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EDITORIAL STAFF:

Editor - Dave Bamford
Sports - John Graham
Editorial

I find myself writing this editorial because of the attitude adopted by some prisoners within this institution. Those that have known me for any length of time, will understand that I do not take cheap shots and I do not make anything up, I call them as I see them. I myself, don't have much time in these places, only a few years.

The fact that I am relatively new at this existence doesn't dull my awareness of what I see in my daily life. What I see is a seemingly innocent reduction in privileges and a slight change by the CSC, in the rules that were made by them. It wasn't long ago that hot water and cable vision in cells was only found in a prisoners dreams or imagination. Although we do have alot to be thankful for, we must remember how it was all made possible. The things or activities (most people take for basic human rights and privileges) that have been acquired by convicts, have been obtained through costly measures, such as; loss of family visits, lengthy solitary confinement, loss of nourishment (due to hunger strikes) and worst of all, death by unnatural causes. Many federal prisoners in Canada are still fighting for more than one hour a day in yard (namely P-4-W). In my opinion, it is somewhat healthy for people not to be satisfied with life as it is. To progress in this world, a certain amount of discontent is required and should be duly noted to implement change.

There is positive and negative aspects in any and all change. What we have was not acquired easily and should not be given up easily. There are proper and positive ways of dealing with a typical bureaucracy that allows receiving the most for the smallest effort. Those more educated in the system than myself would be better able to assist or recommend such steps to those who want positive change but aren't sure how to get it.

Logically it seems fair to say that the man wants and shall have control at any cost. I am a convict and I am so because in the past I have chosen to basically go my own way. Because I am in full my body is captive but my mind remains free and it wonders at will. I am free to think what I like and I suggest everyone exercise that same ability. It is common sense to be aware that all societies or civilizations do change, for good or bad, it is impossible to avoid the predestined. The whole idea of solidarity has to be rejuvenated and built up in any prisoners that desire positive changes.

COMMITTEE NEWS

September

The Leather

Page 5

OFFER TO THE COIN...

One of the most common arguments heard in defence against massive reforms throughout the justice system, most particularly corrections, is the amount of opportunities that prisoners undeniably now have over the darker eras past. True enough. Education up to and including full B.A.'s at a respected university, vocational training from acknowledged colleges, private family visits, plus business and full wage employment opportunities for the motivated. We can write, publish and market books, hold political forums with the media there, we can even make our own videos and documentaries. Hell, the boys from the old school of silence, physical punishment and the death sentence would consider the present state of affairs almost Utopia. There is something to be said for this perspective.

Almost. There are a lot of downsides to the present system, as we all know, nothing is perfect. It would be a tad unreasonable though to totally discount all of the present efforts. They may not be enough for those of us who seek even more life and opportunity, respect and human dignity, but it is an effort. While we continue to bring pressures to bear on those that can change the faults of this system, through the public, we should be taking advantage of whatever is available. So long as we do not, what really can we say about more change. Here are some ideas of what you could do to improve your own situation.

- $$$$$ If you are not happy with the welfare wages here, and you have a reasonable business idea that you could operate here, you could start your own business. If you lack start up capital, you could get together with a group of guys and run a collective, using equal amounts from each of your savings account. This is of course subject to the approval of everyone from here to Ottawa, but it has been done. The committee will assist people in developing the proposals, getting them approved, and locating resources and markets. It may just work!

- If your wondering what the hell you're going to do once outside, and your not business orientated, you have other opportunities. Aside from the typical shops we all know and love, the committee is getting alot of cooperation from the administration in implementing
programs we want. Two to note are the upcoming Desk Top Publishing course and the full scale Food Services Training program. Two others we are suggesting are courses and certificates for both janitorial and hairstyling. We would welcome any other suggestions.

- If you are just getting out, and you need a job, the committee is convening with a job find service that is operated by ex-prisoners, and can get you an introduction at the very least. I understand that they are relatively successful in most cases.

- Through the SFU program, long timers can pick up full B.A.'s in a variety of areas. The program provides some much better atmosphere for intellectuals with a variety of opportunities. This semester we are starting up a lecture series with exciting speakers, films, and debates that will have the participation of students from the Burnaby campus. For those of you who thought Monday was just pizza night, check it out. Of course, you have to be at least part-time GED or SFU students to participate. There are also rumors about Spanish courses and a possible theater project for next semester. Another note, the GED program is signing some new teachers who are doing a good job, and are assisted by several prisoner-tutors in getting guys their grade twelve as painlessly as possible. For those of you that are short, but need someplace to go when you get out, where you don't stand out, those completing a full semester with passing grades will be assisted in getting student loans and acceptance on campus upon release. Beats the shit out of welfare!

- The committee is also trying to set up some charitable opportunities for guys here. One suggestion was making book tapes, or training 'seeing' animals for the CNIB. We're looking into it, and hope that we can get some people to volunteer to assist us in setting up some good opportunities for guys to give a bit, and get a lot from it.

- For those rebels who are itching for battle, but don't really feel like becoming just another martyr rotting in the SHU, the Matsqui Prisoners Justice Initiative. This group is slowly but surely mounting a campaign against the day to day bullshit we face - and setting records for prisoner participation. This year we had a colloquium filmed, are preparing to publish and market the first of three books we wrote, and are writing, with all proceeds going to fund the campaign), are working towards doing a couple of documentaries on prisons and will be holding round table discussion with a whole bunch of M.P.'s, Senators, lawyers and prison officials to push through the proposals that follow this article. We will also be expanding our effort if

- For those needing personal help on some of these issues, we strongly recommend the complaint process. What we can't get settled, we can at least document to show overall problems and get Ottawa to listen. Not to mention that if they get too many complaints, they have to work harder, and sometimes it becomes easier to be reasonable. If guys will assist us in documenting the problems, or better yet, take their complaints to a first level grievance where committee members sit on a grievance board that makes recommendations to the Warden, it would be big. This process has been alot better than I had thought, with the Warden accepting the boards recommendations more times than not. See the grievance clerk, if you need help in writing these complaints. If your beef is legit, and serious enough, we will bring it to the attention of legal representatives too. See Bill Smith, I S 13.

- The committee is also going to request to make bingo nights monthly, are arranging for a R&BE band, a wrestling (like on TV) demonstration and trying to scrape the bucks up for another Open House for around the end of October. We seriously need assistance, feedback and money, in that order. Due to the payment structure of the canteen, we have just cleaned up the past discrepancies, and hope to be doing much better cash wise soon.

This committee is doing everything we can to improve what is improvable now. The day to day abuse we get will require larger changes, at the Ottawa level. Getting all excited about it all is natural, and we hope that the guys will offer their energy in finding new answers, and making the place a bit more bearable with what we do have. There are avenues open to us that will slowly but surely bring about changes, because we have the law on our side in many of them - strangely enough.

Without strong support from the population though, the committee will not get far, we are too few and too busy. We would like to do much more, but we need people to commit themselves to various projects before they can be pulled off. So help us help you out. It's not like there is much better to do. If your at all interested in any of the previously mentioned projects, let us know.

Erie MacAulay
Letters to the Editor

Letter: Dear Mr. Editor
I don't have a clue who the P C case is, but some
stupid "atari" sucker is helping himself to whatever
he pleases in our fridge. I hope you will print this in
the hope the jail-house chief himself reads this. You're
taking a risky chance. If you figure you're tough
enough to walk all over the good people of our tier,
then ask yourself a question next time you open our
fridge, "are my fingers worth this pop?" If your
answer is yes you might as well pack your bags for
Mountain, because sooner or later we'll find your
ass (and your fingers).

Answer: This letter is one that most of us can relate to.
The days of respecting one another is property is
daily becoming a thing of the past. The letter was sent
to the editor as it is, no matter the tier that it is
coming from, no one had to. I think there is just
about one or two on every tier. In the past, a good
way to find out who the Scum Bag was, was to fill an
item with a soap of some kind (nothing to hurt
anyone permanently). When the item went missing,
the cons that were directly affected would do a
house to house search for an individual who was staying
close to a toilet. This would tell them who the creep
was, then they would do whatever they thought was best.
We are by no means promoting violence of any kind.
We have to discourage this kind of crime. Who says
we are not rehabilitated?

Letter: Dear Editor
Something has been puzzling me here, in the past
month we've seen more bodies going to the hole than
I've seen in the past year, my question is, Why?
Could it be, that because they shut the P C part of
the hole unit down, they now don't have enough
bodies to justify a shift for the hole.

Maybe someone from the committee should look
into this angle, it just strikes me as far too coincidental.

Signed: Fig from Newton

Answer: We have all noticed the sudden urgency to
fill the hole with guys for reasons as small as
suspicion of smoking a little hash. This question was
put to the committee member that has been assigned
the hole and all it entails. The answer that we got
back goes like this;

September

I checked Monday (August 20, 1990), a few of them
asked to be in there. The other problem is when that influx of people
were run in, it was because of the different keepers in
charge. I tried to interview the prisoners in the hole,
but a woman was on as the acting keeper, and said
"it's too bad, too many every day." But it is different
when there is a man keeper on! Now that makes me
wonder.

Are the committee caught between a rock and a
hard place, but who said life would be easy?
The good news is that we are proceeding with the
hole administrators, some anyway, after that last
influx of people to the hole. We have achieved getting
face to face visits with each individual on a regular
basis every Monday from 1:30 pm to 1:45 pm, plus
anytime they wish to see them at screens visits.
The communications are better thanks to a certain
officer and his staff.

Also, we can send tobacco to whoever you wish.
To get your pipe tobacco please contact- UC G.R.
Lunes in 3:00-5:00 anytime. Thank you for taking the
time out to be concerned for your fellow con.

Letter: Dear Editor

What do you think of the things going on in the
Middle East?

Your paper is very biased and deals mostly with
peace. I hope this is a productive change. Please
answer. Thanks! Signed: Just Wondering
P.S. Your paper gets better all the time!!

Answer: To start with let me thank you for writing
the editors. We will do our best to answer your
questions one at a time.

First of all, I wouldn't get too excited about it. The
Bible says, 'And you will hear of wars and rumors
of wars. See that you are not troubled for all these
things must come to pass, but the end is not yet.'
For nations will rise against nations, and kingdom
against kingdom. And there will be famines, pestilences,
and earthquakes in various places. All these are the
beginning of sorrows.'

Matthew 24:6-8

It also says, "So you also, when you see all these
things, know that it is near, at the very doors.'

Matthew 24:33

But of that day and hour no one knows, no not
even the angels of heaven, but my father only.

Mark 13:32

I think it will only be a matter of time until it
becomes clear that Russia is behind the growing
unrest. We have always wanted and needed a clear
passage. Russia also, do not be surprised when
Jordan and Syria fully side with Iraq and
Russia. One must not overlook Russia's overall game
plan, and that is to surround and try its best to
extirpate their worst nightmare, and that is Israel.

Secondly, I do not think that the American forces
will have any more success in the Middle East than
they had in Vietnam.

In answer to your third question we feel that this
question can and should only be answered by our
editor, Deve. This is a prison newspaper and it was
formed to keep prisoners up to date on the ever
changing environment that we live in. The world
news is covered quite well by the Sun and the
Province. (Your preference will be your own business)
If there are any questions concerning world news
we will do our best to answer it. Don't forget our White
House Correspondent is in another institution and has
trouble getting away to attend these news conferences.
We try.
HOROSCOPE

ARIES (March 21- April 19): September is full of suppressed energy, mainly after 10:30 p.m. most nights of the week. Lay off those magazines that you read with one hand and you should make it through these tough times.

