do to help a child prepare for reading and learning"
"Reading is the gateway to future success in life and in school"

BCFI's commitment to the successful re-integration of inmates and to stronger, healthier communities includes the development of Children of Inmates Reading Program (ChIRP). The mandate of ChIRP is to build and enhance a healthier parent/ child relationship, develop literacy and listening skills, increase vocabulary and attention spans for children and promote a love of learning in children through the consistent presence of a parent and books.

For the past 10 years, Carla Veitch, a children's educator, has been successfully developing and operating a parent/child reading initiative. Twice a month, Carla, along with another volunteer, enter the institution and offer men the opportunity to select a book for their child and then read that book into a recording device. The book and recording are then mailed to the child. This initiative provides a direct connection for the child with his or her incarcerated parent. In addition to the opportunity of hearing a parent's voice, the reading initiative underscores the value of reading and the importance of books. For a number of the participants, reading aloud to their child has not been part of their pattern of parenting, nor was it modeled for them as part of their early childhood years. Children are never responsible for their parents' choices. At the same time, they are the hidden victims not only in the justice and correctional system, but also within our larger community.

Book Clubs for Inmates
 720 Bathurst St.
 Toronto, ON, M5S 2R4
www.BookClubsForInmates.com

It's the rough side of the mountain that's the easiest to climb; the smooth side doesn't have anything for you to hang on to.
 - Aretha Franklin

Book Clubs for Inmates (BCFI)

Book Clubs for Inmates (BCFI) is a registered charity that organizes volunteer-led book clubs within federal penitentiaries across Canada. Currently, BCFI is facilitating 30 book clubs from Nova Scotia to British Columbia.

BCFI runs French and English language book clubs for men and women incarcerated in minimum, medium, and maximum security facilities. Book clubs are usually made up of 10-18 members who meet once a month to discuss books, both fiction and non-fiction of literary merit.

Every month, hundreds of inmates participate in book clubs across the country and each year thousands of brand new books are purchased, read, and discussed.

Book Clubs for Inmates
 720 Bathurst St.
 Toronto, ON, M5S 2R4
www.BookClubsForInmates.com

Penpal Program for Gay, Queer, Trans Prisoners

The Prisoner Correspondence Project runs a penpal program for gay, lesbian, bisexual, transsexual, transgender, and queer prisoners in Canada, pairing them up with gay and queer and trans people outside of prison for friendship and support.

We also coordinate a resource library of information and resources related to health, sexuality, and prisons - get in touch with us for a list of resources we have, or for details.

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

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

Please indicate French or in English. Veuillez svb nous indiauez anelais ou en francais.

Facts about HIV and HCV

With some exceptions, HIV and HCV infection is generally more prevalent among women than men in prison, particularly among those who have a history of injection drug use.

In a study of provincial prisons in Quebec, the HIV and HCV rate among incarcerated women was, respectively, 8.8 and 29.2 percent, compared to 2.4 and 16.6 percent among male prisoners.

In a study of female prisoners in British Columbia (B.C.), self-reported rates of HIV and HCV were 8 percent and 52 percent, respectively.

In a 2007 nationwide survey by CSC, the HIV and HCV rate among federally incarcerated women was 5.5 and 30.3 percent, compared to 4.5 and 30.8 percent among federally incarcerated men. Aboriginal women reported the highest rates of HIV and HCV, at 11.7 and 49.1 percent, respectively.

While the majority of women in prison are voluntarily tested for both HIV and HCV, the provision of pre- and post-test counselling has been reported to be poor, and in some cases, non-existent.

Women in prison are more likely than women in the general population to have faced violence and abuse; therefore, counselling accompanying HIV diagnosis is particularly important. Women in prison have concerns about the privacy and confidentiality of their HIV status.

Women have reported being forced to draw unwanted attention. Women (37.0%) reported being HCV-positive. Aboriginal women were identified as a particularly high-risk group because they reported the highest rates of HIV (11.7%) and HCV infections (49.1%).

These data highlight the need to ensure that culturally appropriate, effective interventions that decrease risk-behaviours and increase utilization of harm-reduction measures are offered to meet the needs of Aboriginal women.

Important Hep C Update!

New treatments with excellent success rates are now available!

These are in pill form and have little or no side effects. The downside is the cost of course: \$1000+ per pill.

Vosevi is a combination of sofosbuvir, velpatasvir and voxilaprevir. These three drugs are combined into one tablet. It is taken once a day with food for 12 weeks.

Federal Prisoners: Great news, now you can start your treatment while inside!

Provincial/Territorial Prisoners: Only BC & ON provide treatment. Elsewhere, you will have to wait till you get out.

- When released, get right on welfare or disability.
- Federal health care programs like NIHB & IFH may cover costs.
- Go to a Clinic and get your blood test done so you can get into a Treatment Program at no cost to you.

There are 2,700 with chronic hep C in Federal prisons.

