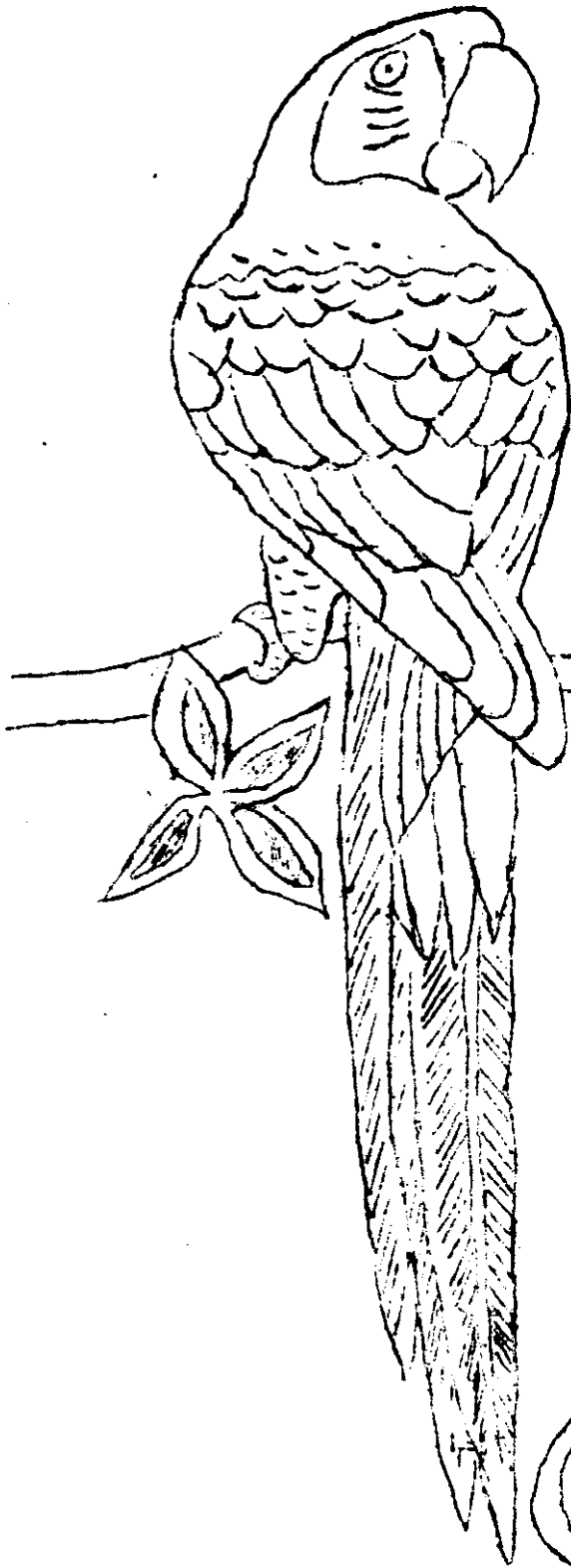


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November - December '83

THE BOWDEN GHOST COURIER

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The Bowden Ghost Courier is published with those acts of parliament regulations, directives and orders governing Inmate Publication in C.S.C. Institutions.

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The Bowden Ghost Courier is published by the inmates at Bowden Institution, P.O. Box 6000, Innisfail, Alberta, T0M-1A0. (correspondence to: The Editor)

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The opinions and sentiments expressed do not necessarily correspond with those of the Editor. Any inmate is welcome to submit articles, stories, poetry, cartoons, artwork etc.

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This publication is censored by the censor board at the Bowden Institution.

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REFERENCES

Innisfail Province	Employment and Immigration Canada
Bowden Eye Opener	Correctional Investigator.
Red Deer Advocate	Native Brotherhood
Gavel Club	Al-Anon

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## EDITOR'S PAGE

Watching the video "GANDHI" set me to meditating upon the human quality we call 'honor'. I thus came to the realization that there is at least one thing which no tyrant, which no oppression, which no prison can take away from the individual: his honor. The only way you can lose it is by throwing it away yourself.

Honor has different meanings for different people. To some it is but an empty word. to others it is synonymous with reputation, or with ceremonial rites, badges, decorations, etc. However, in the following thoughts, I'm referring to the more classical meaning of the word: a sense of ethical conduct or integrity.

Honorable men are few, but it is just as easy to find an honorable convict as it is to find an honorable civil servant. There's no problem of finding historical cases of convicts who during their incarceration, remained correct in their dealings with their fellow prisoners, with their keepers, and with humanity. Jesus himself was for a short time, a convict. Though he was the only one who was truly innocent of any wrongdoings, he was tried by the authorities, found guilty, convicted and sentenced to death. Yet during the time he was held in bondage by the hands of the law of man, he conducted himself honorably.

Even among us mortal men there are innumerable examples. The great Greek philosopher, Socrates, was legally tried, convicted, and sentenced to death by drinking poison hemlock juice. Yet, he behaved with honor in the face of obvious injustice.

In our own time there was Mahatma Ghandi. Ghandi pleaded guilty to inciting his countrymen to civil disobedience towards the tyranny of England. He was sentenced to six years. Later, through the act of taking salt out of the ocean, he was found guilty of another horrendous crime against the laws of man, the law by which the British claimed as legally theirs, all of the salt of India including that of the Indian ocean. Again he was sent to jail, this time indefinitely. Still his behavior continued to be the most honorable. By his positive, unselfish actions and intent he freed not only himself from unjust bondage, but the whole of India and thus became an admirable inspiration to the rest of humanity as well.

It is not only intellectuals and saints who have the capacity to behave honorably; convicts from other occupations are equally capable. Marco Polo was a successful and influential merchant and adventurer. They incarcerated him in the prime of his life for two years in Italy. During that time he wrote "Description of the World", a document so important that it is still in print today, eight hundred years later. During his time in prison Marco Polo is reputed to have behaved in a most honorable fashion.