TAURUS (April 20- May 20): Romance intensifies to the point that it can make you condone the activities of any kind of sexual experience, better wear your seat belt when you go out of your cell and into the wild blue yonder.

GEMINI (May 21- June 20): Fame and fortune start to move in an upward direction. Any criminal in his right mind doesn’t want any fame so I hope you are happy with fortune.

CANCER (June 21- July 22): Go directly to the bank and buy everything you can afford on the Seahawks. The stars tell us that they will be winning big in late September.

LEO (July 23- Aug 22): If you have been dreaming about other cons stroking the tier after lock-up wearing those new gloves in the dark conduits, give your head a shake.

VIRGO (Aug 23- Sept 22): This is the time to open up that Bible that has been collecting so much dust on your bookshelf, you are another year older and closer to your grave. Think about it, better yet, pray about it.

LIBRA (Sept.23- Oct 22): As you are well aware, the sign that represents Libra is the scales of justice. On this note the stars were wrong, here we are. No news is good news. I guess they could be dealer scales!

SCORPIO (Oct 23- Nov 21): The stars say that a lengthy visit from a close relative is in the near future. Expect a family member to drop in for a few years or at least until the transfer board gets a hold of him. Ask Alice or Pat what it is like.

SAGITTARIUS (Nov 22- Dec 21): Now is a good time to make a career change. Have you ever considered banking? If not you could always run a bingo hall.

CAPRICORN (Dec 22- Jan 19): Be careful of the middle of the month, better men have failed before you and better men will fall after you. Don’t get discouraged. Just think, another fifty years you’ll be dead and it will all be over.

AQUARIUS (Jan 20- Feb 18): Don’t get out of bed and if you do, don’t leave your cell.

PISCES (Feb 19- Mar 20): The stars smile on you this month so be smart and don’t complain about how small this write up is. Okay?
Please Leave Me As A Friend

It someday you have to go
Please go the way you came
Don't whist off in a gust of wind
Without a word or sign
Don't act as if I don't exist
Remember we once talked and loved
as friends should always do
So if someday you have to go
I'll understand you know
I'll burst inside to know you're gone
And hope that all goes well
But please don't rush off, take the time
to say a soft good-bye
Oh if I someday you have to go
Please go the way you came
You come to see me as one kind friend
Please go figum me the same . . .

Submitted By Bruce Archer

A Poem Of Love

Some-one to comfort me when times get too rough,
Some-one to hold me when listening's not enough.
Some-one to share the joy and pain,
Some-one to show me that love comes again.
Some-one who knows the mistakes I have made,
Some-one who forgives and helps them fade.
Some-one to tell me that everyone's alright,
Some-one that won't just give up the fight.
I love you baby, with all of my heart,
And very soon our future will start.
You're good for me, and I'm good for you,
And together, we'll be able to see it through.
I've seen so much, and I've come so far,
And now that I've got you babe
I've found my star.

Submitted by Bruce Archer

There's Hope In Each New Day

When life is filled with challenges
Fight back with heart and soul.
Face each one with confidence
To win your utmost goal.
Anyone can be a winner
When God is on their side,
Just trust His loving providence
For it can turn the tide.
And if it is a miracle
You need to see you through,
You may just find that miracle
Will wing its way to you.

Catherine Jansen Irwin

Stayed on Thee

Lord, still my mind
throughout the day;
Put all discord
thoughts away.
Be in my heart
that I might be
At peace with self,
at peace with Thee.

Roxie Lusk Smith

Prayer of Hope

Dear Master, take me by the hand,
And guide me through this day,
The path ahead is rough, oh Lord,
And painful is the way . . .
Dear Master, take me by the hand,
And fill me with Thy peace,
Uplift my heart and soul, oh Lord,
That I may find release . . .
Dear Master, take me by the hand,
And give me strength to cope,
Protect me from the cares of life,
And bless me with new hope . . .
Dear Master, take me by the hand,
And keep me close to Thee;
Release me from all doubt and fear,
And set my spirit free!

Hope C. Oberhelman

I Still Believe In Him

I've been to many places down life's winding road
And have experienced shattered dreams and heartaches yet untold
And although I was lonely, and at times without a friend
I can say one thing for certain, I still believe in Him.

I still believe in Him, the precious Son of God
I still believe in Him, and trust upon His word
And I'll never understand, just why He loves me so
But one thing I know for certain, I'll still believe in Him.

Although the mountains may crumble, and the stars refuse to shine
I know that I will trust Him, in His love divine.
For I feel His hand upon me and His love so deep within
That it matters not what happens, I'll still believe in Him.

And when my life span is over, and the walk of life is done
I'll stand there before the presence of God's chosen Son
He will say "well done my servant" Welcome "Welcome in"
And I'll shout it through the ages, I'll still believe in Him...
Hijacked Chopper Pilot: My Ordeal at Gunpoint — Plucking 2 Cons Out of Prison Yard

In a daring rescue straight out of the movies, a helicopter pilot was kidnapped and forced to gunpoint at a prison yard through a half of gasoline, pick up two convicts and fly them to freedom.

The helicopter pilot, Paul Smith, was taken hostage by a gang of men who used a automatic weapons to force him at a deserted building. He was tied and duct tape was used to cover his eyes.

The gang then made their way to the prison yard and transferred the two convicts to the helicopter. The pilot was then forced to fly them to a safe location.

September

Lifers Group News

We the Matsum Livers Organization built the PPV Houses and we are trying to keep them as clean as possible. This is only possible as long as we can count on your help in assisting us. So that all convicts who use the houses can enjoy them when we ask that the following be done:

1. Clean the stove, including stove top, oven and exhaust fan.
2. Parishable food item must be removed from the refrigerator and the refrigerator cleaned before you leave.
3. Kitchen sink and counter tops along with the cupboard should be cleaned. The floor washed and the coffee pot turned off.
4. Vacuum the carpets, dust the tables, stereo, T.V. and be sure to turn the music off.
5. Vacuum the bedroom carpets, dust the furniture and put the linen away.
6. In the bathroom you must clean the sink, tub, toilet and wash the floor and clean the mirror. Additionally, the garbage must be thrown out.
7. Make a list of any items that need attention including food items that must be replaced.

The MO thank you for your help and consideration for the individual(s) who will be following you into the houses. Working together, we can ensure that all who use the houses will enjoy their stay in peace.

Thanks

— Jamie Macaulay

*Vernon that light... the Jeffersons' dog is back!*

— Callum, closeup

*… — does someone have a hammer?*
DONNACONA: UN ÉVADÉ SEULEMENT A ÉTÉ REPRIS

Trois gardiens non armés surveillaient les travaux dans le cour. L'incident est allé trop loin, a expliqué André Voyer, directeur adjoint du pénitencier, que les gardiens n'ont pas eu le temps d'intervenir. Les gens ont pris la direction des bois, c'est donc impossible pour les gardiens de les suivre en véhicule.

Des coups de feu sont tirés en direction des fugueurs par les sentinelles postées dans la tour de garde, qui n'empêche pas les bâtonnets de poursuivre leur course vers les bois.

Tous les officiers du pénitencier (environ 1200) sont expédients, travail pour faire face à cette situation. Une vingtaine de policiers de la Gendarmerie royale du Québec sont dépêchés sur les lieux ainsi que les agents de la police de Donnacoma. Des points de blocage sont érigés sur les routes environnantes. Les gar- diens et les policiers reçoivent une bâtonne et les bois pour traquer les fugueurs.

Pendant la nuit de jeudi à hier, une résidence de Neville, a reçu la visite de cambrioleurs. Un bandeau rose y remède avec son filet. Bien que les individus n'aient rien subtilisé, les policiers soupçonnent que les évadés se sont rendus pour se reposer ou pour chercher de la nourriture.


Toute la journée d'hier, les recherches se sont poursuivies pour mettre la main au collet des fugitifs. Le maître de chien est longtemps habitué dans le champ situé derrière une maison de la route 138, pen- dant un événement de la Sûreté du Québec sur les îles. Les passeurs sont désavoués de l’intervention au nord de la Sûreté du Québec. Neveille, en été, en 1978, avait été condamné à la prison à vie pour le meurtre d'un garçon de cet événement.

DONNACONA (PC) — Un deuxième meurtre de cinq prisonniers du pénitencier federal de Donnacoma, qui se révèle être un évadé de la maison de sûreté du Québec, a été révélé durant la nuit de vendredi à hier à Chicou- timi. Les agents de la Sûreté du Québec, Normand Tremblay et Pierre Vincent, 45 ans, et Normand Tremblay, 27 ans. Tous reconnus coupables de meurtre.

Depuis, Pierre Vincent avait été le

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TROIS DÉTENUS TOUJOURS AU LARGE

Tous les trois ont été considérés très dangereux.

Les cinq déténu-

mariés, mère d'un enfant, a été condamnée à dix ans de prison.
Les évadés de Donnacoma séquestrent une famille

Un trio de détenu, dont les évadés du pénitencier de Donnacoma, a séquestré une famille dans une maison de Cap-Sainte durant la nuit de samedi à dimanche, avant de reprendre la fuite à bord d'une camionnette, hier matin.

Ghislain Gaudet, 39 ans; Claude Castor, 33 ans, et Réal Delaurière, 26 ans, ont participé à la spectaculaire évasion au cours de laquelle ils ont défendu, à l’aide d’une bétonnière, la clôture d’acier entourant la cour du pénitencier, en compagnie de Pierre Vauvert et de Normand Tremblay.

Ces derniers ont été repris respectivement vendredi matin dans un bois près du pénitencier, et samedi, à Chicoutimi. Les trois évadés auraient passé la nuit à vendredi et les journées de vendredi et samedi à se cacher dans les boiseries aux alentours du pénitencier. Malgré la surveillance effectuée dans ce secteur par la Sûreté du Québec et les agents de la garde du Service correctionnel, et la présence d’hélicoptères qui survolent les bois, les fugitifs ont réussi à échapper aux policiers.

Samedi soir, il était environ 21h30 lorsque M. Jean-Luc Mercure, son épouse Johanne, leurs deux enfants, un garçon et une fille âgés de sept et six ans, ainsi que trois autres enfants, en bas âge que gardait Mme Mercure ont reçu la visite des évadés, tous trois condamnés pour des meurtres au premier et au second degré. Affamés, blessés et saisis, les trois individus ont été transportés dans la maison du grand bois de l’île à Cap-Sainte.

Après avoir expliqué aux occupants qu’ils ne leur voulaient pas de mal, les détenua ont mangé et se sont lavés. Ils ont ensuite établi leur plan pour échapper aux policiers. Le matin, vers 8h00, les prisonniers ont quitté la résidence des Mercure en pick-up, emmenant le couple de revenir sur les lieux où la police était prévenue avant 16h00.
Inside These Walls
inside these walls I see hatred and pain,
Some men are coping and some are going insane.
To hell with society, some of us say,
Only because they have a long stay.
But there all we know is a better life,
Some of us have kids and a beautiful wife.
We have all our mistakes from the day,
But society doesn’t seem to see it that way.
Always a criminal, a piece of slime,
You’ll always be a criminal, until the end of time.
They all think that we should live in a tin,
We too are humans, just like beautiful you.

Man being released and men coming in,
Society treats it like it’s the greatest sin.
Stuck in this warehouse like a bill of ants,
Society does believe in a second chance.

Some day, my release will come,
My heart will no longer weigh a ton.
But on streets I’ll be at rest,
And society once again will put me to the test.

