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Bowden's Ghost Courier

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THE EDITOR'S PAGE

Cyd Huard

The following letter was one of a number of similar letters to have appeared in the local newspapers (the Innisfail Province, The Gazette, Olds). It is a statement representing the official position of the guards' union, (PSAC) issued by their Regional Rep. W.E. Janes, concerning the Regional decision to increase the inmate population at Bowden Institution without significantly increasing the numbers of security staff.

The thrust of the letter seems to be: first, to terrorize the local communities into believing that all federal penitentiaries have in them hordes of "violent" criminals impatiently waiting for the day that they can bust loose into the immediate area and wreak havoc amongst the unsuspecting in the local communities; second, the union rep. wants the people in this area to contact their Members of Parliament and/or the Solicitor General, Mr. Kaplan, to protest the expansion of Bowden Inst.'s population without a corresponding increase in security staff.

The letter also suggests that the lack of employment, that will accompany an increase in inmate population in this institution, will encourage outbursts of rebellion, and escape attempts: the echo of 'idle hands are the devil's workshop' rings in my ears (if no one else's). But, is that not also true of the idle hands of the security staff? We are all aware of the great efficiency demonstrated by the C.S.C. (how often have we been told about programmes and changes that would be in effect within the next six weeks, only to be left waiting for those programmes and changes six, twelve, or eighteen months later!?). An immediate increase in security staff probably would not be met with a corresponding increase of the inmate population for a significant period of time. It has been my experience that outbursts of rebellion are more often the result of bad conditions or petty harassment from security personnel with nothing better to do than wallow in their authoritarian boredom.

In any case, it is the right and privilege of all Canadians to write to their Member of Parliament, or the Solicitor General to express their views on any subject that concerns them. As a matter of fact, this was a tactic developed and used more than a decade ago, by cons who felt that it was necessary to inform the policy-makers of this country of the horrendous conditions then present in federal penitentiaries. All those who believe that the guards' union (PSAC) is over-reacting and is in effect maligning the inmates and reputation of this institution should write their M.P. and the Solicitor General as well.

This letter appeared in the Wednesday, March 9, 1983, issue of the Gazette, a weekly published in Olds. A similar letter appeared a week earlier in the Innisfail Province.

"Dear Sir:

The Public Service Alliance of Canada, the Union that represents the Staff at Bowden Institute, wish to make it known the Staff is deeply concerned with Ottawa's plans to install living trailers at Bowden Institution to Warehouse more inmates. The latest report is there will be enough trailers to house an additional 120 inmates in 1983.

Although approximately 20 junior case workers, shop instructors, and administrative support staff are slated to be hired, no additional Correctional (Security) Officers will be hired to better protect the public, thus preventing escapes, and to protect other inmates, or groups, within the institute.

Bowden is a Federal Penitentiary just south of Innisfail on Highway 2 and currently has an inmate population of 170. At least 20 percent of the inmates that are willing and able to work cannot find employment within the Institution. An additional 120 inmates would mean over 140 inmates would be unemployed, leading to frustration and prolonged boredom. Any person who is bored tries to think of activities to keep himself busy. Penitentiary boredom and frustration are usually channelled into disturbances, hostage taking, and escape attempts.

Although Bowden is classed as a Medium Security Institution, it is not with the exception of the double fence that surrounds it. There are only six cells that can be locked, with the remainder of the inmate population being housed in open cubicles in big dormitories. The six cells are used for punishment purposes, or to protect certain individuals.

If a riot or other major disturbance occurred, the staff has no way of securing certain portions of the Institution to isolate and divide inmates into smaller groups. A major disturbance would end up with an unspeakable situation with some staff and inmates losing their lives unnecessarily. An additional 120 inmates can only create more stress on the staff and inmates, and no doubt escapes into the surrounding community are inevitable.

Although Bowden is presently undergoing re-development to bring it up to standard as compared to other major Institutions, it will not be completed until '85 or '86. The Union maintains additional inmates should not be housed until proper facilities are built. Senior Management of the Correctional Service insist Bowden can accommodate more inmates without additional security staff, or proper programs and recreational facilities.

There is a staff of approximately 170. A large proportion is either management, or administrative support, who work a five day week. A penitentiary operates 24 hours a day. Approximately 80 staff are directly involved in operational security. Considering holidays, sick leave, service training, etc. this staff of 80 is spread over three shifts per day, seven days a week. The staff cannot understand how they can be expected to absorb 120 more inmates and be able to supervise them properly.

Contrary to popular belief, Bowden is not a provincial juvenile detention centre. It is a full fledged Federal Penitentiary and

(next page)

(PSAC letter from The Gazette, cont'd)

houses inmates who have committed violent crimes.