There are 4,380 with chronic hep C in Prov/Terr prisons.

All Federal prisoners with hep C are now eligible for treatment.

BC & ON Prov prisoners with hep C are now eligible for treatment.

Hep C = 18-30% of prisoners
HIV = 1-5% of prisoners

Do Not Share or Re-Use:
needles, ink, ink holders, rigs,
- anything in contact with blood! -

**BLEACH DOES NOT
KILL HEP C**



F.E.A.T. - Family Visitation

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

F.E.A.T.'s Family Visitation Program provides weekend transportation from Toronto to correctional facilities in Southern Ontario for children and families to visit imprisoned loved ones.

During our trips, F.E.A.T provides free snacks and refreshments, offers a variety of games and activities, and plays movies.

Our bus is a place where youth and families have a chance to talk about their experiences of having a loved one inside and receive support from mentors and other riders.

Our Family Visitation Program is free for anyone 18 years old and younger. If you are interested in participating in our program, please call or email F.E.A.T. to register today.

For more information or to book a seat on the bus please contact Jessica or Derek Reid:

info@FeatForChildren.org
416-505-5333

A Child of an Incarcerated Parent

The Reality

- *Every year over 150,000 adults are remanded into custody which results in approximately 180,000 innocent children who suffer from the traumatic effect of parental incarceration*
- *Over 5,000 children are impacted by parental imprisonment in the GTA*
- *The number of children affected by parental incarceration only increased with the passing of the Crime Bill C-10*

The Need

- *Despite the growing prevalence of these innocent victims the resources available are minimal*
- *The cost and lack of accessibility to correctional facilities restrict child-parent visits. Consequently, some children can never visit their incarcerated parents*

The Impact

- *Children of incarcerated parents grieve the loss of their parent*
- *These children are four times more likely to be in conflict with the law*
- *Social stigma of incarceration causes some families to avoid discussing the absence of a parent*

Research suggests that parental incarceration has a detrimental impact on children. These innocent children suffer the traumatic experience of being separated from their parent. Following parental imprisonment, children are faced with a myriad of challenges including:

- *feelings of shame, grief, guilt, abandonment, anger*
- *lowered self-esteem*
- *economic instability*
- *social stigma and isolation*
- *disconnection from parent*
- *insecurity in familial and peer relationships*
- *school absenteeism, poor school performance*
- *difficulty in coping with future stress & trauma*
- *compromised trust in others including law enforcement*

FeatForChildren.org ~ 416-505-5333

Prison Radio

- Halifax – CKDU 88.1 FM
Black Power Hour – Fri 1:30-3 pm
Youth Now! – Mon 5-6:30 pm
- Montreal – CKUT 90.3 FM
PRS – 2nd Thurs 5-6 pm & 4th Fri 11-noon
- Guelph – CFRU 93.3 FM
Prison Radio – Thurs 10-11 am
Call-in 519-837-2378
- Vancouver – CFRO 100.5 FM
Stark Raven – 1st Mon 7-8 pm
- Kingston – CFRC 101.9 FM
Prison Radio – Wed 7-8 pm

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

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

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

Write: CPR c/o CFRC, Lower Carruthers Hall, Queen's University, Kingston, ON, K7L 3N6
Email: CFRCprisonradio@riseup.net
Call: 613-329-2693 to record a message or music request to be broadcast on-air.

PRISONERS JUSTICE DAY

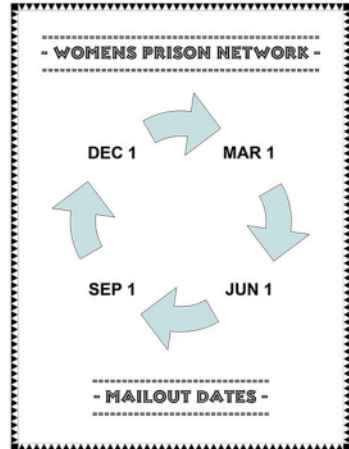
☞ In Remembrance ☞
- August 10 -

There are more than 200 Unnatural
Prisoner Deaths in Canada.
- Each and Every Year -

We maintain a PJD 'In Remembrance' page on our website for Prisoners who have died in Federal and Provincial Prisons, Remands, Lock-ups and Parole in Canada.

If you wish to have someone remembered there, send us a note or email and we will honour your request.

PJD@PrisonFreePress.org



Women's Prison Network Spring 2019 - Issue #14

PO Box 39, Stn P
Toronto, ON, M5S 2S6

info@WomensPrisonNetwork.org

visit, download, print, donate!
WomensPrisonNetwork.org

Send in your work
before May 1, 2019
Summer Issue #15 is sent
out Jun 1, 2019

Women, Trans & Youth Prisoners:
Wish to receive 'Women's Prison Network'?
Contact us & we will add you to the mailing list!
Please let us know if you move.
This magazine is by and for you.
Thank you for sharing!