Among our own inmate population we find numerous examples of honorable people, who despite the suffering and hardship imposed upon themselves and their families, who continue to be positive in their behaviour, who make good use of their time, and who are striving to arrange their life in such a way so as to allow themselves a maximum chance of successfully reintegrating themselves into the community.

In view of the generally admirable conduct of the Bowden inmate population one would expect the case management staff, the parole people and the administration here to reciprocate with an equally positive attitude.

I believe that many of the staff here do have a sincere desire to help. However I have heard inmates complain that sometimes they encounter a lack of interest and outright self-righteous negative attitudes from those who are being paid a comfortable salary to help us.

cont.....

Nevertheless, assuming that some civil servants are behaving unethically, which is to say dishonorably, what is to be gained by retaliating with equally petty behavior? It only creates tension and makes the ambience more miserable for the rest of the population. Through petty behavior one loses his honor. For example: "a word of honor" is described in Webster's Collegiate Dictionary as "one's word given as a guarantee of performance". So let's say one gives his word to his case management team that he will abide by the conditions of a temporary absence, obviously, if he fails to abide by those conditions, he is throwing away his honor.

The word "parole" itself comes from the French "parole" which is synonymous with "speech" or "word". Webster's Collegiate Dictionary defines parole as: "a promise made with or confirmed by a pledge of one's honor..."

But it is within the Institution itself that we are confronted with some of the most blatant examples of dishonorable conduct: ratting, for instance. Who has ever heard of an honorable stool-pidgeon? Not all officially rewarded behavior is commendable. The same person who would rat on his friends and neighbors could under certain circumstances become a traitor to his country or even to his own family.

Most of us here are guilty of the crime we were convicted of. Some of us maybe are victims of gross injustice, (I can think of one person for sure who shouldn't be doing a life sentence) some of us may rationalize that we were morally right but the majority of us are fully aware that apart from having been legally in the wrong we have also been guilty of a moral wrongdoing. Yet that is no reason to bring further dishonor upon oneself. Every man alive has sinned, your keepers included. But, also, everyone is a worthy human being, created and loved by God; therefore, everyone of us is deserving of being treated as a worthy human being, even those who are so quick to judge and to punish. Remember the words of Jesus to the Pharisees: "If there is one of you who has not sinned, let him be the first to throw a stone..."

the Editor

Re: The Correctional Investigator.

On Nov. 15th I interviewed Ed McIsaac from the office of the Correctional Investigator. This office, whose purpose is to act as ombudsman for inmates, is independent of the Corrections Service of Canada, of the National Parole Board, and of the Privacy Commissioner.

Ed McIsaac is one of the four correctional investigators (three plus their boss, Ron Stewart). Between the three of them they try to hit every major institution in Canada, about once every two months. However, they go to some penitentiaries more often than others, such as Bowden. Their visits consist of two types: 1/. Announced such as the one we had on Nov. 15th, when a letter is sent in advance to the warden and to the Inmate Committee with instructions to have it posted on the bulletin boards, so that any inmate can arrange in advance for an interview. (the way I got my interview was by filling out an ordinary request for interview form about a week in advance). 2. Unannounced visits, which take place when they don't have time to talk to a lot of people or when they don't know long enough ahead of time that they will be stopping by to visit. Ed McIsaac told me that if you have a complaint the first thing to do is to see the Grievance Clerk, however, if it is a problem with which the Grievance Clerk cannot be of assistance, THEN you should write a letter to the office of the Correctional Investigator. This is considered privileged correspondence. If you want, you can print on the front of the envelope "By directive of the Commissioner of Penitentiaries this envelope is to be delivered unopened".

The address is as follows:

(next page)

(Editor's page contd.)

THE CORRECTIONAL INVESTIGATOR  
P.O. BOX 2324, STATION D  
OTTAWA, ONTARIO  
K1P 5W5

Usually they write back within one or two weeks. If they cannot satisfactorily take care of your problem by correspondence, correctional investigators will see you personally the next time one goes through your area. If you have any concerns which you feel merit the attention of the Correctional Investigator, you should write them a letter and ask them for an interview and/or investigation.

The Editor

You may find the above information educating in light of the fact that inmates in Unit #2 did not get their pre-requested interviews with the Correctional Investigator this last time around... for reasons that only one L.U. in particular would know for sure.

\*\*\*\*\*

RE: EMPLOYMENT OF EX-CONVICTS

The last issue of the Bowden Ghost Courier contained information from George Watson, editor of OUT OF BOUNDS MONTHLY at the William Head Institution, referring to a Manpower Program of Employment Disadvantaged for which ex-convicts are eligible. In reply to an enquiry on this, Employment and Immigration Canada has sent me four pamphlets relating to four different programs: Career-Access, Job Corps, Canada Works and LEAD. CAREER ACCESS: "is a program to help employers hire and provide work experience to people who face severe difficulties in finding work." "It does this by providing a wage subsidy for employing people who want to work, who have been seeking work, but who have particular problems in finding a job." "Career Access subsidizes a percentage of the gross wages paid to each employee for a maximum possible subsidy period of 52 weeks"(see last issue of the Bowden Ghost Courier for examples of subsidies). Career Access also provides employers with wage assistance for ... workers with social and cultural barriers and workers joining the labour force after a prolonged absence.

JOB CORPS: "Prospective Job Corps participants include those who are experiencing severe difficulty in finding and keeping regular employment for reasons such as: social handicaps experienced by drug or alcohol abusers, law offenders, etc..." "Up to 50,000 dollars is available during the Development Phase, for a period up to six months, during which the project plans are developed..." "Funding during the Operational Phase during which projects are implemented will not exceed \$350,000 per year." "Both phases combined, must be completed within a period of three years".

