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KITCHEN '22'



Matsqui's Inmate Newsletter

VOL. 1 FRIDAY NOVEMBER 14th to THURSDAY, NOVEMBER 20th, 1980.

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Calendar

FRIDAY, NOVEMBER 14

VISITING HOURS.....	1800 to 2100.....	F. & S.R.
ALLIANCE OF ALIEN PRISONERS....	1830	SOC. DEV. CENTRE..... Von LINDBERG.
GLAD TIDINGS TABERNACLE.....	1900	CHAPEL..... McKINNEY.

SATURDAY, NOVEMBER 15

VISITING HOURS.....	0830 to 1130	1230 to 1530.....	F. & S.R.
CHINESE BIBLE STUDY.....	1300	CLASSROOM #3.....	
CHINESE CULTURAL CLUB.....	1830	SOC. DEV. CENTRE.....	LI.

SUNDAY, NOVEMBER 16

VISITING HOURS.....	0830 to 1130	1230 to 1530.....	F. & S.R.
FRANCOPHONE CLUB.....	1830	SOC. DEV. CENTRE.....	TREMBLEY.
UNITED NATIVE CLUB.....	1900	CLASSROOM #2.....	SAM.
PROTESTANT CHURCH SERVICES.....	1930	CHAPEL.....	McKINNEY.

MONDAY, NOVEMBER 17

VISITING HOURS.....	1800 to 2100.....	F. & S.R.	
SEVEN STEPS CLUB.....	1900	SOC. DEV. CENTRE.....	PORTER.
CHRISTIAN FELLOWSHIP.....	1900	CHAPEL.....	McKINNEY.

TUESDAY, NOVEMBER 18

UNITED NATIVE CLUB.....	1900	SOC. DEV. CENTRE.....	SAM.
LIFERS' GROUP.....	1830	CLASSROOM #2.....	YOUNG.
A.A. PATIO.....	1900	CHAPEL (upper room).....	YANAGISAWA.
BRIDGE CLUB.....	1900	F. & S.R.	HOOPER.
CHRISTIAN FELLOWSHIP.....	1900	CHAPEL.....	McKINNEY.

WEDNESDAY, NOVEMBER 19

VISITING HOURS.....	1800 to 2100.....	F. & S.R.	
UNITED NATIVE CLUB.....	1900	SOC. DEV. CENTRE.....	SAM.

THURSDAY, NOVEMBER 20

LEGAL AID.....	1700	LAW LIBRARY.....	ZAGORSKY.
BORDERVIEW JAYCEES.....	1800	SOC. DEV. CENTRE.....	BOYKO.
UNITED NATIVE CLUB.....	1900	CLASSROOM #2.....	SAM.
BIBLE STUDY GROUP.....	1930	CHAPEL.....	McKINNEY.

committee news ?

Gym will be closed on November 28th in the afternoon to get ready for open house that night. So they can strip the floor and make it alot cleaner.

Don't forget to tell your visits about the time to get in the open house, it's from 5:30 P.M. to 7:00 P.M.

The Inmate Committee will be buying Christmas Cards from Woodward's and be selling these to the population, for the price we paid for them. We plan on ordering \$200 dollars worth, that way you will be able to have some good cards for Christmas.

Well fellows we lost a good man Rod Schnob as our finance man. So Tony Carter be doing the best he can on that part until further notice.

The pop corn machine is not in working order. So as soon as it is fixed there will be popcorn again. So hang in there.

We have approval to order more herb tea. I'll let you know what there is to buy, and when you have to have your I.T.F. in.

There will be a schedule for all the activvities that are going on for the month of Dec. In the Catch 22 on Nov. 28 1980 issue. So that vsy you all know what is happening.

watch out

Mr. Rollie Bouwman and Mr. Lloyd Steele have been appointed by the Solicitor General as independent chairpersons for Matsqui Institution Disciplinary Hearings. They will alternate in office; Mr. Bouwman commences his duties 1980-10-30 and Mr. Steele 1980-11-06.