As far as the problems other Penitentiaries are having with overcrowding and double-bunking, Bowden has not experienced it yet so they cannot protest something that is not happening to them. The staff at Bowden support their Brothers and Sisters across Canada and particularly in Drumheller. They will support any action required to rectify the current situation.

Union members remind their friends and neighbors in the surrounding communities of Innisfail, Olds, and Red Deer, to be careful of strangers. If the Correction Service fails to heed our warning and adds 120 inmates at Bowden Institution, without proper security facilities, and without enough properly trained staff, your life may be endangered.

The Union urges you to contact your Members of Parliament, or the Solicitor General of Canada, Mr. R. Kaplan, c/o House of Parliament, Ottawa, and express your concerns directly regarding this critical situation.

Sincerely yours,

W.E. Janes

Regional Rep., PSAC

Calgary Regional Office

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T2R 1J5

The March 8, 1983 edition of the Innisfail Province contained an article by Myrt Puddifant, in response to the PSAC letter they had published a week earlier. In that article Mr. Edgington is quoted as having told the reporter that there are "... 13 or 14 men going through the security program now so we won't be using untrained staff to deal with the additional prisoners."

THE SPORTS NEWS

BY: Jerry Kelm

The spring will eventually come and our intramural fastball season will begin. Now is the time to begin developing you fastball team. Once again each team will be able to protect 5 players. One of these players must be a pitcher. These five players will form the nucleus of each team. The Recreation Department is hoping to have four or five teams this season.

The Recreation Dept. is currently involved in a bowling TA program. There are still openings for bowling in June. The program will finish in the end of June. The Rec. staff would like to remind any inmate interested in the program that he must have Living Unit support before the TA will even be sent to the Unit.

The tennis and golf program will begin as soon as the courts and the golf course are ready. It may stop snowing one of these days and inmates interested should contact the Rec. staff for further information.

The Recreation Dept. is, also, beginning a Racquetball/Squash TA program. We would only consider inmates who are presently very active in these sports inside the institution. Recreation staff would take some inmates into Red Deer to play on official racquetball and squash courts. Please contact Recreation staff regarding this program.

Unit 2 has a new video man, Mervin Houle. Please consult him regarding video movies.

Sam E. is doing an excellent job in Unit 1. He is selecting very good movies and is keeping inmates informed as to show times. Good job. Sam.

.....
Editor's note:

The music room has been closed down. When I spoke to Rob MacKenzie, asking the reasons for the decision, he told me that it had been the decision of a group of staff (Mr. MacKenzie, Mr. Druhal, and Mr. Fisher).

Personally, I was astounded that such a decision had been made; the historic importance of music and having an area in which to play the music, has provided many cons with a creative outlet for pent-up frustrations and angers that may be channeled in other directions.

A Program Proposal by interested inmates (for instance: to use the recently closed Wellcon area) may have some effect; but, those interested should do something to secure an area to play music.

HOCKEY AWARDS PRESENTATION

The following players were presented with Gold Medallions:

The team members of the Warriors,

Larose	Wald
Lipsitt	Simeon
Heeley	Chowace
Poitras	House
Newborn	Kipling
Provost	Cottingham

The following Players were presented with Bronze Medallions:

The team members of the Flyers,

Spencer	Brown
Foster	Herrell
Fredricks	Swazey
Simms	Kappo
Avison	Dyer

Individual awards - each player, coach, and referee was permitted to vote. The results of the balloting were calculated by the Recreation Staff.

Most Improved Player: the chosen player for this award was WHITEHAWK. This is the player who improved the most from the beginning of the season to the end of the season.

Most Sportmanlike Player: The player chosen for this award was BLACKWIND. This is the individual who displayed a cool head on the ice; who did not play rough or dirty - in fact, played the game in a fair manner.

Most Valuable Player: this award was given to LIPSITT. The individual who, through his playing ability, contributed the greatest towards the success of his team. A most valuable player may be someone who constantly shows 'heads-up' play, good positioning, a leadership role, or it may be through his offensive or defensive play.

EASTER (A Message from Rev. Bablitz)

Easter is probably the greater of the two major Christian festivals. It represents a greater spiritual impact upon the lives of its' followers than does Christmas. Still, Christmas enjoys far more material excitement.

Easter re-presents the events of the crucifixion and death of Jesus the Christ. One who is truly innocent is judged and condemned to death upon the Cross. His death becomes the price paid for all sin. The stranglehold of sin upon the spirit of all persons is broken once and for all.