No one within spitting distance as I reach for
the finish line, reward stears my resolve.
Heel touches down but finds no solid grounds,
A slippery turf of chance has driven under foot.
Down I go with present hopes and dreams
splashing around me.

So close, this rose was won.
Was it trickery I slipped on?
May be that one is better left alone.
managers and coaches can only speak of fairness.
I’ll live to race again, for it’s in my blood and when once
more I see the starting gate, my pace will not slove.

By: J.H. Salisbury

Malaestorm of Madness
For a long time the old man just stood there. Looking
into his past-life time of his incarnation has all but come
to an end. His life was empty with nothing but bad
memories. His mind was strong but many years ago his body
had failed to compete with the mental and physical
antagonism of a condemned man. He was lost in thought,
and gazing emptily through the sidet wall-like maze of
cracks which made them slivered sides of his ancient
mirror. A distorted and almost unrecognizable image of a
man stared back at him with pencil-like penetrating eyes
which bored a hole straight through his heart.

Old Steve shivered but continued looking into, and just
beyond his weathered reflection, trying to remember
an earlier, more eventful time. He was looking for something,
a pinch of worth, a glimmer of hope, or even a hint of
knowledge from his reflection or memory...anything which
would wake him from the dream that he was something other than this
twisted evil old man.

But no such luck. Not the slightest
trace of such evidence emerged through, because after all,
Steve Kellar was a twisted, evil old man.

Of course, when measured in the great celestial
timepiece of planets spiraling effortlessly around their
own individual suns, the old man wasn’t nearly as ancient as his
appearance foretold. But an uneasy life and a less easy
conscience have a God-only knows how much of furrowing
grooves of age deep into a person’s skin.

Grobows which reach down through more than that which
is merely physical and grab a man’s soul, making it
a drear-o’d and shriveled, prune-like thing.

Old Steve had at one time possessed such a soul but after
being cheated out of so many years of it’s necessary
nourishment (LOVE) for so long, it had eventually
decomposed and rotted to the point where it had simply
collapsed upon it’s self...finally succumbing to the
cancerous hate which now thrived in what had once been his
soul’s resting place. It was like a black hole in space.

Steve had over the years become obsessed with thoughts
of holes, tunnels, spirals and whirlpools, all of which were
black. He found no pleasure in thinking of these things and
did not know the depths of his thoughts toward them. But still,
they were there. Every pair of tracks, over which his
train of thoughts traversed, ended in a cold black tunnel.
And in the tunnel dwell the dark, dingy shapes of self-hatred.

He had just shifted his gaze from the rusty framed
mirror, and was setting himself down into an ease stuffed
wing chair. He was still grogging through the barren caverns
and secluded crevices of his poor worn out mind, still hoping
to find what his memory had kept classified as “TOP
SECRET” for far too many years. One solitary, comforting
reflection from an entire lifetime of experience, was all he
sought, just one pleasant emotional recollection! But the
old brain cells which had housed such memories, had long
since been vacated. Or they had been leased to new
Tenants. Dark Hate. Filled Tenants.

At test came the point where old man Kellar could take
no more. He had his fill of pain. In fact he had had his
fill of every type of diseased feelings that any man could
possibly endure and much more besides. But now the
darkened shapes had caught him, and Steve had reached a
breaking point. He’d expected it and it finally happened He
or something else had sprung.

He could no longer fight the shapes no longer withstand
the unearthly powers which moulded his growth of his mind
Old Steve’s days of long life with all had been down
for the count with no hope for a remnant, and he adopted
the expression of a man who truly no longer gave a damn.
No, there was no beating those dark shapes, and it was high
time he (decided) to escape from these shapes. He reached
for the stock of his high-power hunting rifle which had
brought down many a deer in the good old days of his youth,
when his life had a reason to go on. He pivoted around with
a slow and steady motion, keeping the barrel just inches
from his sadly misshapened face.

That dark tunnel looked at him with it’s menacing
sneer, with the deep grooves of blue-black barreling coming
out at him in it’s spiraling perfectly circular mouth. Then
he placed the barrel into his dry mouth. Then he closed
his eyes in an attempt to erase the aforementioned grisly sight
of horror that would fill that dark tunnel with lead that
would end up in his head, but the image had been recorded
by his mind’s eye. He paused for a few drawn-out seconds,
while still maintaining the look of a deranged clarinet
player, and thought, it was if he were awaiting some inner
voice to speak up and talk him out of ventimating his skull.
But no such voice, silence swallowed every sound except
the pounding, pleading, beating of his long forgotten heart.

He could feel the blood sprawling upwards through his
jugular to his forehead where it came to an abrupt halt.
He shouted the only phrase he knew “To Hell With It!” then
as he was squeezing the trigger, his last words he uttered was “I
LOVE YOU LULL!”

At that very instant, both his skull’s, and his long standing
belief that he would never hear the shot that killed him
were shattered. The explosion roared through his mind,
shattering on latent emotions. Antique images multiplied
and spun in a whirlpool of shaded confusion, Steve was or rather
Steve’s mind was transported from one painful thought
orderly, reality into an equally real, chaotic nightmare.
World, deep in a death darkened dimension it was like,
although infinitely worse than an overdose, from the worst
batch of LSD that had ever stepped out of the labs in the
early days of 106.

Steve found himself hurtling head-over-heels down
through an endless, timeless tunnel of doom. The spiraling
wall was a collage of every manifestation of evil that
horror story writers could ever tell, with superstitious
fanatics, mental patients, and Fire and Brimstone preachers
had no imagination to even draw. And every image had
a slithering life of it’s own. Not only did every demon or
serpent or image, live in the tunnel, but every evil thought,
remorseful feeling, or scraps of wastage from innumerable worlds were wrapped in that whirlpool of weep. And poor ol' Steve was flailing through that dark murky malaise of madness with a scream caught in the throat that he no longer possessed.

He could see the shadows of the uncountable accusing fingers pointed directly at him. There was no need for any sound. No explanation was necessary. Steve could sense exactly what all the fingers accused him and he knew they were all justified. A wave of guilt and shame, for every hurt he'd inflicted on his love one's and the life he had taken for a woman's love. All those sleazy sins he'd committed, rolled over him and engulfed him like a chilling Arctic breeze.

A metaphysical change overtook the old man and what at one time might have been his very soul, every trace of his physical, earthly being, dissolved and fazed into the mire blending with all the evil configurations the way a hunk of human crap blends in with the Toronto City Dump. He is no longer old Steve Keller.

He is no longer anything that is even remotely describable. But he is aware of his lethargic situation and he is fully capable of feeling all the sickening terrors associated with it.

What once had been old Steve is getting hungry now. He is filled with the hungry anticipation for the time, in that zone where time is nonexistent, when next some sad excuse for a human being should happen to fall into the MALESTORY OF MADNESS

HA-HA-HA-HA-HA-HA-HA-HA

Submitted by: H Bruce Archer
1984

"Well, of course I did it in cold blood, you idiot! I... I'm a rapist!"

"STAFF"

Prisoner Fills Void: Learns To Write

By BRIAN MORTON

"Communication is the most important thing in a human life. Writing and speaking in a living, meaningful way."

When inmate prisoner Joseph Greene contributed a poem to a special United Nations-sponsored book on literacy, he was demonstrating, in his own way, the power of the pen to change the world. Greene, who has spent the last five years in prison for an aggravated assault, was hesitant to begin his career as a writer. But the opportunity provided by the book project gave him a chance to express his feelings and ideas.

"I was always negative about poetry. I was really high strung and I wasn't comfortable with people. I was afraid of it. I couldn't express myself because of that."

Now I'm writing about nature, animals, and life. I have a whole range of writing. I've become a lot more expressive."

Greene is one of several prisoners who have contributed stories and poems to a book sponsored by the United Nations to celebrate the Year of International Literacy. The book is intended as a tool for prison education.

"You have the opportunity to get a good education in prison and there are 300 here that are willing to help you learn new things every day."

The book is a collection of writings by prisoners around the world. It's a chance for people to share their ideas and experiences."

"It's a great chance to share and learn. I'd like to see more of these books."

The book is a testament to the power of the written word and the ability of prisoners to learn and grow through their writing. It's a reminder that education can be a powerful tool for change.

"Well done guys, congratulations to you all!!! Thanks to all of those who helped in preparation and clean up, it was greatly appreciated.

The following is a quote from a M. Tracey sent to the wardens of Materque, "It was most impressed by the accuracy demonstrated by the large inmate audience during the ceremony. This sign of respect says a great deal about the value placed on literacy by the inmates themselves. I offer my congratulations to the teachers and other personal who have helped to be such an achievement."

Please correct the spelling mistakes. This is a quote and it needs to be copied to the letter.

BOOK VOYAGE is a special collection of books celebrating 1990 as the year of International Literacy. The project, "BOOK VOYAGE", features a series of books on a world-wide voyage involving numerous countries. As the ships sail across each country, these books will be stopped in various locations where new "literate" people will be given an opportunity to submit their personal messages for inclusion.

In Canada, and in particular, the Correctional Service of Canada, "BOOK VOYAGE" represents an opportunity for Adult Basic Education students (past and present), to join thousands of other Canadians participating in this year of International Literacy by sharing their words and ideas. Eleven books (one for each province and the aforementioned for CSC) will travel across our vast nation.

At years end, a giant book featuring selected submissions will be compiled and presented to the United Nations.

The CSC book consisting of the ideas, expressions, and writings will be sent to the Secretary General of the United Nations.

The International Book Voyage

The book voyage was a special day for many prisoners at Matsqui. It was a time that allowed Marites Martinez and John Sadler to express what education means to them by way of their own well perceptive speech. It was also a time of receiving awards for completion of level 2 in ABE.

The following is a list of students who completed the requirements and were awarded a large dictionary / thesaurus.

Atwal, J
Clark, W
Galloway, J
Ishibashi, A
Low, V
Martinez, T
Nicholson, G
Roble, B
Sadler, J
Vernon, R

Bagga
Contois, R
Gullo, S
Johnston, M
Lucier, C
McCartney, K
Ogden, R
Ratcliffe, M
Skei, T

Bodiam, J
Dhali, J
Griffith, B
Laporte, B
Ludwig, T
Milne, D
Penney, D
Raymond, R
Spinder, T
Suttle, T

Eng, S
Haddow, R
Nagle, M
Pruden, A
Robinson, W


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Inside Out

"Jay! Stop! Where were you?" It's so good seeing you again Jay! He spun around, but she wasn't anywhere to be seen. "You've grown up Jay!" He turned to where his sister voice came from, but all he could see were the other three boys that were in his cottage at Brennan Lake reform school. "Let's go for a walk on the beach." That was when he realized he was dreaming and not in Jay's room but in the sky. There This didn't surprise Patty because Jay had gotten up before her the last two mornings. She went into the kitchen and looked out the window. Jay was out by the fish pond so he had been every morning since his return. It seemed to her that there was an invisible wall between Jay and the rest of the world.

Jay was aware of his sister checking to see where he was, but he pretended not to notice her. He liked his sister. She was small and cute, the way girls his age were. He had gone out to the beach. They'd run along the beach all the way to Ocean Park heading toward White Rock. Always before, Patty could easily run out. He remembered times when Patty had chased him, and how hard her dad tried to get away, but she always caught him. When they ran to Ocean Park the other day, Jay kept hoping to slow down so Patty could catch him. No matter what, he was pleased with his physical prowess, but at the same time he felt sad and it seemed to him that he'd missed out on something important, that a piece of his life was missing.

Jay looked up from the fish pond as Davey ran by with his Roadrunner and Dugo Bunny lunch kit.