If you want more information, the Regional Office for the Job Corps Program is:

EMPLOYMENT AND IMMIGRATION CANADA  
9925 - 109 Street, 5th Floor  
EDMONTON, ALBERTA  
T5K 2J8

The Editor

\*\*\*\*\*

\* TIME is the most valuable thing a man can spend. \*

THE BOWDEN NATIVE BROTHERHOOD

General membership shall be open to all persons of Indian, Metis and Inuit ancestry, and the word "native" used hereafter shall refer to all persons of such ancestry.

The total membership and outside participation at any time shall be in accordance with administration direction subject to resolutions of the general membership at the annual general meetings.

An application for membership must be sponsored by a member of good standing.

Our motto: ...to know  
...to help  
...to understand

The Native Brotherhood is planning a meeting for December 14th. 1983. For this meeting, you (members of good standing) will be allowed to invite guests to be in attendance with you.

\* \* \* \* \*

Being an honorary member of the N.B.H., and also to be their secretary has been a joy and a blessing.

I find I am part of them and completely accepted as their sister. In the past I have taken part in workshops, and have spoken on behalf of A.A. In attending monthly culture nights I have taken part in their dancing and feeling the love and sharing by all.

The N.B.O. reaches out to many resourceful people with whom I have learned a lot and have exchanged ideas. I have attended Monday nights, and taken part in learning the basics of the Cree language. In public speaking I have gained much confidence, so I find that my involvement is also a great help to myself.

In this position as honorary sister, I recognize even more sharply the love and care amongst us. We are All one; white or brown or black or red. Belonging to the Brotherhood is a way to celebrate humanity. Thus, being part of the Bowden N.B.H. is a wonderful and most blessed experience which I have been privileged to know and be part of. May the Great Spirit be with you all, my brothers.

VERA HEPPEL  
Honorary Member  
Native Brotherhood

Indian Prayer

Oh Great Spirit of the four winds  
I stand humbly before you  
Give me your hand in guidance  
Show me the paths of my brothers and sisters  
That wander alone in the darkness  
That we might help them in time of despair  
And loneliness; let them hear our prayer  
That they may be lifted from darkness  
Courage my Brothers and Sisters  
For you are not alone  
We have walked the same hard road  
We may falter and fall to our knees  
But we shall rise and continue to our destiny...

Yours in Brotherhood  
Alvin St.Germain

## CHAPEL NEWS

Christmas is only SEVEN weeks away! Even though we are all in prison, Christmas can be a season of joy and happiness.

Many of the guys who partake in the Chapel Program are catching the "Spirit of Christmas", as we prepare the December Program for you. There is a great deal of work yet to be done but, as we look to Our Father, God, for His divine wisdom and guidance, December truly will be a month of joy and blessing.

Every person is invited to become INVOLVED with our Christmas program !!!

A few weeks ago a choir was formed with 8-12 inside guys, who actively take part in our practice sessions. If you are interested in joining the B.I. Choir, please contact David Yee (Director), in Unit #3.

We are also planning a RETREAT for Nov. 26th. The theme pertains somewhat to alcohol and drug abuse as well as religious sentimentation. If you would like to come down, please contact Rev. Chaplan Arnold Bablitz, or either of the two Chapel Clerks Calvin Gilbert, Unit #2 or Lyle Fredericks, Unit #1.

And on December 3rd.!!! We are inviting the whole population to come down to the new gym to sing X-MAS carols and watch a variety of presentations put on by insiders and outsiders alike! Come down !! Enjoy a night of Fellowship--Festivity--and Good Old Christmas Gathering!!!

- Lyle Fredericks -

### NOTE:

Regarding the X-MAS carols evening, would kind of appreciate it if you could try to keep all the (\*\$@#) words out of your speech guys? See, the way I see it, if it wasn't for 'Outside' interest shown in us, volunteers could become discouraged and there goes a lot of greatly needed moral support from within the community.

Calvin Gilbert

### Martin Luther by Gary Winker

November 1983 marked the 500th anniversary of the birth of Martin Luther. Luthers birthday was widely celebrated in churches of all denominations throughout the world. He is a historical figure whose impact on organized religion is well known and documented. Luthers' birthday celebration is a celebration of the Reformation, a reforming of some oppressive aspects of the then, all powerful Church of Rome. His tactics were designed not to cause a separation, but to generate an awareness of the grassroot problems experienced by the people of his time. Luther used the power of his spiritual and intellectual training to see and understand the wearies and burdens of his people as they worshipped God.

What may be of interest to all, is the celebration of Luthers' birth in many non-religious areas. Time has chosen to see Luther as the great humanitarian and humanist those familiar with his works have always known him to be. He believed that change must come within the system being changed, and he never varied in act from this principle. Concern for our situation and that of our fellow man has caused many to break away, "drop out". Luthers' lesson is one of reforming, not destroying through separation. When separation unto itself becomes a goal, instead of the ultimate change of the system, only more repression results. Only when the noble goal of betterment of the system is the landmark, will the greater good of reformation be attained.

The lesson for all of us involved in the Justice and Corrections system is a simple one: when our goal becomes short-sighted, the cause of true reform is lost. Each of us must search our souls for the truth, integrity and sense of purpose demonstrated by Martin Luther.

\*\*\* The Sports Corner \*\*\*

Slowpitch League

The slowpitch league had finished with the Northern Studs as the 1983 B.I. Slow-pitch Champions.

An awards night was held on OCT. 24th. Each member of the Northern Studs was presented with an individual team trophy.

There were also three additional awards presented at the awards night.