The result is the words of the Gospel:

Why are you looking among the dead for one who is alive?
He is not here; he has been raised. (Luke 24: 5-6)

With these words a new faith relationship between God and His people begins that comes to us as the Christian faith. Much of what took place on Good Friday and Easter Sunday is beyond the understanding of reason and has to be felt as the mystery of God's action on behalf of His people.

However, the result of what took place on that first Easter is not a mystery. It can be easily recognized in the lives and history of the western world. Nothing has had such an impact on the lives of so many people over such an extended period of time. And, that same impact is available to every person. It is simply a matter of looking at our lives in relationship to the risen Christ who re-presents the new life in the spirit. That spirit is the spirit of love which frees us from all that would paralyze us, and frees us to serve God through others. We become those who seek to give love to the world, rather than to take from the world and others.

Why not re-examine your life this Easter in relationship to Him who acts on your behalf and on the behalf of all men? It is just possible that a change could begin that you, or others, have not been able to accomplish up to this point in your life. You shall know the truth and the truth shall make you free. The truth is that God loves you and that He would have you as a son and not as a slave to death.

Arno E. Bablitz
Chaplain

A NEW CREATURE

by: Lyle Fredericks

What is meant when a person is 'Born Again'? And, what are the results of this new birth?

Jesus Christ said, in John 3:3, "Except a man be born again, he cannot see the kingdom of God." The rebirth of a person takes place within. When we realize that we are doomed to an eternity in hell because of the sin in our life, and we ask Jesus Christ to forgive us for our past wrong-doings and ask Him to be our Lord and Savior; an event takes place in your life that will literally change your life, you become, 'Born Again'! There is much that can be said concerning what actually takes place when a person experiences this new birth within.

I have written this particular article, mainly, to show you what takes place directly after a person asks Jesus Christ to be his personal Lord and Savior.

There are many privileges a person receives when Jesus is Lord of their life:

- 1) the new Christian, according to Eph. 1:6, is "... accepted in the beloved." In other words, the 'spiritual babe', in God's sight, is accepted as much as God's son Jesus Christ is accepted;
- 2) 2 Cor. 5:17 says, "If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." When you accept Christ as your personal Lord and Savior, you are a 'new creature'. Your spirit is quickened or made alive by the power of God. God sees you 'in Christ' and your old nature is dead (Col 2:20) and you find yourself with new desires and a new nature;
- 3) According to Eph 2: 6-7, the new creature, the new born spirit, is raised up, and made to sit in heavenly places in Christ Jesus. It also means that the Christian is welcome in God's presence as long as Christ is welcome, and that is clearly forever; read Hebrews 4: 14 - 16;
- 4) He/she becomes a child of God!! "But as many as received Him (Christ) to them gave He power to believe on His name (Christ's)." Think about that! God has given you the power to be one of His sons, just because you have chosen Jesus Christ to be your Lord and Savior. The Apostle Paul said in Galatians 3:26, "For ye are the children of God by faith in Christ Jesus.";

A New Creature (cont'd)

- 5) The child of God is justified by God. Romans 5:11 "Therefore being justified by faith, we have peace with God Through our Lord Jesus Christ." Rom. 8:30 "... and when He (God) called them (Christians) He also justified..." God the judge declares the new creation to be 'not guilty' and looks upon him as if he had never sinned. He can do this because His Son, the Lord Jesus Christ, died as a substitute and has taken all the punishment which the believing sinner should rightly have taken. According to Romans 8:1 there is no condemnation to them which are in Christ Jesus. In other words, the Christian can stand without guilt in God's eyes;
- 6) The 'Born Again' spirit becomes indwelt by the Holy Spirit. 1Cor. 6:19 "Know ye not your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own." 1John 4:3, "Hereby we know we dwell in Him (Jesus); and, He in us, because He hath given us His Holy Spirit." The body of the Christian is actually a temple of God. God comes to live in you and fellowship with the spirit as you abide in Christ. (There is a distinct difference between 'indwelling' of the Holy Spirit and 'infilling' of the Holy Spirit - a later article);
- 7) As a result of the new birth the Christian becomes a member of the true church. In 1Cor. 12:13 Paul says, "For by one Spirit are we all baptized into one body...". The 'one body' Paul was talking about is the body of Christ of which Jesus Christ is the head. Col.1:18, "And He (Christ) is the head of the body, the church...". According to Acts 2:47 the church is composed of all true believers in our Lord Jesus Christ. I believe there is no greater honor on earth than to be a member of the church of Jesus Christ;
- 8) Every Christian becomes an heir of God. Romans 8:17 says, "And if children (of God) then heirs, heirs of God, and joint-heirs with Christ; if so be that we suffer with Him, that we may also be glorified together." Just think, that just believing in Jesus makes you a joint or co-heir with Him in the glory to be revealed. Hallelujah!! ;
- 9) Romans 1:7, "... called to be saints,...". Every believer in the gospel of Jesus Christ is called to be a saint! If You are in Christ, you ARE a saint! In Psalm 4:3 the bible says, "But know that the Lord hath set apart him that is godly for Himself." A Saint is a person set apart