"I'm going to school now Jay. I'll see you when I get back." He hugged his dog Pet that was standing at the end of the chain if you go to the beach you can take Pet with you.

Patty came around the corner and walked over to where Jay was sitting. She dug in her purse and handed Jeffy a two dollar bill. Jeffy accepted the money Patty said, "I can't get over how good your dog's dark hair has changed. Pet is on Davey, get in the car." She went over and took Davey by the tail.

Jay watched as Patty's old 1951 Hillman backed out of the driveway. Alone by the fish pond with his secret self reverberating in his mind, he watched the two cars spin around. Every cell of his body was ringing with life. He felt as if he could get up and built right out of his body, and black right out of existence, when a voice brought him back to the real world.

"Hi good looking," It was the girl who lived next door. He stood up and looked at her. She was his age and full bodied, and she was smiling at him. A little embarrassed, because he was shy where girls were concerned, he said, "Hi." Then looked at the ground.

She cocked her head a little to one side. She looked at Jay with clever blue eyes. "Yeah like you think, you for the first time, I thought it was Elvis Presley coming into your back yard 'cause you're for me.' Her aggressive manner took Jay by surprise. His face turned a brighter shade of red. He shifted his weight from one foot to the other trying to think of something to say.

"Who are you, and where did you come from?" She almost threw herself at him.

"Tina," he said "I know you here."

"I'm Joanne, and I think you are the best looking guy I've ever seen." She smiled at him, then said, "I've got to go or I'll be late for school." She turned and started walking away, but after a few steps she stopped and looked back. 'You're a shy boy.' I laughed. She continued walking out of her view.

Jay didn't know what to think. Joanne perhaps if he had spent his puberty in reform school surrounded by other boys, he would have understood what he was feeling right now. As it was, he thought it absurd for something to catch him, and it bothered him to the point where he decided he didn't like Joanne. The truth was, he wasn't his type, but he didn't know that. He thought, she's too pretty, I wonder if... Then he changed his train of thought.

By noon Jay was bored to distraction. He decided he'd head down to the beach and spend some of the money Patty had given him. Out the back door he went. He removed Pets chain, and the long hair of shades mangled around his feet. Together they ran out of the back yard. There was a trail that led right down to the train tracks. The tracks passed behind one of the streets that ran the length of Crescent Beach down the trail they ran, almost tripping up Jay several times along the way.

It was a bright sunny day. Everything seemed alive and vital. The wind caught in the leaves of the trees and it was in the window he passed along his way. Pet would go up to everyone they met and hang his tongue out and pant, then run like crazy to catch up to Jay. At Crescent Beach he stopped and remembered the foggy past key and laughed. It was too nice a day to let anything bother him.

At Crescent Beach market, he told Pet to wait outside and he went in. Behind the counter a very friendly girl wearing a dress watched Jay as he went to the cooler and got a bottle of coke cola. Pet was right behind him. He grabbed a stubby bottle of coke and went over to the counter to pay for it.

Crescent Beach was a small community. Quite a lot of people came there to the beach or the marina, but nowhere near as many went to White Rock. Elaine, the girl beyond the counter, parents owned the market Elaine knew every one who lived in Crescent Beach. She knew Pet and she knew he was Davey's dog. She heard! Davey's older brother came home the other day and the girls were concerned about him. How could she see why. He was a real dreamboat, she thought, so she started at him with her mouth open. Luckily for Elaine Pet ran behind the counter to be patted, and just in time so Jay didn't see her getting up. Elaine squatted down and hugged Pet.

"Hi Pet." She said as she petted him on the head.

"Pet." Jay said upon noticing the dog. "I told you to wait outside." Elaine stood up and faced Jay. "That's okay, he always comes in.' She smiled at Jay.

Now it was Jay's turn to smile. It seemed that Elaine was definitely Jay's type. He thought, she's absolutely beautiful. He self-consciously closed his mouth and said, "Hi." Then continued talking.

"Elaine returned. "You must be Jay." "Yes!" Surprised, "How did you know?" "What did you know pet's name was?" Remembering what his mother had told him to say. "I was in Calvagry at my dad's." "Well, in that case you come home."

"Yes, me too." He put the dollar bill on the counter. Elaine gave him a dollar and eighty-eight cents back. Jay pocketed it and headed toward the door with Pet at his heels. At the door he turned. "Don't you go to school?"

"I go to Seminole High, but I have to work too," she didn't tell him why though, which was because his mother could tell him that even if "Well I guess I'll see you around." Jay said.

"I hope so," Elaine replied.

During the next week Jay talked to Elaine twice at the store, but he had looked for her several times when he wasn't there. Joanne had been all over him at every opportunity, and had managed to reduce him one night on the beach. He had been Jay's first love, but not Joanne. This did nothing to improve her favour in his eyes. Jay was quite old fashioned where girls were concerned. He had enjoyed himself in the past, he didn't want to give up his girl friends.

Yesternight had been the last day of school before the summer holidays. It was just after eleven and Jay was on his way home the door down and the window. He closed his eyes and thought, he could see that Elaine's parents car was not in front of the store. His hopes were up. It looked good that Elaine would be the only one at the store. As soon as he could see in the store window, his hopes were dashed sterner. There were three boys his age talking with Elaine at the counter. He came closer and waited. But at the last second turned in the went to the cooler and got a coke. As he approached the counter, the three boys moved to one side to let him pass.

"Hi Jay," Elaine greeted him with a smile.

"Hi Elaine, I was hoping you'd be here." The biggest of the three boys stopped forward. "So you're his," he said. "You don't look so hot to me, in fact I think I could take you." "Take me where?" Jay returned with his gaze.

The boys were already talking about what he was getting inside.

"A wise guy too," He had a crush on Elaine. She didn't return his order though.

Jay wasn't looking for a fight, but at the same time he didn't mind. He'd fought his way into reform school, and fought his way out. When he arrived at Brennan Lake, he had been small and he fought the other small boys. As he got bigger, he fought the bigger boys. The time he'd gotten out he'd fought all comedians. He was most of his fights, and the couple had foot, he'd given a good account of himself. It
Standing outside the store window, he could see Elaine's mother, but not Elaine. It had started raining again. The rain had soaked his hair and was running down his neck. He was just about to walk away, when Elaine's mother waved him in. At first it didn't dawn on him that she was beckoning to him. He looked around, but there was no one else there and he realized she wanted him. He decided he didn't care from her and was about to walk away, when she came to the door and said "You must be Jay!" He just stood there looking at her.

"You've got enough sense to come in out of the rain?" She smiled at him. "Please come in, I'd like to have a word with you."

Intrigued Jay entered the store. Elaine's mother went behind the counter and got a towel which she handed to Jay. "You'd better dry your hair, I wouldn't want my daughters boy friend to catch a cold!"

"Elaine, not trusting his ears said "what did you say?"

"Elaines been going around with such a face on her. She won't eat. She won't talk. Well my husband and I couldn't take it any longer, and we agreed it would be all right if she saw you." "Jay's whole being lightened. "Where to see her?" He asked. "-looking for you" She said she knew you lived up on the hill somewhere. Why don't you go find her. She said it to the vacant spot where Jay had been standing. He was already gone."

As he went out the door, he saw Elaine walking back towards the store. He ran to meet her.

Forgotten was his gang and their meeting in White Rock. Standing in the rain holding either, nothing else mattered. Jay's and Elaine's lives took a turn for the better. Together they walked away.

R.B. Andrews
I entered prison April 12, 1973 and was kept locked in every available cell. I was fasted for 10 days, but was not given any food, water, or other nourishment. I was also denied medical attention, resulting in my being in pain for a significant period of time.

The guards at the prison are cruel and inhumane. They often use excessive force in their interactions with prisoners. They also engage in a variety of other physically and emotionally abusive behaviors, such as yelling, threatening, and physically assaulting prisoners. The conditions in the prison are extremely恶劣.

In addition to the physical abuse, prisoners are subject to a variety of psychological abuses as well. Guards often use verbal abuse, intimidation, and threats to control prisoners. In some cases, they may also use false threats to create fear and anxiety among the prisoners.

I have filed numerous complaints with the prison administration, but they have all been ignored. The guards’ response to these complaints is often to increase the level of abuse and mistreatment.

I urge you to take action to address these issues. The mistreatment of prisoners is unacceptable and must be stopped. I strongly recommend that you investigate the conditions in the prison and work to improve the situation for all prisoners.

Sincerely,
[Signature]

[Prisoner’s Name]
NEW DISCOVERY
adapted by Gayle K. Hurst

The heaviest element known to science was recently discovered at the Lawrence Livermore National Laboratory. The element tentatively named ADMINISTRATION (Ad) has no protons or neutrons, thus it has an atomic number of (0).

It does, however, have 1 Electron, 5 Regional Deputy Neutrons, 6 Director General Neutrons, 1 Executive Neutron, 1 General Deputy Neutron and 83 Ward Neutrons. A Man has 4 Alma neutrons, 7 Improvement neutrons, 4 Paradox neutron, 1 Parody executive neutron, 1 Parody neutrons, 5 Paraphernal executive neutrons, 6 Paraphernal neutrons and 10 Paraphernal neutrons. In association with these neutrons are over 12,000 assorted electrons, giving this an autonomic mass of over 12,000.

The 13,000 participants are held together in the nucleus by a force that involves the continuous exchange of wrist-like particles called accelerators which are dependent on the Cover-Tour-Ass system and the constant syndrome Pat-On-The-back.

Because it has no electrons, ADMINISTRATION is inert. Nevertheless, it can be detected chemically because it seems to interact with any reaction in which it takes part, leaving behind noticeable casualties. According to Dr. M. Langrish, one of the discoverers of the element, a very small amount of ADMINISTRATION made one reaction that normally takes less than a second, take more than four years to go to completion.

ADMINISTRATION has a half-life of approximately three years. At the end of this time, it does not actually decay, instead it undergoes an internal reorganization in which the over 13,000 electrons become to the neutron, all exchange places.

Some studies indicate the atomic mass actually increases after each reorganization, a type of sexual reproduction. There are some indications that this element may have some human qualities, however at this point in the research, they are too minute to be significant.

---

PRISON VISITS, TELEPHONE CALLS, CORRESPONDENCE

**UP TO 1867** --- NO contact allowed with the outside world

**1868** --- Prisoners are allowed to write letters to their immediate families only. Letters must be from the chaplain or teacher to write on their behalf. Good conduct earns ONE letter every THREE months.

**1881** --- Prisoners' relatives allowed to visit ONCE per month for 1/2 hour. Good prisoners are permitted to write ONCE a fortnight (approx. 2 weeks) to their families.

**1913** --- Outgoing non-family letters are allowed. Incoming from relatives permitted without quantitative restriction.

**1944** --- Letters to relatives permitted ONCE per WEEK. (5 years from allowance of 1 every 2 weekly)

--- **CANADIAN BILL OF RIGHTS, 1970 ---**

1971 --- ALL restrictions eliminated on the number of letters an inmate may write or receive while in a Federal penitentiary and a program introduced to increase contact between inmates and the free society. Visits between inmates and their families are encouraged under less restrictive conditions and extended visiting hours.

--- **CONSTITUTION ACT, 1982 ---**

**CANADIAN CHARTER OF RIGHTS AND FREEDOMS ---**

Guarantees of Rights and Freedoms

1. The Canadian Charter of Rights and Freedoms guarantees the rights and freedoms set out in subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society.

Fundamental Freedoms

2. **FREEDOM** has the following fundamental freedoms:

a) Freedom of conscience and religion;

b) Freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;

c) Freedom of peaceful assembly; and

d) Freedom of association.