Kitchen

The Committee would like more feed back on how you fellows think the food an the Kitchen is doing now. So please drop your suggestions in the committee Box on the first floor, it sure would be appreciated, so we know what we can do.

Dear Editor:

Having spent 12 years in the federal prisons in this country of ours I feel that its time I expressed my opinion concerning the food which the prisoners are forced to eat while incarcerated. Taking into account that there are 300 men in this prison, and very little experienced help within the population, the responsibility lies with the Food Supervisor to ensure that this need for experienced men is met.

The necessity for these men, wheather from inside or outside, is so that the food is prepared properly. There are a few things that I would like to mention concerning the efficent running of a kitchen the size of ours. The fact is that there are hotels that prepare food for 300 people, every meal time, with half the staff. The most common reason that food turns out poorly in any kitchen is people not knowing or not caring. However, outside if someone does not know or does not care they are replaced very quickly.

The consequences of not caring or not knowing in a kitchen is one of the main reasons for discontentment in a prison as far as food is concerned. The man in charge (Food Supervisor) is respnsible for all functions of food preperation as well as supervising the staff under him, and when the work is not being done correctly he must exercise his authority and ensure that the work is done properly.

In kitchens like ours the stewards are to see that there is enough food for the entire population of the prison at each and every meal. This includes keeping control over the number of men entering the kitchen, excepting those who are the staff and working in the kitchen.

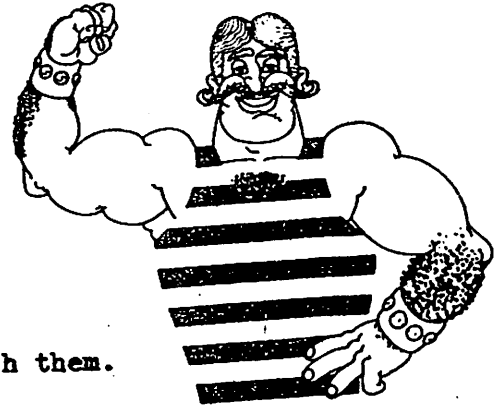
Hygiene is very important in all kitchens, but even more so in a prison kitchen. This is because the men cannot leave when ever they feel like it. Nor is a prison equiped to handle an epedemic if one were to break out, and if one broke out the prisoners would be in a very sad situation indeed. Therefore, it is important for the people who do the cleaning to be willing to work very hard to ensure that this kind of thing does not happen. Again, it is the responsibility of the supervisor to see that this area of the food service department is looked after effectively.

The prisoners who work in the kitchen should be conceiencious individuals who take pride in their work and are also responsible people. If those basic qualities are not met then the person should not be allowed to work in the kitchen area of a prison.

get fit now

The RECREATION DEPARTMENT is getting back into the swing of their physical fitness program. Some of you may have heard about the computerized testing machine which we purchased not long ago. So far we have tested about 40 people on this machine and we are now ready to accept more appointments for evaluations. If you are interested, contact Harold Golden in the Recreation Department or leave your name at the Recreation office. The test takes about 30 minutes to complete. Its not particularly wise to wear pants, wear shorts and T shirt. The test is not to strenuous. Remember, fitness is your responsibility so take advantage of this opportunity to find out where you stand and what you can do to improve your health.

If there anyone out there that wants to organize some winter sports for the gym. If so see Tony, either in the committee room or 1.S.5. We need something to past the winter with.



Weight have to be put back after you are finished with them.

Here's Your Chance

A LITERARY CONTEST for all prison inmates in B.C. has been sponsored by the Prison Arts Foundation (B.C. Association.) Categories include short stories, plays, poetry, novels. Prizes will be awarded for two best in each category.

DEADLINE: March 1st, 1981.

WINNERS: Will be announced April 1st.

ALL ENTRANTS: Will receive a professionally juried critique.

STAY TUNED...WE WILL BE RIGHT BACK WITH FULL DETAILS.