A New Creature (cont'd)

for God by the Holy Spirit. In God's sight every saint is holy. Why? God sees the saint 'inChrist', and Christ is absolutely holy. Paul said in 1Cor. 1:2 "... unto them that are sanctified (made holy) called to be saints...". Do not let anyone tell you otherwise. When you are saved, you are a saint;

- 10) According to Col.2:10 the saint is complete in Christ! "And ye are complete in Him (Jesus Christ) which is the head of all principality and power." Being complete in Christ means you have a perfect standing before God! It also means you are as near and as dear to God as Jesus Christ is. God loves you as much as His Son;
- 11) According to 2Peter 1:4 the new creature becomes a "partaker in the divine nature". Soon after accepting Jesus Christ as Lord and Savior you notice you have new desires, new ambitions, and a hatred for sin and Satan. You find your new desires to be centered around Christ, Who is all and in all. According to 1John 5:1-3 you will soon find you have a love for your brothers and sisters in Christ. (Read Cor. 3: 9-10);
- 12) The born again spirit immediately begins to enjoy the instant protection of God. Rev.8:28, "And we know that all things work together for good to them that love God, to them who are called according to His purpose.". In other words, nothing happens in the life of a Christian without God willing it to happen, or allowing it to happen. There are no accidents in a believer's life. Everything that does happen to a child of God is for his/her benefit. According to Rev.5:3-5, even tests and trials work for the saint's spiritual benefit.

These are just twelve exciting things that happen in your life when you surrender your will to God. We have so much to be thankful for! Every Christian should show his/her appreciation in at least two ways;

- a) We should never cease thanking and worshipping God for salvation through our Lord Jesus Christ;
- b) We should give our lives in willing service to Christ Jesus, who gave His life for us, that we might live.

I leave with these words:

I beseech you, therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to the world, but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable and perfect will of God.

(Romans 12:1-2)

SOCIAL GROUP NEWS

The Gavel Club Goes To Africa:

On Friday March 11th, world traveller Phil Allen entertained members of the Gavel Club with an exotic slide show of Southern Africa. A knowledgeable and humorous speaker, Phil, made his audience forget their environment for a while as he took them on a fascinating journey from the southern tip of the 'Dark Continent' to the Victoria Falls, one of the largest waterfalls in the world, on the Zambian border.

Passing through huge bustling modern cities and primitive Native villages (spotlessly clean and well kept), through endless rolling farmlands, wide rivers, diamond diggings and gold mines; the incredible contrasts depicted by the slides not only impressed the Club members, but also opened up a wide spectrum of knowledge about strange places.

Phil previously displayed colour slides of the Canadian Arctic and Australia. He promises to come back soon with his piano accordion for some musical entertainment.

The Bridge Club:

The Duplicate Bridge Club is now holding sessions once a week. The competition is very keen, with all the players trying to get the most points out of all hands that are played. Each night twenty-four different hands are played by all the players who move between the tables. One plays against different people throughout the evening. At the end of the evening it becomes interesting to see how different people have played the same hand. Some of the bids are startling!

Points are totalled each night to add on to the cumulative scores. After twelve evenings of play in the doubles we have Randy Myhowich and Tim House in first spot with 1065 points, closely followed by Jerry Larose and Terry Jackman with 1049 points. In the singles Peter Petrasuk has 533 points with Mark Kizyma at 498, followed closely by Jerry Larose and Tim House, both having 492.

We have had three evenings of play with outside groups coming in to the V. & C. area to play. On two of those evenings a group of bridge players came in from Blackfalds, and the other evening we entertained the group from Red Deer. If you are interested in playing bridge contact: Jerry Larose, Terry Jackman, or Peter Petrasuk.

4 - D Smoking

No one these days will claim that smoking isn't habit forming. In fact, the majority will probably admit that it is downright addicting. The longer a person continues smoking the more he hunts for ways to keep up his habit while still feeling that he is protecting his health, at least to some extent. Such rationalizing, by the smoker, is obviously looked upon by the tobacco industry with pleasure; for the pursuit of money the tobacco industry exerts every effort possible to keep its' customers smoking while they publically appear concerned about producing 'safe' cigarettes and preserving health.