--- **VISITS, TELEPHONE CALLS, CORRESPONDENCE, ALL MANNER OF COMMUNICATION WITH FAMILY, FRIENDS AND COMMUNITY SHOULD BE A GUARANTEED RIGHT.**...NOT....A...."Privilege."

In memory of four women who took their own lives at Prison for Women: Marlene, Pat, Sandy and Marie - all so far from home.

---

STIRP

Backed into the corner of the tiny cage
She held the pillow ready
To ward off the flies
Which inevitably
Would render her unconscious

Only to wake an hour later
Caked only in her panties.
The last seen of her attackers.
Two males in green and brass

Four females laughing.
Her vision blurred inColour.

Prison for Women, Kingston Ontario, May, 1988

---

40,000 years
Visitation is the name
Intimation the game
Thousands of years
Ringing up fears
Low of the Jungle
Jungle of Laws
Necess
Abey

STOP THE MURDER
STOP THE KILLING
STOP THE STRIP

In memory of my friend, Stuart McCord who died in Vancouver Remand Centre on July 13,1990. When will justice be served?

Gayle

---

...AND FOR ME, IN A DEEP, DEEP BACHELOR'S COW ...
WHO HAS BEEN EATING MY PORRIDGE?

WHAT'S PORRIDGE?

IT'S A THICK, SLOW-TASTING, OATMEAL MIXED WITH A RUBBERY CONSIDERATION OUT OF THE CM-field, AND WATER.....

WHAT WAS THAT SAYS IN FOR?

---

...AND FOR ME, IN A DEEP, DEEP BACHELOR'S COW
WHO HAS BEEN EATING MY PORRIDGE?
PRISON JOURNAL

The 1989 Prison Journal is now on sale to prisoners for $4.00 per copy. The 8th edition covered some very interesting debates on rats and skinners, specifically whether or not they were real prisoners, and a number of censorship issues. On the whole, it's a pretty good read. Anyone interested in receiving their copy, should contact Eric MacKay, in NIN.

JOURNAL OF PRISONERS ON PRISONS

This is a twice yearly published Journal, written by prisoners on prisons. While the Prison Journal has tended to be rather West Coast concentrated, the JOPPOP contains articles, essays and stories from prisoners across Canada. The more we support these efforts through our subscriptions and purchases; the stronger voice we will have. See the order form in this edition for more information.

A True Friend (or so to speak)

Sitting In a cell,
I lived a life of hell.
The guilt weighs on,
but what's done is done.

Good friends are rare,
so called friends don't care.
They put up a good front,
because something you've got, they want.

They're at your side when you have money,
but when your busted, they think it's funny.
They'll talk about the good times you and he had,
but they'll mostly talk about how you've been bad.

Friends like these nobody needs,
but they're all around you and sprouting like seeds.
Be careful of the friends you choose,
because in the end they'll make you lose.

I've experienced these types lots before,
but now I'm wise and won't worry anymore.
For so called friends there are cures,
so if they approach you, just say, "Up Yours".

Meatloaf

SEPTEMBER

News From The Pay Office

RECENT DEVELOPMENTS FROM REGIONAL HAVE CAUSED SOME CHANGES IN THE WAY WE ARE PAID, AND WE JUST WANTED TO MAKE EVERYONE AWARE OF THEM. THIS IS OBVIOUSLY JUST ANOTHER WAY THAT C.I.C.C. HAS DISCOVERED TO LOWER THEIR BUDGETS ON THE BACKS OF INMATES, BUT AS IT STANDS ON THERE IS NOTHING WE CAN DO TO CHANGE IT IN THIS OFFICE.

1. MEDICAL -
   MEDICALLY UNEMPLOYED OR CERTIFIED SICK - TO BE PLACED ON 1A ($1.40 per day) FOR THE HURRY. IF YOU GET A RICK SLIP FROM THE DOCTOR YOU WILL BE PLACED ON 1A PAY FOR THE PERIOD OF TIME THAT SLIP STATES. EVEN IF YOU DECIDE TO GO BACK TO WORK BEFORE YOUR RICK PERIOD ENDS, PLEASE, EVERYONE REMEMBER THIS BECAUSE IF YOU DO GET A RICK SLIP FROM THE DOCTOR, AND YOUR DOCTOR SUGGESTS YOU IN THE SHOP, YOU WILL STILL ONLY GET 1A PAY AS WE ARE BOUND BY MEDICAL DOCUMENTATION.
   IF YOU ARE INJURED THROUGH RESPONSIBLE PARTICIPATION IN A JOB, IT IS THE DECISION OF THE WARDEN TO GRANT THE REGULAR RATE OF PAY UNTIL YOU ARE ABLE TO GO BACK TO WORK.
   IF YOU ARE NOT CERTIFIED SICK AND CHOOSE NOT TO WORK YOU WILL RECEIVE 0A PAY.

2. CALL OUTS
   MEDICAL TA'S (OUTSIDE DOCTOR'S APPOINTMENTS) - LEVEL 1A PAY.
   CALL OUTS - PSYCHOLOGICAL "TREATMENTS" - NORMALLY 0A PAY PER PAY PERIOD (CNO APPROVED) TO COVER BEING CNO, ETC.
   ANYTHING SUBSEQUENT TO THAT, "AT ZERO PAY UNLESS INDEPENDENTLY APPROVED" CNO APPROVED ABSENCE SHOULD NOT RESULT IN A LOSS OF PAY. CNO SHOULD AUTHORIZE ABSENCE TO INDICATE THAT THIS WAS A LEGITIMATE CALL OUT.
   ANY CALL OUT ABSENCE FROM WORK FOR ANY REASON (e.g. a illness, etc.) NORMALLY WOULD RESULT IN ZERO PAY EXCEPT CNO APPROVED.

3. LEVEL 0 PAY
   ANY INMATE WHO REFUSES TO WORK WILL GET 0 PAY. THIS APPLIES ALSO TO INMATES WHO ARE SCHEDULED TO WORK ON A STATUTORY HOLIDAY BUT REFUSE TO WORK. IN THESE CASES, ZERO PAY WILL RESULT FOR THAT STATUTORY HOLIDAY.

LEVEL 1 PAY
   UNEMPLOYED BECAUSE NO WORK IS AVAILABLE BUT LOOKING FOR WORK.
   ADMINISTRATIVE SEGREGATION - UPON RELEASE FROM ADMIN, REG. YOU WILL BE REVIEWED BY THE WARD ROBOT TO DETERMINE AN APPROPRIATE PAY LEVEL FOR WHEN YOU RETURN TO WORK.
   TRANSFER TO A HIGHER SECURITY FOR DISCIPLINARY REASONS.
   IF YOU ARE IN OUTSIDE COURT FOR A MAXIMUM OF 30 DAYS YOU WILL RECEIVE 1A PAY.

TODAY IS NOT YESTERDAY

... BUT SOMETIMES
THEY'RE
SO SIMILAR,
IT'S HARD
TO TELL
THE DIFFERENCE.
The first of three books covers the ‘Crisis In Corrections’, volume four in the series from the Matsqui Prisoners Justice Initiative. It deals with a number of contemporary issues surrounding prison and justice from a variety of perspectives. It is based around some of the presentations made by prisoners in April of 1990 to a variety of legal and justice organizations and a Member of Parliament. The event was excellently filmed by MSU cable and is available to the public, universities and politicians. The colloquium offers a refreshing look at justice in Canada, from the prisoners perspective, while not adding to the whining image prisoners have accumulated over the years.

This book is produced done completely within the walls of Matsqui Federal Prison, save a few outside contributors articles and some much appreciated help from the SFU Prison Education Program. The proceeds of the book will be used entirely for the pursuit of justice for all Canadians. This includes funding legal projects, assisting in the formation of a Justice Initiative in the community, and lobbying costs to pursue the proposals contained within. Purchasing the book will assist our effort substantially. Encouraging your friends and family to do likewise will also help.

Some of the articles included are:

David Maurice, a Metis Indian, serving time at Matsqui Prison examines some of the sources and consequences of imprisonment for Canadian Native Indians. He also looks at some of the possibilities that exist to reduce the over-representation of Native prisoners inside of Canadian prisons. Dave is halfway through his B.A. through SFU and is majoring in Sociology.

Gayle Horii, Matsqui’s only female prisoner, also involved in the SFU Prison Education Program utilizes the CSC’s own statistics to reveal some very disturbing facts about prisoners deaths compared to that of guards and the public. In ADDEAD PUNISHMENT, she explores the causes and consequences of this topic in a humanistic but professional fashion.
Michel Gastonguay, another SFU student majoring in Sociology takes apart the philosophy and workings of the new Cognitive Life Skills program in his article on ‘COGNITIVE DEFICITS WITHIN THE COGNITIVE MODEL’. This article has earned him much attention for his approach. While cutting and critical, his style and insight do much justice to the call for some serious reconsideration of this new ‘cure-all’ coming out of some tower in Ottawa.

Professor Erling Christensen, the SFU Matsqui Program Coordinator takes a slightly different perspective in analyzing the whole scheme of programs and services we are receiving in his article entitled on PRIVATIZATION. His participation in the SFU Prison Education Program gives Erling a clear impression and credible concerns about the present arrangements and their consequences for prisoners.

Plus, many, other interesting contributors from within and outside of the Matsqui Prison. Through your purchase of the first book in this series, and encouraging others to do the same, your effort will assist us in bringing about substantial change to a system of justice that provides little justice to Canadians, be they the tax payers, the victims of crimes or the prisoners and their families. This entire effort is being conducted in the hopes of educating Canadians of the devastating nature and consequences the present system affords all Canadians, at a very expensive price, financially and in human terms.

We plan to publish a thousand special edition copies of this book to commemorate the first time a book was written, published and marketed by a group of prisoners in the history of Canadian prisons. These copies will be signed by some of the authors. 250 of these books are available on a first come first serve basis to the prisoners at Matsqui Prison first, for the special price of $5.00 per copy. 250 copies will be sent out for review by a number of media, legal and justice organizations, plus a select number of politicians. The other 500 copies will be sold at $12.50 per copy. Any addition copies may be made available through a Canadian publishing firm.

Erie MacAulay

The following is a list of proposals which would allow for the realization of the Canadian Charter of Rights and Freedoms and the Correctional Service of Canada’s (CSC) Mission Statement within Canadian prisons. While these documents, the first law of the Canada and the first Commissioner’s Directive of the CSC, provide for the protection of the rights and freedoms of Canadian prisoners, the reality of imprisonment mocks them. Since these documents came into effect, there has been little effort on the part of the authorities to put into place mechanisms which would allow for their actualization. The seemingly rhetorical status that these documents have assumed is the cause of great frustration and injustice for prisoners. If the authorities of the CSC are above the law, what message do prisoners receive?

Until Canadian prisoners are afforded the rights, protections, and opportunities provided for them in these documents, Canadians can expect them to have little respect for the laws of Canada, or the rights of Canadians. People learn through experience, and what is being taught to Canadian prisoners is completely against the best interests of Canadians. Should the government of Canada ever hope to give Canadians the best protection available, it will see to it that these proposals are given fair consideration, now!