Most Improved Player ----- GEORGE KREGNEKTAK  
Most Sportsmanlike Player ----- GORDON JANVIER  
Most Valuable Player ----- CHOWACE

Congratulations to these fellows for their contributions to their teams.

new Programs

A basketball league is now being organized. Teams should begin league play during the week of NOV. 14th.

A floor hockey program will also be started in the near future, this program will utilize the plastic hockey sticks. It is hoped that floor hockey will get fellows ready for a winter hockey program. Look for notices on bulletin boards for registration.

The inmate sports commissioner is DON CROSS - UNIT 2. Please contact DON for any information related to recreation programs. He is presently registering any fellows interested in playing basketball.

RECREATIONAL TEMPORARY ABSENCE PASSES

At the present time the bowling program is the only recreation program involving temporary absence passes. This program is now booked up until March. REMEMBER, Rec Staff will not fill out a Recreation pass for any inmate unless a written memo is received from their Living Unit Team indicating their support for Recreation Passes.

The opening of the new gym (officially) will be on November 10/83. After this date the Rec Dept. will be able to install mirrors on weight room walls, put up heavy bag on a permanent fixture and do other little tasks that have been delayed until the contractors were finished.

JERRY KEIM  
RECREATION DEPARTMENT

\*\*\*\*\*

Social Cultural Development Officer

Commencing Monday, Dec. 5th 1983, the SCUDO's office (located in the basement, in the old Life Skills office) will be open from 12:30-13:00 hrs. Inmates requesting to see the SCUDO may do so at this time without a pass.



On November 10th the Grand Opening of the new gymnasium was held. Following is some of the newspaper coverage in relation to this, which explains pretty well the details of the construction etc...

#### NEW BOWDEN PRISON FACILITIES LAUDED FOR BOOST TO AREA ECONOMY

(from Red Deer Advocate Nov.11/83)

BOWDEN- The first phase of a \$50-million renovation and expansion of Bowden Institution scheduled for completion in 1986 was opened Thursday by Senator Bud Olsen, government house leader in the Senate and a member of cabinet. The \$5-million first phase saw the completion of a new 3,414-square-meter industrial arts shop and storage building, and a 1,333-square-metre gymnasium. At opening ceremonies at the 250-irmate prison attended by a number of dignitaries including Red Deer MP Gordon Towers and Mayor Bob McGee, Senator Olsen lauded the new facilities for "a significant contribution to the Central Alberta construction industry." The new industrial arts facilities should provide irmates with trades to later re-enter society, and what they produce in on-the-job training "will significantly defray the costs of their incarceration", he said.

Senator Olsen said irmates' work should bring in about 350,000 dollars a year and increase up to about \$500,000 "in a couple of years." The prisoners build furniture for non-profit organizations, and other government departments such as the post office and Department of National Defense. Warden Ray Desrochers said about 85 per cent of the \$5 million cost of the first phase was spent in Alberta, with 60 per cent of that going to the local area. Doug Gee, Secretary for grievance court of the institutes irmate committee, said the new gymnasium provides irmates with an important outlet in the prison environment. "If you put a hamster in a cage and give it nothing to do, eventually it will go crazy trying to get out," he said. "It will gnaw on the bars until its teeth fall out. It will become consumed with the idea of escape." "Not enough can be said for sports in prison", he added. The total project also includes construction of five 80-man living units, a cafeteria, a combination hospital segregation facility, a food processing plant, a greenhouse and a sports field. Additions and renovations are also planned for the prison administration building, maintenance and storage buildings and the prison firehall. Construction will begin this on a 291-hectare agricultural centre to be built by prisoners, and local contractors and tradesmen. By next spring the \$2-million farm operation, which could employ up to 60 irmates, will provide all of the federal institutions in Alberta and B.C. with milk, eggs, and vegetables.

#### B.I. PROGRAM ON RIGHT PATH

(from Innisfail Province Nov.11/83)

Senator Bud Olsen was in our area last week to open the new industrial shops and gymnasium at the Bowden Institution. The cost for those two buildings alone was \$5-million. When the expansion is complete at the institution, \$50-million of our tax money will have been spent upgrading a facility for criminals. Some would say that BI will be more like a hotel than a prison when it is completed. After all, the irmates can learn a trade while they're inside, they have use of a gymnasium and a skating rink, and in the near future they will be growing fresh vegetables right there. But in reality, some of these dollars spent on expanding BI will actually save money in the long run. A bigger industrial shop building means more irmates can manufacture a greater number of items that can be sold, which means more money will be generated. When the Agri-business is set up, the prison will be more self-sufficient. The irmates will be able to grow vegetables for their own consumption and for use in other institutions across Canada. The money saved will be the taxpayers. But how about the gymnasium and the skating rink? What do they have to do with generating funds and saving money? Nothing at all. But they, like the industrial shops and the agri-business all serve a useful purpose. They keep the men who are locked up in prison occupied and active. Doug Gee, who is an irmate at BI, stood up before the dignitaries, the press and the public at the grand opening last week and thanked everyone for the gymnasium especially. "Idleness brings bitterness and negative thinking," he said. "It's like a hamster left in a cage with nothing to do. Eventually he will go crazy, consumed with the idea of escape." Gee explained that sports to the irmates was like a treadmill to the hamster. It's something they can get "gleefully" involved in. contd.

BI PROGRAM ON RIGHT PATH (contd.)

"It's extremely rehabilitative and releases frustration". Granted, the Bowden Institution and it's expansion has and will be costly. But the benefits to Innisfail and area are tremendous. As for the conditions inside, for any of you who think BI is a hotel, remember one thing...the checkout times are quite different.