The filter was one of the earliest methods devised for making cigarettes 'safe'; in fact, some of the first filters were too efficient, leaving the smoker only hot air to inhale. This was not only unappealing to the smoker, but also unprofitable for the industry. So, filters had to be made more inefficient to preserve taste and keep the smoker on the 'hook'. Next, 'Low Tar' became the rallying cry; actually, in publicity statements to the media, the tobacco industry claimed that it did not accept the idea that smoking was injurious to health. Yet, at the same time the tobacco companies engaged in a running duel in their advertising as to whose cigarettes had the lowest tar content.

'Low Tar', king sized cigarettes were introduced on the market. It was reported, however, that these were made out of cruder tobacco with a high tar residue; the result was to increase the smoker's health hazard instead of reducing it. In the meantime, to enhance taste and other attractive features the makers increased their use of additives, this was especially true of low-tar cigarettes. Now it is begging to appear that this, too, is a fluke because low-tar cigarettes may pose a more serious health threat than the older, higher tar cigarettes because of the additives being put into them. For example, careful research by the Florida Times-Union of Jacksonville has shown that tobacco companies are buying a million pounds a year of the swamp plant COUMARIN, popularly known as Deer Tongue, the plant was banned by the government some 30 years ago as a food additive because it was found to be hazardous to health. At the time of COUMARIN being banned in the foods it was already known widely as a flavouring used in cigarettes. Other additives cigarette makers use to add flavour include licorice, sugar and cocoa; research has shown that cocoa in cigarettes can cause skin cancers in experimental animals.

In 1977 the tobacco industry spent \$76 million on flavourings, in 1979 the total rose to \$113 million. All of which adds relevance to the question of which extra ingredients could be making low-tar cigarettes riskier than the older type. Can't the government control this? The Answer is: No! The government

4-D Smoking. . . (cont'd)

can issue warnings on cigarette packages by legislation, that makes it necessary for the tobacco companies to tell people about the potential health hazard. It can also make such warnings accompany all advertizing; but, it has no control over the manufacturing processes or ingredients when tax revenues exceed \$1 billion per year in Canada. In other words, additives banned in foods as being health hazards ca still be used in cigarettes if they are not illegal.

Smoking is still a four dee habit: deception, danger, disease, and possible death. These dees continue to haunt anyone who dabbles with smoking.

THE WALL

Which architect erected,
Stone by solid stone
this formidable wall of alone?
With the trowel of faint-heartedness
And the mortar of fear
Who plastered up three more walls?
Who built this loneliness prison?

WHO?

The self-same and only one
Who can tear the walls down.
You.

Yourself.

B.V.

STUFF FROM ALL OVER

Did you see the articles in the Calgary papers a couple three weeks back about the 'Crossbow Thief'? Seems a Black dude in that city used a crossbow to stick up the McDonald's restaurant in the Stadium Shopping Centre "...while armed with a deadly crossbow." He got away with about four and a half thousand, and was busted three days later.

The interesting thing is that they leveled him not only for the armed robbery but for wearing a mask at the time of the robbery. Let that be a lesson to all armed robbers - if you stick up some place don't wear a mask because you'll get more time for it. And, if you really want to help the forces of 'law-n-order' leave your name and address so they'll know where to come and pick you up.

Another interesting piece gleaned for one of the local papers was about the dude who returned his pardon to the Solicitor General's Dept. It took Ed McGibbon fourteen months to get a pardon for an offence he committed in the early '60's and he found that the pardon did not do him a bit of good; infact, he claims that the pardon has done him more harm than good. The pardon given to him mentioned the particulars of his criminal offence, and he is not allowed to disclaim his record for armed robbery. The pardon does not erase the criminal record, it simply tells people that the government forgives him for having committed a crime. The man has not been able to get a job since he received the pardon --- So, he gave the Pardon back.

For those of you who don't read religious newspapers, I got this out of the 17 January 1983 copy of the Western Catholic Reporter:

WHO IS THE THEIF?

The bread that you hold back belongs to the hungry; the coat you hoard in your cupboard belongs to the naked. The shoe that is gathering mildew in your home belongs to the unshod; the money you have hoarded belongs to the poverty stricken. Thus, you are oppressing as many people as you could have helped with your possessions.

(St. Basil the Great)

Is he the same priest who wrote, five hundred years ago,
"Theft is the moral obligation of the poor!" ?

The Easter Social seemed to come down alright (even if it was brighter in the gym than it was outside). Unfortunately the acoustics of the gym were not adequate for the entertainment provided.

Most people seemed to enjoy being able to spend time with their freinds and relatives. I would like to thank all those who made contributions of their time and effort. Happy Easter!