1) We request that the new Corrections Act be drafted in Ottawa;
   A) Conform to all Canadian laws and statutes, including the relevant: voting, health, labour, mail, search and seizure, transportation, building, and fire laws, regulations, statutes and standards; unless they are demonstrably absolutely impossible for the purpose of incarceration.
   B) Specifically state to what extent and under what circumstances Canadian citizen’s rights can be ignored to allow for the incarceration of a Canadian citizen, and
   C) Include the following rights and abilities for prisoners, their visitors and their representatives:
      a) the presentation of the concerns and interests of Canadian prisoners on a national level.
b) the allocation of finances, dedicated by Canadian prisoners, for the purposes of program opportunities, legal actions, and business ventures; and

c) the exchange of relevant information between prisons regarding prisoners' concerns at the national level; and

d) the formation of a National Committee of Prisoners to coordinate these rights and abilities.

1) This National Committee would consist of Regional Committees afforded the same rights and abilities at the regional level as those afforded to the National Committee at the national level.

2) The Regional Committees would be comprised of the elected Chairpersons of the Prisoners Committee at each prison participating.

2) We request that each prison be required to have a mutually agreed upon Independent Mediator to Prisons who would observe all interactions within the prison and have the following authority:

a) To report any non-compliance on the part of the administration, the staff, or the prisoners directly to the Commissioner of Corrections, the Auditor General of Prisons (proposed below), and any and all other parties the Mediator deems necessary (i.e., RCMP, the media, the Federal Court); and

b) To mediate issues where no conclusion can be reached between the administration, the staff and the prisoners, and make any recommendations necessary to avoid conflicts.

3) We request that an Auditor General of Prisons be appointed by the Government of Canada, to report to the House of Commons the yearly recommendations of the National Committee of Prisoners and the Correctional Services of Canada through the Independent Mediators of Prisons.

4) We request that Prisoner's Committees at every prison be allowed the following rights and abilities, in addition to those they now retain through the various Acts of Parliament:

a) Confidential communication with other Prisoner's Committees through the scrutiny of their chosen legal assistant.

b) To chose a member of the Prisoner's Committee to oversee the handling of all prisoners correspondence from its arrival at the prison to its delivery to the prisoner.

c) To chose a member of the Prisoner's Committee to attend all Prisoner Disciplinary Hearings unless specifically requested by the prisoner that such is not desired, and to make recommendations to the independent Chairperson as to the penalty if the prisoner is found guilty.

d) To chose a member of the Prisoner's Committee to attend all Staff Disciplinary Hearings and to make recommendations to an Independent Chairperson as to the penalty if the staff is found guilty.

e) To chose a member of the Prisoner's Committee to attend any meeting between a staff member, whether (contracted or hired persons) and a prisoner, by that prisoner's request.

f) To have input into staffing decisions regarding Case Management, program staff, psychologists/psychiatrists, medical staff, recreation staff and other non administrative or non security positions.

g) To be able to communicate with any member of the community, or the media without censorship.

5) We request that Canadian prisoners be allowed the following rights, abilities and protections:

a) The right not to be searched by any means by members of the opposite sex unless under emergency situations, and that such searches be subject to independent review;

b) The right to be free from unannounced observations by members of the opposite sex where such observations (i.e., cells, washrooms, showers) would reveal the private parts of the prisoner body, unless under emergency situations, and that such practices be subject to review by the Independent Mediator;

c) That any discrepancies on a prisoners file be subject to review by the Independent Mediator of that prison, at the request of the prisoner (without penalty to the prisoner), prior to being used in any fashion;
That any prisoner be allowed to run for any elected position on the Prisoner's Committee, regardless of the opinions the administration may hold of that prisoner;

e) That all visitors to any prison retain all of their Rights and Freedoms, and when they have a complaint against any member of staff of a prison, they be allowed to raise such complaints with the Independent Mediator of that prison in complete confidentiality;

f) That where any right or privilege afforded a prisoner, is to be revoked be subject to review by the Independent Mediator of that prison before said right or privilege is forfeited unless under emergency situations, and that such emergency situations be subject to subsequent review by the Independent Mediator; and

g) That prisoners have a right to associate by telephone, mail, visits and private visits as frequently as they require, that these rights be only revokable under emergency situations, subject to an immediate review by the Independent Mediator of that prison, and if revoked, that the period of time not exceed what is absolutely necessary.

It is essential that all Canadians who have respect for the rule of law, concern for their security, and hope for a greater quality of life for themselves and their children make their Members of Parliament aware of their concern about the present state of injustice behind the walls of Canadian prisons. These proposals would put into place the mechanisms necessary for prisons to conform to the laws of Canada by offering respect and dignity of every Canadian's rights. If there is not justice for every Canadian, there is not justice for any Canadian, including yourself and your children.

Prisoners are not asking for anything that we are not already supposed to have. We are not asking for any money or physical improvements. We're not demanding anyone agree to our ideas, just that these concerns and interests be given fair consideration. We need these mechanisms in order for the laws of Canada to be adhered to, for all Canadians; prisoners and citizens alike.

Erie MacAulay
INMATE COMMITTEE/ADMINISTRATION MEETING - MATSQUI INSTITUTION

August 28, 1990
0930 hours
V & C Boardroom

PRESENT: (Administration)
R. Wiesbe, Acting Warden
P. White, Unit Manager
K. Epp, Unit Manager
J. Sexsmith, A/W Correctional Programs

DISTRIBUTION:
Executive Assistant to Com
Director of Inmate Affairs, RHQ
Asst. D/C Operations, RHQ
C.A.C., Chairperson

Warden
Deputy Warden
A/W Correctional Programs
A/W Management Services
Unit Manager - L. Epp
Unit Manager - P. White
Unit Manager - P. Dugas
Unit Manager - D. Howard
Coordinator Case Management
Inmate Committee (14 copies)

INMATE COMMITTEE MEMBERS
E. MacAulay
N. White
R. Charlebois
G. Innes
R. McPhee

<table>
<thead>
<tr>
<th>Item</th>
<th>Subject/Discussion</th>
<th>Action</th>
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<tbody>
<tr>
<td>PREVIOUS MINUTES - 1990.07.31 -</td>
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<td></td>
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<tr>
<td>90.07/8</td>
<td>Institutional Tours -</td>
<td>The Committee stated that three tours had taken place recently and that the Committee had not been notified of any of these.</td>
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<td></td>
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<td>The Acting Warden stated that the Committee will not always be given much advance notice of tours. Two of the tours referred to were tours which would not involve inmates, and the third involved the United Native Group.</td>
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<td>90.07/16</td>
<td>Grievance Report -</td>
<td>AMMS has been on annual leave, this is probably why this report has not yet been given to the Committee.</td>
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<td></td>
<td>Acting Warden asked that the report which is given to IMC be given to the Committee.</td>
<td>ACTION: A/W MANAGEMENT SERVICES</td>
</tr>
<tr>
<td>90.07/26</td>
<td>Advances -</td>
<td>The Deputy Warden asked that this item be deferred for discussion on the Warden’s return.</td>
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<tr>
<td>90.08/1</td>
<td>Inmate Pay -</td>
<td>The Committee raised a number of issues with regard to inmate pay.</td>
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<td>The Deputy Warden advised that the warden has written to RHQ with regard to Inmate Pay.</td>
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<td>The A/W Correctional Programs stated that the Commissioner’s Directives are very clear with regard to inmate pay and we must adhere to these directives.</td>
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<td>AWCP advised that Dave Sinclair can answer most of the Committee’s questions with regard to court pay, medically unemployable inmates etc.</td>
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<td>90.08/2</td>
<td>Hospital -</td>
<td>The Committee raised a number of issues with regard to health care in the institution.</td>
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<td></td>
<td>The Deputy Warden stated that if the Committee had specific concerns, these cases should be documented and brought to the attention of management.</td>
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<tr>
<td>90.08/3</td>
<td>Use of Segregation -</td>
<td>Management assured the Committee that there is no frivolous use of segregation at Matsqui Institution. All inmates held in that unit are there for good reason.</td>
</tr>
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<td>90.08/4</td>
<td>Phone Calls -</td>
<td>The Inmate Committee requested that phone booths be installed in the TV rooms on each tier.</td>
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<td></td>
<td>Management advised that this would possibly be problematic. The Deputy Warden advised that he would discuss this issue with the A/W Management Services. The Inmate Committee are to submit a written proposal to the Warden.</td>
<td>ACTION: DEPUTY WARDEN INMATE COMMITTEE</td>
</tr>
<tr>
<td>90.08/5</td>
<td>Mail -</td>
<td>The Committee stated that there are ongoing problems with regard to inmate mail.</td>
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The Deputy Warden asked that the Committee bring specific problems to the attention of the Unit Manager in that area.

90.08/5 Visits -
The Inmate Committee raised the issue of dress code for visitors. The Deputy Warden advised that there is a high level of tolerance with regard to what visitors are allowed to wear.

The Deputy suggested that the Committee sit down with the Visits Review Board and come up with a set of guidelines.

ACTION: INMATE COMMITTEE

90.08/6 Censorship of Videos -
The Deputy Warden advised that inmates will be allowed to see any movies which are shown at local theatres. This decision was made by the Warden and the Deputy will ask that he explain his position on this to the committee.

ACTION: WARDEN

90.08/7 Disciplinary Hearings -
The Committee asked to have member be allowed to sit at disciplinary hearings as an inmate advisor.

This request was denied, but the Deputy Warden advised the Committee that the Independent Chairperson would be prepared to meet with them separately to answer any of their questions.

90.08/8 Private Family Visits -
The Committee raised concerns with inmates from other institutions on pass programs using the Private Family Visit houses.

The Deputy Warden assured the committee that inmates from our institution are always given priority on this.

With regard to the food menu, the AKCP advised that he and Rick Barnes met with the Lifers' group and worked out a food list, and he has heard no complaints. AKCP will meet with Lifers' again and go over this list.

ACTION: A/W CORRECTIVE PROGRAMS

The Committee stated that it is their hope that the administration will look at revising the criteria and expanding the time allotted per quarter.

The Deputy Warden stated that the PFV program is a national policy issue.

September

90.06/9 Passes for Finance Clerk and Canteen Bookkeeper -
The Inmate Committee requested passes for these two inmates and the Deputy Warden approved this request.

CCO will issue these passes.

ACTION: COORDINATOR CORRECTIONAL OPERATIONS

THE NEXT INMATE COMMITTEE MEETING IS SCHEDULED FOR 1990.09.27 AT 1330 HOURS. PLEASE SUBMIT AGENDA ITEMS TO UNIT MANAGER DUQUAY NO LATER THAN 1990.09.17.

D.R. McGregor, Warden

E. Macaulay, Chairman

Date 90/09/10

Date 90/09/13

The following submission was submitted to the insider by Erle Macaulay, this piece is slightly edited. Its original form was that of a memo to All CMOs from X.M. Pondelicek, who is the Substance Abuse Program Coordinator.

Substance Abuse Program - Matsqui Institution

1. Please be advised that the current program will be completed September 14, 1990. The new module will start September 25, 1990.

2. I would appreciate your selection of inmates for this module by September 14, 1990. As in the past I will place 20 inmates into the program on equal basis from each caseload. I anticipate that 5 inmates will drop out within a couple of weeks of the program.
Join A Federal Country Club

Are you unemployed? Are you over worked & underpaid? Are the bills getting you down? Then why not do as 20,000 others have done, and join the federal country club!

**BENEFITS**

- Comfortable cozy individual rooms, free heat, free meals, free medical care, and for those who suffer from stress and have a set of bed nerves and are in sad shape they have your friendly Doctor and shrink to help the less fortunate. We have a common room TV area where you can sit back with your feet up drinking soda-pop and eating popcorn in a relaxing atmosphere with your friends and other residents of this exclusive club...

**RECREATION**

Recreational activities include horseshoes, soft ball, handball, some basket ball, table tennis, badminton and some floor hockey for the more contact sport minded individuals. For the music enthusiast we have musical activities freely available at no extra charge.