SCOTT McKeen  
Reporter, Innisfail Province

SENATOR OLSEN OFFICIALLY OPENS \$50 MILLION BUILDING PROJECT

(from Bowden Eye Opener Nov.16/83)

Senator (Bud) Olsen,officially cut the ribbon at the opening ceremonies of the first phase of a \$50 million expansion and rebuilding project for the Bowden Institution Federal Penitentiary on Thursday,November 10th,1983. The preparations for this huge undertaking required nearly six years of planning and is now underway with the opening of the amazingly equipped Industries and Gymnasium buildings. The Industries department, under Assistant Director Robert Hanna,expect to produce some \$350,000 during the first year, with a goal of \$500,000 within a few years time. Production will include both office and waitingroom furniture,nursery school equipment,agencies and other government office furniture for both provincial and federal governments. Another project handled by Industries is the modification of drone rockets for the navy's ship to air firing practice. Should the drones be missed, they are retrieved from the ocean and used again. Some of these missiles are obtained from Texas for reconditioning at the Bowden Institution. The beautiful new gymnasium building is well equipped with various modes of exercise equipment for use by the inmates and will no doubt be the site of many basketball games and other sports activities. Phase No.2 will involve the building of a new and much bigger gatehouse,kitchen,medical facilities and maintenance building, to begin in 1984. Phase No.3 will include an agri-business operation of farming,which will provide foods for institutions in Alberta, Saskatchewan and B.C. Phase No.4 will be the renovation to two existing living units and the building of two new living units in 1985-86. The former unit 1 will be converted to additional office space for the Administration building,and unit 2 will become the project building. Eventually this will increase the staff by 100 personnel. Introduction of the Hon. Senator Olsen was made by Mr. Jim Phelps,Deputy Commissioner for Prairie Region. The Prairie Region covers in excess of 500 miles from Thunder Bay,Ont. to the B.C. border. In an address by the Director,Mr. Ray Desrochers,it was stated that 85% of the \$50 million was spent in Alberta,with 65% of the total to locally located sub-contractors and labor etc. Last speaker of the afternoon, was Mr. Doug Gee of the Inmate Committee. Mr. Gee, in a very well given address said, "Idleness creates bitterness - bitterness creates dissention. Not enough can be said about the use of sports within the institution. We wish to say thankyou from the inmates and the Inmate Committee." Commemorative plaques were presented to Senator Olsen, Mr. Phelps,Mr. Desrochers and Dr. Bill Stuebing, Chairman of the Citizens Advisory Committee.

\*\*\*\*\*  
EDITORS NOTE- Doug Gee, upon being cornered by a lynching mob after this media coverage, was asked the question "What are you doing praising the gymnasium when you are well-aware of it's shortcomings??" I've decided that Doug is a born-again politician, because his answer turned the hanging noose into a skipping rope: "I did NOT praise the capacity of the gym as much as I praised the fact that we HAVE a new gym in the first place. I'm sure many of you are aware of what the old gym was like and there is no comparison. Many of the things a Committee asks for cannot be achieved because of public opinion towards inmates. (ie: sattelight dish) My speech was oriented around improving our image in the public eye by outlining how EVERYBODY benefits when we are given certain things that may otherwise be seen as "luxuries" by the public, like better sports equipment and more recreational passes. When there is less pressure from the public, it makes it easier for Administration to approve of the things we ask for!"

I agree with Doug, and for the record, I'm providing his speech word for word:  
(see next page)

DOUGIE GOES TO BAT

(presented at Grand Opening of New Gymnasium Nov. 10/83)

"Good afternoon ladies and gentlemen. I am the Secretary and Grievance Clerk of the Inmate Committee here at Bowden Institution. It is my pleasure to outline to you, on behalf of other inmates, how much a facility such as this gymnasium is appreciated within a prison scenario.

A position on the Inmate Committee is one where you are expected to maintain a healthy atmosphere within the institution by way of representing the needs and concerns of the other inmates.

This contributes to the good order of the Institution, as you are bringing forth and dealing with problems as they arise, rather than having them linger unsolved. Unsolved problems will place the Committee under pressure from the Inmate Population, and Administration expects these problems to be focused on articulately and as swiftly as possible. A Committee that is not efficient can be very much of a detriment to the Institution.

I don't think anyone would WANT to be a member of the Inmate Committee if the inmates were left idle with nothing to do. Idleness creates bitterness and negative thinking, and NOBODY wants to be subjected to that; LEAST OF ALL a Committee representative.

Perhaps the single most important thing to an Inmate Committee is that the inmates HAVE outlets available to them such as adequate sports facilities. Sports in prison are as essential as nutrition. If you put a hamster in a small cage with nothing to do, eventually it will go crazy trying to get out...it will become consumed with the idea of escape. It will gnaw on the bars until it's teeth fall out. If you put a wheel in the cage for the hamster to run on, it will gleefully participate and not think so negatively about "doing time". It is just that simple, and that basic.

There is not enough that can be said about the importance of sports in prison, whether it be the use of the gymnasium, exercise field, or escorted recreational passes which enable eligible inmates to go out for a short time to go bowling, swimming, golfing, playing tennis and using other sports facilities that are available within the community. I find this extremely rehabilitative, as it encourages inmates to use these facilities when they are released from jail, thereby giving them an avenue to release frustrations and escape the very kind of idleness that may otherwise CONTRIBUTE to a life of crime!

It is with all of that in mind that I am sure you will understand fully what I mean when I say THANKYOU for this gymnasium on behalf of the Inmate Population at Bowden Institution, and ESPECIALLY the Inmate Committee!"

\*\*\*\*\*  
EDITORS NOTE - Doug and Cyd are aware of the fact that everybody is pretty unhappy about the size of the weight room, especially with all the increase in population. The Committee is going to try to work out some kind of time frame for people to go down to do their workouts possibly including times during the day for unemployed, new arrivals etc. It is felt that this would alleviate a lot of the overcrowding in the weight pit.