If you crave female companionship we have female staff who can be called upon to discuss your every need, and for the more aggressive male they will allow you 1, 2, or 3 days passes that can be arranged for your convenience and with a uniformed driver for all your transportation needs.

Uniformed attendants are on duty 24 hours a day to look after your every whim. They check to make sure your sleeping well during the night, if you so desire to leave your room to chew down at the refrigerator or make yourself a late night snack, your door will be opened upon your request. The uniformed staff are most accommodating and conscientious with the members of our club.

So why put up with a hummers life at your present residence out there? Your family will be well looked after by the Health and Welfare Department, where you are able to enjoy your stay at our club.

**MEMBERSHIP REQUIREMENTS**

All members must be sponsored by a reputable Judge of the County Court, Court of Queens Bench, The Supreme Court of the Province you presently reside in, Or the Supreme Court of Canada. All memberships are for a period of 2 years or more, including a LIFE TIME MEMBERSHIP but only by SPECIAL ARRANGEMENTS.

**ADMINISTRATION OF CLUB MEMBERSHIPS**

All branches of our club are run completely by the Solicitor General Of Canada and paid for by the Canadian Taxpayers association, WHY WAIT ??? JOIN US TODAY.

For more information on the benefits of this exclusive club write to...

THE SOLICITOR GENERAL OF CANADA, OTTAWA ONTARIO, CANADA K1A-0P9

Submitted by
H. Bruce Archer
1990

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**CALLISTER**

Riding into the rather small, dusty little town a day and a half's ride from his destination, the Mexican border, his eyes brightened when he saw the swinging sign that read "TOOZIUS. OPEN." Then, he went over to one of the old wooden building he dismounted and throwing the saddle bags over his shoulder he stepped up to the office entrance. A glance down the street told him the town wasn't busy, not that he cared anyway. The young doctor looked up from his desk to see his wooden door kicked in with a force that splintered it off the hinges. He then saw the big hole at the end of the gun barrel. Before he could see who was holding it he was blinded by the flash of death as the gun backed.

The forty-four round smashed through his right eye and blew the back of his head apart like it would a ripe pumpkin.

"One of the perils is faces when one is in a source of drugs in this day and age," muttered Callister as he walked to the glass doors of the medicine cabinet and yanked them open.

The day and age was August 26, 1891 and Callister was one of the drug induced killers rarely mentioned in history books, that roamed the old west in search of a good fix and the amusement that went with it.

Filling his saddle bags with an assorted variety of drugs, Callister smiled when he found what he was really looking for. Stepping over the doctors lifeless body he sat down in the still warm chair and opened a large bottle of morphine and another that read Locaine. Tearing open the top drawer of the desk, he looked down lovingly at a brown leather case. He knew exactly what it held. He took it ever so gently and removed one of the ten new glass syringe's inside.

He quickly found a pitcher of water and a small metal measuring utensil. Filling the little scoop with healthy spoons of the white powders, he drew a little water into the fit and then liquefied the drugs. He heated the mixture over an oil lamp and stirred it with a scalpel. Callister's teeth gritted together as he sucked a decent dose into the syringe. Rippling his sleeve up he found a bulging vein and injected himself. Heat rushed too his head and a disturbing tingle followed with a fierce feeling of pins and needles in the top of his brain. The next thing he knew he was on his ass.

Trying to regain focus and footing he tried to rise but could not. It was then that he heard through the ringing in his ears, voices and footsteps and they were coming closer.

This was the first time he had gotten himself into a jam while robbing doctors offices and the traveling medicine men, who made their living selling cure-alls from their wagons and he knew it would'nt be the last. Callister never ceased to be amazed at the quality and sometimes the quality, not to mention the assortment of altering substances that his victims pushed through the west. No time to think of that now though he thought. Smiling and laying on his back he filled both of his hands with iron and sat up at the same moment the town sheriff and his deputy ran through what was left of the door. Both were carrying shotguns.

In three seconds Callister had emptied a mixture of eleven forty-four and forty-five slugs into and through the men. They were blown against the wall and fell to the floor in a gory pulp. He relaoded quickly and stuffed the morphine, coke and the dosings into the bags that held the rest of his take. Tearing a shotgun from one of the corpses, he made sure it was loaded and broke from the building to his horse.

He completely cleared the street of onlookers, the curious and everybody else with two blasts of the shotgun before discarding it. Callister was on his horse and gone in a flash or so it seemed to the shocked and surprised town folk.

He slowed his mount to a canter after about three miles and then to a walk. What's the big rush he thought to himself as he came to a halt, and staying in the saddle he prepared a wack for the ride ahead while still buzzing nicely from the last one.

**AN ENCOURAGING TALE OF ONE OF THE WESTS MOST STONED GARDENS. BY W.W. WEST.**
Hot Pursuit
Part two

The Zoo in Stanley Park, ten o’clock tonight: “No problems, Paul.” I said “I’ll see you then.”

It was only four o’clock so I thought I would head down, catch a show, and blow some time. The selection was excellent, and I decided on Die Hard with Bruce Willis. It was a very good choice. I enjoyed the flick, but the only problem was, it was over too soon, and I was left with a few more hours to kill.

I walked back to the hotel, and went into one of the many lounges they have to offer. Very nice! I ordered a double Pina Colada. Fuck it. I could go down smoothie without another and yet another. Too say the least, I was feeling no pain whatsoever.

At eight-thirty I hurried a cab in front of the hotel. The ride through the park was very scenic. Our meet was at a place called the Zoo, but it looked more like the Pound, compared with the Zoo in New York. Pretty smart if you ask me! I waited at the entrance for close to ten minutes before anyone appeared. I wasn’t sure if it was Paul or not. The man stepped out from behind a tree, which gave me the idea that he had been standing there all along.

He was wearing a long trenchcoat, and had his hands buried deep in his pockets. Very suspicious looking! When he got no more than five or six yards away I could see the barrel of a shotgun coming up fast. In my direction. I jumped to the left, hitting the ground with a roll just as the gun went off.

I could feel pellets entering my side, but there was no pain. Where was the pain? I got to my feet just as the second blast went off. Fuck! I sure felt this one hit me in the heart as well as the hell of a force. I knew there were problems. I had been hit a few times in ‘Nam and knew the damage a shotgun could do. I was scared shitless, but knew that something had to be done.

He proved to be right for the kill and was reloading as he closed on me. He was about five feet away when I lifted myself off the ground, and springing forward, I kicked him in the cunt from under him.

The shot gun fell from his hands as we wrestled around on the ground. I put my hands around his throat, squeezing with all I had. I could feel myself slipping away from blood loss. Fuck! I had done it again. This was all a blur to me. I was running in circles, not just out of place businesses. Also everything in between, drag racing, being shot up, the war, and with the muscle heads that hang out with the queens. Also I heard he was knife happy. No problem! I had the edge now. I knew he was gearing for a long night.

The time in the hole was okay, but things started to get boring near the end of it when I ran out of good reading material. I wasn’t paying attention to the days and in no time they were calling my name. “Tighty, grab your shit, your going back to the wing!” Right on! I should be back in the hole for lunch, I thought to myself.

When I got back to the wing they stuck me on a different tier up on the fifth floor. As soon as I got into my new cell, a bag drop came by to visit. She ran down to me that she was also receiving a hard time with the brothers, and needed backup she would help out. She lifted her up over four inches, reached in and pulled out a knife with what looked like a ten inch blade. She handed it to me, said “Good luck” then fucked off down the tier.

I carried the shark all morning, right through lunch, then it was yard or lock up so I made my way off the tier. When I got to the gate I could see that there was a few guys waiting at the top of the landing. They had their backs to me so I couldn’t see who it was. Out instinct told me they were the brothers, so I slipped the blade, and moved in on them. I was about three feet away before they turned around.

Out of the corner of my eye I could see it was them. By the time they recognized me it was all over them.

Grabbing the bigger one by the hair I turned him around with force, so he now had his back to me. I brought the knife up to his neck, grabbed him by his jacket, and gave him a good strung. “You fuckin’ idiots wanna play games?” yelled they. Then “Let’s fuckin’ play.” I realized than I was being too loud, and could here bricks and boots flying up the stairs.

I was so wound up that I didn’t even notice I was being surrounded by a good crowd, and was forced to either use it or drop. “Look fella, you don’t need another murder beef over your head.” He said. Then I got to thinking, what the fuck am I doing here, are these fuckins stooges worth my freedom? I don’t think I could take another one, and turned around for the handuffs. It was back to the digger, thirty and thirty this time around.

Two days into my digger stay, the queen that gave me the blade came down to join me. Her name I found out was Vicky Lowell. She was pretty as far as queens go, except that she had a large lump on her nose, other than that I think I would have been tempted to take a little piece from her.

To be continued....
News From Other Joints

We here at the Insider, trade papers to many other prisons throughout the world and when we come across an article or two that we think could be of interest to our readers, we will reprint them in our paper. Credit will be given to the author and the publication. The following articles are taken from the San Quentin News.

**Con Considers Retirement**

As a youth I decided to become involved in law enforcement so I joined the California Department of Corrections (CDC) as a police officer in 1965. My career in corrections has spanned some 22 years, so to date. The job has had its ups and downs, as I think of retirement in the 1990’s.

Having first arrived on the job in 1965, I was assigned duty in the Chino Guidance Center. My early training in corrections supplied me with the necessary techniques of prison care, eating, and playing. If you didn’t immediately acquire these basic skills, you might just as well have considered another career goal.

Also in those days, correctional officers were considered a semi-military fashion. Dress and appearance counts were strictly enforced.

**San Quentin Expanding?**

In a report issued January 21, in the Marin Independent Journal, Marin supervisors will be asked to formally support a proposal to join with the state in expanding San Quentin Prison, including the construction of a new county hospital.

The board’s endorsement of the $200 million proposal would include a request for state legislation to authorize and finance the construction.

County officials have already asked State Senator Robert Presley, D-Riverside, to sponsor the legislation.

San Quentin expansion would involve building a new “reception center” where state prison inmates are processed, evaluated and assigned to other prisons.

**Condemned Con Stabs Attorney**

An attorney conferring with his condemned client received 15 stab wounds at approximately 12 p.m. on February 26, according to Lt. R. White, Public Information Officer.

The responding staff who halted the assault reported that the condemned prisoner was conferring with his attorney in the east block visiting facility when he apparently began stabbing the attorney with a sharpened, plastic toothbrush handle.

The injured attorney was subsequently treated for 15 puncture wounds in his chest, arms, and neck area. One wound in his left ear was described as serious, but all other injuries were listed as minor.

The condemned prisoner was taken to Napa Infirmary, medically cleared, and placed in the adjustment center pending investigation of the incident.

**Doc in the Block**

Today, I am going to give you some sensible advice on how to burn cigarettes and burns.

**CUTS, SCRAPS, BURNS:** There are some wounds you should not try to stitch yourself. Deep wounds or puncture wounds are dangerous and likely to get infected. Human and animal bites are very dangerous and are likely to get infected. Do not make a chance with these, see a doctor right away.

Your body will heal itself if there is no interference. Some of the things that will interfere with healing are dirt, bacteria, physical irritation, swelling and chemical irritants. If you may have cellulitis, a tissue infection which can be dangerous and requires a doctor visit even if it is not a doctor right away.

If the wound does not have any tender redness around it, but white/yellow discharge begins to accumulate on the wound surface, you have a surface infection which you can treat. Soak it three times a day in comfortably hot water for five minutes, then gently scrub the wound with a clean finger, cloth, or guaze. Then, cover with plain gauze. Do not worry if it sticks. When you take it off it will pull off the gunky stuff.

A good healing burn looks like a red hamburger. If it has a scar, it should be completely dry with a white crust. Keep the wound covered until it is healed. If it is swollen, keep it elevated above heart level to help drain out the fluid. Protect it from everyone or from being rubbed, etc. If you do these things, your wound will heal quickly, with the least chance of infection. If you start to get increased pain, redness, or pus from a wound, you have an infection which needs a doctor’s attention, so do not fool around, see a doctor right away.

Remember to get a tetanus shot every five years. It is an easy way to protect yourself against a fatal disease you can get from dirty wounds. Good wound care depends basically on cleanliness, not on sewing or medicine, although these have their proper place.

What about sewing up a wound? If it does not become infected, a stitch will most likely be quick and easy. If the healing tissue does not have to fill a gap. However, a small wound may become infected. If the wound becomes infected it will be more dangerous and take longer to heal than an open wound. This is because a closed wound can trap bacteria in it. Wounds that are near joints, where bacteria can easily get in, and the closed wound cannot drain.
The Matsqui Fastball season ended with a Championship tournament on August 11 & 12. Fifty-Fifty came out on top with a 3 and 0 record. After beating both the Unmentionables and The Sting on the eleventh, they did not have to play again until the final game. Meanwhile the Unmentionables and The Sting had to slug it out to see who would advance. The Unmentionables beat The Sting on the eleventh, but on the morning of the twelfth The Sting rebounded and the two had to meet again in the afternoon to decide who would play Fifty-Fifty for the Championship. The Unmentionables ended up knocking out The Sting but then lost to the 1990 Matsqui Fast Ball Champions, Fifty-Fifty.

**FIFTY-FIFTY SHUT OUT THE UNMENTIONABLES**

Fifty-Fifty outplayed the Unmentionables from beginning to end. The losers were unprepared for Fifty-Fifty's solid defence. The game was called after five innings when the Unmentionables felt that things were only going to get worse. Kinley allowed just 5 hits in picking up the shut out.

**July 31**

**FIFTY-FIFTY**

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FIFTY-FIFTY SHUT OUT THE STING 8-0

Between Kinley's pitching (4 hitter) and the errors that The Sting committed, there was no doubt who was going to win this one from the third inning on. This was the second shut out of the year and Kinley has thrown both of them. Two of his last three games have been goose eggs.

FIFTY-FIFTY NICK THE UNMENTIONABLES

Things started off bright for Fifty-Fifty and never did lose any steam. It was 4-4 for them all day. In the third the Unmentionables closed the score to 5-4. Both teams scored twice in the fourth. Kinley was responsible for both of Fifty-Fifty's runs, he connected well with the ball and hit a controversial homer with a man on base. Another run for Fifty-Fifty in the fifth upped it to 8-6. In the bottom of the seventh the Unmentionables fell short of one of their famous come-backs as they could only come up with 1. This being Fifty-Fifty's second win in a row in the tournament, they will not have to play again until the Championship game.

Final Fifty-Fifty 8 - Unmentionables 7.

THE STING SURPRISE THE UNMENTIONABLES

This contest got underway at 9:00 in the morning. Despite the early hour The Sting looked better than they have all season long. Red inspired everyone on the team when in the first inning he pounded a home run over the right field fence into the pumpkin patch. Taking a pitch off his head the day before did not prove detrimental to Red as he went on to throw a 3 hitter in his finest game of the year. Behind him the defense was outstanding, giving up only two errors. Their lowest total all year in that department. It was 6-0 for The Sting after three and the final was 6-2. These two teams will meet again later in the day to do battle. The winner will then face Fifty-Fifty who are waiting to see who they face for the championship.
**FIFTY-FIFTY WIN THE MATSQUI FASTBALL CHAMPIONSHIP**

Fifty-Fifty overcame the Unmentionables by a score of 5-3 to take the fastball title. The Unmentionables played quite a game considering it was their third one of the day. Many at the 3,000 in attendance thought that the well rested Fifty-Fifty club would make short work of their rivals, but the Unmentionables who led the league from the beginning of the season until the final game proved to be no pushover. Fifty-Fifty homered in the first, and Ivanoukas singled in a run to give Fifty-Fifty a 2-0 lead. Polen tripled in the bottom of the inning to score Junior and close the gap to 2-1. There was no more runs until the bottom of the fourth, when the Unmentionables took the lead at 3-2 as Polen and Chailley crossed the plate. Kinley and Schellenberg both scored in the sixth for Fifty-Fifty, putting them ahead again 4-3. Fifty-Fifty then closed the scoring in the seventh with another run to make it 5-3. And that’s why the season ended...

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**THE UNMENTIONABLES FINISH OFF THE STING**

The Sting looked like an entirely different team then the one that had beaten the Unmentionables earlier in the day. Their mistakes and errors were almost encompassing. Going into the second inning they were up 2-1, but it was all downhill from that point on. The Unmentionables started putting runs on the board and they didn’t stop. The score was 9-4 after four, 9 more in the fifth made it 18-4. The game was then called on the mercy rule.

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**THE STING**

**Unmentionables**

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**FIFTY-FIFTY**

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**RUN LEADERS**

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**STRIKEOUTS**

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In the homerun department, Dean Kinley came way out on top with 6. Quite a few guys managed 1 or 2. The leader in stolen bases was Jr. Pruden. No base was safe with Jr. around.

**FIFTY-FIFTY**

<table>
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<th>PLAYER</th>
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**THE STING**

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**UNMENTIONABLES**

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People are like stained glass windows. They sparkle and shine when the sun is out. But when darkness sets in, their true beauty is at last revealed, only if there is light within... Elizabeth Ross

**HOCKEY NEWS**

The Matsqui Ball Hockey League will soon be getting under way. Those interested in playing this year should get your teams together as soon as possible. Shoe in 3-8-7 will be the season hockey Commissioner. When you have a roster intact, drop it off with him and a schedule will be drawn up. Referee, scorer, keeper and timekeepers will also be needed. Those willing to lend a little time to get this league underway, please leave your name with Mike. The regular ball hockey league and playoffs for the Committee Cup will be followed by the Challenge Cup tournament. Those of you that were here last year know the format. Their are lots of individual trophies to be won and most of the defending ball hockey League Champions from the Commandos have moved on or will be going shortly, and the Bald Boys, winners of the Challenge Cup have dispersed so the trophies are up for grabs. Good luck and have a great year!

**The Matsqui**

**Weight and Power Lifters Club**

All the results of the recent power-lifting competition which be conducted in next month's issue of the "Insider".
SPORTS DAY RESULTS

Under 40 - 100 yd.
- Paton 11:04
- Fenton 11:06

Over 40 - 100 yd.
- Schellenberg 11:46
- Andrews 12:06

Long Jump
- Paton 17'10"
- Fenton 17'8"

1 Mile
- Maurice 6:27
- Fenton 6:57

5 Mile
- Emond 36:32
- Maurice 38:06
- Deslaurier 41:25

4 Man relay
- Marchand-Coltman-Pruden-Fenton 9:32:14
- Maurice-Emond-Ibister-Dasilva 9:43:10

Ball Throw
- Greene - 1st
- Coltman - 2nd
- Salisbury -
- Paton -
- T. Dafoe
- R. Randawa
- no times avail.

Over 50 - 50 yd.
- Mckechnes
- Dafoe

Over 50

Horseshoes Throw Doubles
- Penny-Grandel
- Dafoe-Ramsey

2 Man Wheelbarrow race
- Fenton-Marchand 47:11
- Salisbury-Badour 49:52

Tier Tug of war

1 East
- K. McGlynn
- D. Barnford
- G. Olson
- J. Graham
- R. DeLaurier
- J. Courville
- S. Sui
- K. Weng
- K. Li

3 Legged race
- Lyttle-Lytte 16:81
- Miller-Johnston 16:84

Obstacle course
- Dasilva 4:37:31
- Ibister 4:46:67

Sports day was held on the B.C. day long weekend. Everyone involved had lots of fun. The obstacle course proved to be quite a challenge. It was composed of a quarter mile run (the top track) followed by fifteen chumps. The competitor’s then had to carry the 60 lb. heavy bag around the large tennis court, then grapple across the monkey bars, cross over the parallel bars, do 25 pushups, then sprint to the basketball court before confronting the ten foot high wooden wall that had to be climbed, then dash to the finish line. Rick Dasilva came up with the best time in the event followed closely by Big Al Ibister. One had to be in good shape for this, and many of the participants were forced to drop out due to exhaustion. One party even tried streaking the course but found he was out of wind part way through the chinup routine and was left hanging in the raw. It was very comical to say the least. The last event of the two day ordeal was the tug of war. After much strenuous pulling, the competition was narrowed down to two teams; 2 North and 1 East. When these two started pulling it was easy to see why it is called the tug of war. The battle was hard fought but about a minute into the struggle the guys from the east end overpowered their northern rivals and took the victory and the prize money. Congratulations to all those who took part in Matsqui’s annual Sports day’s.

SOCCER NEWS

The Bandits defeated the T Birds to win the Matsqui Interrural Soccer League Cup 2 games to 1. The T Birds took the first match by a score of 5-0, but the Bandits came back the next week and evened the series with a 4-3 victory. They then went on to dispose of the T Birds with a 7-2 triumph in the final game.

BANDITS
- Black
- Fenton
- Ibister
- Chabrey
- Paton
- Sanger
- Nicholson
- Coltman

T BIRDS
- Bizzakane
- Sallison
- Sam
- Murray
- Maurice
- Fisher
- Martinez
- Gus
- Stewart

We checked with the rec department and they have no official information of why Matsqui will not be involved in the outside league this year. Rumor has it though that many of the teams that care regularly to our field now feel that the games in here get a little too violent.
## Kentucky Fried Chicken
### MENU

#### Family Meals

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<td>2 pc. Mock w/ fries</td>
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<td>Wing Ding--3 Wings w/ fries</td>
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<td>Chicken Breast Filet Sandwich with fries</td>
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<tr>
<td>2 pc. Thrifty Dinner with fries, Raisin &amp; Colelaw</td>
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<td>3 pc. Dinner with fries, Raisin &amp; Colelaw</td>
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<tr>
<td>6 pc. Jumbo Dinner with fries, Raisin &amp; Colelaw</td>
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#### Individual Servings

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<td>(Every may be substituted for Salad)</td>
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<tr>
<td>1 pc. Thrift Pak with lg. Salad &amp; med. Fries (serves 3-4)</td>
<td>14.49</td>
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<tr>
<td>10 pc. Rooco Pak with 2 lg. Salads &amp; med. Fries (serves 6-8)</td>
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<td>15 pc. Bucket Pak with 2 lg. Salads &amp; 1 lg. Fries (serves 8-12)</td>
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<td>20 pc. Barrel Pak with 2 lg. Salads &amp; 1 lg. Fries (serves 12-16)</td>
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**Chicken Only**

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**A GOOD WAY TO GET ABSOLUTELY NOWHERE IS TO TRY TO MOVE IN SEVERAL DIRECTIONS AT ONCE.**

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*Kentucky Fried Chicken does not offer a 2-for-1 Special. Therefore, our orders will only be placed ONCE per any person and they will be delivered to the institution every 2nd Friday evening. Bruce Archer 1-6-24 will be taking all chicken orders.*

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*Pen-Coolers* PRIMO DISTRIBUTORS INC.®

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*CALIFORNIA AGED BLENDED CITRUS*