ASSORTED THOUGHTS  
\*\*\*\*\*

Remember the  
insurmoutable childhood  
tragedy of a broken window  
'cause you were seeing  
if you could throw  
a rock over  
the gar age?  
Bob Miller

SUMMER IN DRUMHELLER

Do the swallows resting  
in the breezeway  
Consider themselves in prison?  
I think not.  
Prison for them would be a  
bird cage.  
But unknown to many, this  
is a cage for our fine feathered friends.  
I even saw a couple of pigeons  
running around here yesterday.  
Bob Miller

\*\*\*\*\*  
When you feel like crying  
Just let your tears fall down  
If you don't they'll fall inside  
'Till you've cried so much, you've drowned.  
Anonymous

\*\*\*\*\*  
A tear  
Containing a world of regrets  
A multitude of sorrows  
A history of bitterness  
A generation of swallowed pride  
An epoch of frustration  
And a lifetime of quiet desperation  
Will glimmer a ray  
Of hope  
When struck by the light of  
Wisdom.  
Anonymous

\*\*\*\*\*  
As the rose said to a thorn;  
Why in heavens were you born?  
You're so ugly and so small,  
Who would waste on you a call?  
And the thorn replied in earnest  
Ma'am, I don't  
Really give a damn  
I just am!  
contributed by Alvin St. Germain

## CHILD ABUSE

(the case of Roy and Jean Luyendyk)

by Doug Gee

Being an avid reader of newspapers, I read up on the case of the Luyendyks, of Cremona B.C. Before this case came up I had not given much thought or held any interest in the issue of child abuse. In fact, at the beginning of the trial I was silently applauding the Luyendyks for no other reason that they were being prosecuted by the same prosecutor who handled my case, Bruce Fraser. Needless to say, I would have to be expelled if I were a member of the jury because of my own bias, not for the defendants but against the prosecutor.

My initial interest in the case stemmed from wanting to see Mr. Fraser lose, but as the trial unfolded I became more objective and I took more interest in the actions in question. The Luyendyks professed that they were guided by strong Christian faith --- and took to task a quotation from the Bible which says "To spare the rod is to spoil the child". From that, they derived that punishment evicts evil and reckless ways, that is to say; the harsher the punishment---the more certain the rehabilitation of delinquent behavior.

The Luyendyks themselves stated that they would deliver a "spanking" to a child until he pleaded for mercy and "came clean" in his ways. They did not see it as necessary to look for bruises or welts after their 'spiritual cleanser', as this, to them, was irrelevant to the issue. What was important to them was that they weren't so much attacking the youngsters themselves as much as they were attacking their rebellious behavior. They were quick to point out that the majority of youths that were sent to their home were problem children. They perceived this as a mitigating factor that may otherwise justify their actions.

In my mind, a problem child is one who has no respect for his peers, and rebels against their greater authority. But I feel that this in itself does not merit or justify a barrage of discipline. You have to go a step backward and pinpoint the cause of this type of behavior in the first place, BEFORE you go running for some kind of weapon to intimidate the child with, to ensure your own 'superiority' and 'respect'. Quite often a problem child will be rebellious because his upbringing was one that did not condone self-expression. His parents may have been too strict to start with, to the point of making all of his decisions for him and defying him when he dared to stand up for himself. Thus he could have perceived them as cold, narrow-minded and unfair --- which in itself could instill a loss of respect for them and ANYBODY in a position of authority. Hence --- rebellion.

The over-bearing parents, having failed at moulding their child into their own concepts; having not seen the difference between directing and guiding; looked upon the Luyendyks as the solution to their ill-concieved attempts.

The child, having failed being recognized as an individual; not having the sensitivity and encouragement that is vital to growth and maturity; was sent to the Luyendyks for a further lesson in human ignorance. He probably came to the Luyendyks home with a general dis-respect for authority --- MY bet is that he left with a HATRED for authority.

Roy Luyendyk stood before the court and said "Better the child get beaten at a young age, than turn into a prostitute or prisoner at a later age." The sad irony of this ignorance is that the children are even more prone to abherrant behavior, with a deeply ingrained hatred for authority, which could take on a much more drastic role in later life; let alone prostitution or being a prisoner. Reaching adulthood, their long deprived self-confidence may return in a bizarre euphoria of power, taking pleasure in turning their anger on victims who are just as helpless as they once were when they were getting beaten black and blue, by someone older and supposedly wiser.

This could take on the form of beating their own children, or more drastically, killing children when they got the chance.

After all, wasn't Clifford Olsen himself a victim of child abuse???

No, I have no sympathy for the Luyendyks. And I'm not comforted by the hundreds of letters that poured into the media condoning their actions.

I only find this even more disturbing.

Criminals Make Lousy House Pets by Vince Scheuerman

Approximately three years ago I remember hitting my peak of boredom and laziness. My whole life it seemed, was suddenly the epitome of uselessness and about as exciting as "gastritis"! I was in dire need of someone or something to once again ignite the fires of my innovative extravagance.

While driving to town one day to pick up my mail, as I owned a small farm on the outskirts of Red Deer, I passed by the 'Federal Institution', which had previously been quite commonplace to me. It was that day that I first perceived the notion. At first I was not quite sure how or even why, but I would never-the-less remain adamant on this stroke of genius! 'I' would be the first on my block, so to speak, to own a federal inmate! Visions of dictatorship danced in my mind and vowed not to let me rest until I had accomplished my humanitarian deed to society.

I began to devote my time to various groups, religious and otherwise, who donated much of their leisure to meeting and getting to know some of these visitless inmates.

The first night I actually entered the hallowed halls of this dungeon like domain, I was consumed by an air of seriousness and clairvoyant cynicism.

The eight of us, four men, four women, were led to an area the size of a community hall you might find in the country somewhere. Having already been briefed on the forthcoming events, I began to mingle openly with the fellows who were there. All the while I introduced myself to the heavily tattooed figures, I supported an unusual feeling of dominance and intellectual superiority. It was easy to sense the loneliness here as it hung like a thick, gloomy fog over the moors of Scotland.

After several very successful visits in the same number of weeks the only individual that really captured my interest was a hulking giant of two hundred and sixty pounds or more. I wasn't quite sure but he seemed to be part native of some sort.(?) I found out that "Bill" was his first name and after having instigated three or so conversations, I came to know him quite well. His voice was soft and deep but very raspy, his non-committal steely blue eyes told me he had many years in as an inmate and was not one to be taken in any manner other than serious. I chuckled to myself as his shoulder length greased back hair and dollar-ninety-eight cent glasses made me for some reason think of Roy Orbison.

As our visits continued and our rapport began to transcend a mere acquaintance, I gained more and more respect for him. I was positive he was to be the one.

Being only two months away from Christmas now, I felt the time was right to offer him my Christmas invitation. I believe that was the first time I had ever seen him smile. Bill graciously accepted and we began paving the way for his possible seventy-two hour pass.

During the next two weeks I was subjected to the usual investigative procedures that befell all sponsors when attempting to rescue a federal inmate. I don't know what I would have done had he or I been turned down for a reason only known to his captors? All I could do was hope.

I believe it was a Friday night when I answered Bill's call. A tone of relief in his voice instantly assured me that all was "OK'ed" and although he did not admit it, I knew he was pleased but not half as pleased as I!

The next three weeks seemed like years and I couldn't wait for that moment to arrive. It suddenly dawned on me one night, that even after lengthy conversations on numerous occasions, "I still really knew nothing about him"! Oh well, I knew he was a criminal and with excited hope I presumed he would keep me amused the whole seventy-two hours with blood curdling tales from his past and acquired "Cro Magnon", affectations up to now peculiar to me! "Hell", I had even invited my Fiancee to attend and observe my newly befriended "Neanderthal Man"!

The morning of the twenty third had finally arrived, as I sat for a moment in the drivers seat of my '68 Ford and reflected upon the previous month and a half. As I fired up the beast I began to anticipate the series of events that were about to take place. First, I would show Margaret that Bill and I were the best of friends, then jokingly I would get him to show her his accumulated wounds that made him appear an amiable double for a "Frankenstein" movie. While this was being done I would be in

Criminals Make Lousy House Pets (contd.)

complete control, "the master", I guess you could say. "Maybe he'd even let me call him Willie"!

I pulled into the prison parking lot, shut off my car, and was momentarily hesitant about leaving the warmth of the vehicle but soon found the motivation as I thought about the holiday entertainment about to follow me home. Passing through the gate I stopped and offered a yule tide "Merry Christmas" to a couple of security guards. "Hey, ain't you the guy whas takin Billy Boy home which ya?" I nodded my head in a manner to show my discern. "Be kinda sure you don't wake up in your own deep freeze sport, that is, providin' he don't eat ya too!" I walked away as the two of them united in childish laughter.

I sat in the waiting room welcoming the sensation of hot coffee as it stained its way down my parched throat, and tried to act calm as my right foot played a tune of rhythmic impatience on the institution floor. "How are you this morning, Mr. Jones is it?", I heard a voice say with casual uncertainty. I turned my head toward the sound and saw a very distinguished gentleman of obvious rank staring down at me and wincing as he explored his ear with his right hand pinky which proudly carried the weight of a large diamond ring. "Hawthorne should be here in a minute, I think he got held up downstairs. Ain't a damn thing ever on time around here" he grumbled. With his face suddenly turned to stone he said, "let me give you a bit of free advice friend, don't take your eyes off him, you may think you know him but when you least expect it, well, who knows? He's a slippery son of a ..." Just then Bill walked in and I was overcome with surprise and utter disappointment.

There, standing before me in a three piece suit that I knew "I" couldn't afford and supporting a haircut that took twenty years off his age, stood "my" menacing mastodon! No longer was he frightening as he'd assumed the pseudonym of a domesticated "Dr. Jeckyll I was appalled, how could I ever be seen with this man? I looked more the criminal than he! What about Margaret, she might even think he was gentle, kind, understanding .....?

All the ride home was mutually quiet but when we arrived at the farm Bill was impressed by the tranquil atmosphere and the roominess. Once inside I put plan 'B' into effect. "They sure fixed you up with a fine looking suit Bill!" Oh no, this is my own, its one of the last things I acquired when I was selling used cars. He turned a circle as his frisking hands roamed the material with the planned humility of a bum who'd just mooched a cigarette while making a feeble attempt to find his also non-existent matches. "It sure seems uncomfortable though!" That was my cue! "I ah, got some overalls in the garage if you think you'd be more comfortable in them, they're clean?" Ya, for sure, that would be fine, if you don't mind?"

Well from that point on everything was destined for disaster and to make a long story short, my three days of intended prestigious "kinghood" were to entail one embarrassment after another. While to town on the second day, I returned only to find that Bill had washed my windows, my dishes, fixed my toaster that I had long since given up on and was in the middle of vaccuming my carpet!!! He did however, leave a lasting impression on Margaret when she came by, and when I walked out of the bathroom and saw their heads pressed together, I knew that that was the last straw. I began to jump up and down and vaguely remember calling him a stupid ass, good for nothing reprobate. When I woke up, my eye was the size of a plum and about the same colour. They were both still sitting on the couch. I stood up and began yelling again, exempt the personal insults this time, and told Bill I was taking him back. He started to say something but gave it up, looked at the ground and just sort of shook his head.

Not a word was spoken by either of us all the way back and I only walked as far as the front gate with him so as to absolve myself from any further responsibility.

When I arrived back home I was still fuming with anger and insult. The nerve of him, first he comes on like a nice guy, then he mocks my intellect by fixing a toaster that I eventually would have figured out, and finally I catch him trying to make out with my girl! Well at least he awa back where he belonged!!

(cont...)

Criminals Make Lousy House Pets (contd.)

Since then I have come to learn that Bill is now a free man and has a commendable position with a reputable construction firm in Calgary. Margaret left me and married the gas jockey from the garage at the end of the block, she said that after seeing how I blew up over someone removing a piece of dirt from her eye, she could not conceive spending the rest of her life with me, "wearing goggles"! 'Me', well I learned a very valuable lesson from all this in that, sometimes, people are not always what you want them to be or what you feel they should be, but nonetheless undaunted by one failure and now experienced in the area, I have decided to take on the most challenging assignment of my life. The new prospect, "Albert Hershey"!

Yes, "I" Emil Jones, against overwhelming odds, shall endeavor to teach the benevolent qualities of trust, honor, humility, pride, logic, humour and understanding to a common everyday ..... "Government Employee"!?!

\* \* \* \* \*

If You Are Unhappy

Once upon a time, there was a non-conforming sparrow who decided not to fly south for the winter. However, soon the weather turned so cold that he reluctantly started to fly south. In a short time ice began to form on his wings, and he fell to the earth in a baryard, almost frozen. A cow passed by and crapped on him. The sparrow thought it was the end, but the manure warmed him and defrosted his wings. Warm and happy he began to sing. Just then a large cat came along and, hearing the chirping, investigated the sounds. The cat cleared away the manure, found the chirping bird and promptly ate him.

This story contains three (3) morals:

- 1) everyone who craps on you is not necessarily your enemy.
- 2) everyone who gets you out of shit is not necessarily your friend.
- 3) If you are warm and happy in a pile of shit, keep your mouth shut.

contributed by Doug Gee

\* \* \* \* \*

Those who would take over the earth  
And shape it to their will  
Never, I notice, succeed.  
The Earth is like a vessel so sacred  
That at the mere approach of the profane  
It is marred,  
And when they reach out their fingers, it is gone.  
For a time in the world, some force themselves ahead  
And some are left behind.  
For a time in the world, some make a great noise  
And some are held silent.  
For a time in the world, some are puffed fat  
And some are kept hungry.  
For a time in the world, some push aboard  
And some are tipped out.  
At no time in the world, will a man who is sane  
Over-reach himself,  
Over-spend himself,  
Over-rate himself.

Tao Teh Ching



THE SHIP  
\*\*\*\*\*

Man is the master of his own destiny  
He steers the ship  
And utilizes the winds to sail  
In the direction he chooses.

If he has no cares  
The winds will send him where they may  
Crashing upon rocks  
And stranding him on a lone island.

But he, in his infinite wisdom  
Can build a new ship  
And leave the island once again  
To return to the gusts and gales of freedom.

Foolishness will return him  
To his place in the idle sun  
But experience and knowledge  
Will ensure that he sails ahead.

by Doug Gee

or to look at it another way...

THE NARROW ROAD  
\*\*\*\*\*

How the rain falls  
Against the windows of my mind  
Headlights glaring at my eyes  
If I look too close I'm blind.

One hand on the steering wheel  
As the other blocks the light,  
I watch the curb and the yellow line  
In the darkness of the night.

A casual swerve could mean certain death  
A pothole awaits me to lose my breath  
But I already know of bumps and turns,  
'Cause the more one drives - the more one learns.  
Doug Gee

\*\*\*POTENTIAL\*\*\*

The man cried  
That his life was a plain stone  
But what he didn't realize  
Was that within that stone  
Lay a huge diamond.

Doug Gee

A WORD FOR JANISE GAMBLE

\*\*\*\*\*  
\*\*\*\*\*  
Hold tight,  
Sister in time  
Warmer winds  
Are coming your way.

Hang on  
To that beauty that lies within  
You may be caged for now  
But soon you shall fly again.

It is all an experience  
Don't you think?  
One from which you can only become  
A stronger person.

So hold tight  
I've been there too  
And I know that hanging on  
Is what it's all about.

You have many friends  
Lot's of whom you haven't even met  
So look forward to tomorrow  
For the treasures that lay ahead.

True, you've known sadness,  
But to really know what joy is,  
You have to see both sides  
Just as there is clouds...and sunshine.

Doug Gee

WRITING YOU

As I write, I imagine I am free.  
Innocently together,  
just you and me.  
Simply walking, and talking,  
unaware of time.  
Sharing thoughts, and dreams,  
some yours and some mine.  
A venture from the dismal,  
A trek through sweet and pure.  
A diversion, an escape route.  
No more need to endure.  
I imagine that our friendship,  
will last forever true.  
I imagine that I'm free,  
each time I write to you.

Dennis Bourque

NO ONE HERE GETS OUT ALIVE

Poised at the ready,  
the two sides  
jostle  
for position,  
probe  
for weakness,  
like two  
battle seasoned boxers,\*  
jabbing at each other  
with verbal shots,  
all the while keeping  
their fingers  
ready to throw  
the knockout  
punch.

In this corner,  
weighing at 250,000 megatons,  
the crush from Russia,  
"Yuri Andropov".  
And in this corner,  
a survivor of two major wars,  
and countless policing actions,  
the Yankee kid  
"Ronald Reagan".

"You pays your money  
and takes your chances  
betting on this one,  
but the smart money  
says they'll kick each  
others heads in".

\* The surgeon General has determined  
both boxing and nuclear war to be  
dangerous to health. Danger increases  
with amount absorbed, -avoid inhaling-.  
"Tar" 17 mg. "Nic." 1.1 mg. "Rems" 20,000/sq.in.

Bobby Miller