Medium Minimum
Mission’s News Paper

The Gabber Express

Walm # Six

PART ONE
EARLY EDITION

Season’s Greetings

MERRY CHRISTMAS

LIMITED COPIES PLEASE SHARE
Merry Christmas and Happy New Year’s from the Editor.

“‘Tis the top of the porch!
‘Tis the top of the wall!

Now, dash away, dash away, dash away, all!”

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,

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MY Closing Drift

Happy Hanukkah

The content of this News Paper does not necessarily have the point of visualization, of the Editor, Writer and Publisher, nor of the C.S.C. However it is for your Entertainment & Reading.

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Merry Christmas
Aries (March 21-April 19)
Things are complicated today. Unexpected events will change your daily routine. Power struggles with an authority figure might give you pause. However, your genuine concern for peace in the family will make you careful about your response.

Taurus (April 20-May 20)
Arguments with others might break out today because you’re upset about something. It might be something private or behind the scenes. Nevertheless, you won’t throw your weight around because you see the benefits of a patient approach to helping someone.

Cancer (June 21-July 22)
Things feel uneasy with authority figures today, especially females. You might not be happy with an edict from on high. Nevertheless, you will decide not to make waves.

Libra (Sept. 23-Oct. 22)
Relations with partners and close friends are tense today. You might be unhappy about something but feel you can’t speak out, especially if it involves a parent, boss or authority figure. It’s true.

Capricorn (Dec. 22-Jan. 19)
Something unexpected will impact your home routine, or perhaps a family member today. As a result, you might want to lash out at someone; fortunately, you probably won’t. Something will hold you back. Quite likely, it’s your better judgement.

Leo (July 23-Aug 22)
For some reason, even though you have a strong reaction to a political, religious or radical situation, you are choosing to play your cards close to your having bosom. The wisest course of action seems to be low-key and not make a big deal about anything.

Scorpio (Oct. 23-Nov. 21)
Something will interrupt your work routine today, staff shortage, equipment breakdown, computer glitches or cancelled meeting. Naturally, this upsets you. Nevertheless, you’re prepared to take one for the team and cut someone some slack.

Aquarius (Jan. 20-Feb 18)
Be careful because this is an accident prone day for you; therefore, watch what you say and watch what you do. Part of the problem is you might have some kind of inner building up within you.

Gemini (May 21-June 20)
You might experience a power struggle with a female in a group or a friend. This could be triggered by a surprise or someone saying or doing something that catches you off guard. But you might not be going to take your ball and bat and go home.

Virgo (Aug. 23-Sept. 22)
Disputes about shared property, inheritance or insurance matters might rankle you today. In fact, this is something you didn’t expect.

Sagittarius (Nov. 22-Dec. 21)
Be patient with romantic partners today, and be patient with children. That’s because it’s easy to be frustrated with others, even if you know your hands are tied. Be aware that this is an accident-prone day for your kids, as well as a quarrelsome day for romance.

Pieces (Feb. 19-March 20)
Keep an eye on your money and your cash flow today because something unpredictable might impact things; you might find money; you might lose money. It’s interesting to note that even if this upsets you, you will probably say nothing because this seems to be the wiser choice.
Word from Our Committee

As Christmas approaches, your IWC is working hard to ensure the holidays are as easy as possible to get through. This year’s Christmas Social shall be a great time for families to spend time with each other during the hardships of incarceration. Also, the winter tournaments should enable guys to take their minds off the negativity that prison brings as well. Happy Holidays to everyone! Please feel free to drop-in at any time to chit-chat, make inquiries, or provide a helping hand in the many issues that are currently plaguing our prison system for offenders. Last note, if anyone can drop-off upheld complaints/grievances, resources, etc. that can be beneficial to the population, you are encouraged to do so, as it’s everyone’s responsibility to do their part.

You are not one of these… to keep on spitting!
Sooo what’s with you to keep on spitting?

Bad Habit for when you get release

There is a diversity of Cons / Inmates being integrated in this prison. When transferring here, we, on the whole knew what to expect! We all have the potential to grow stronger together… Why do we keep on persisting at being an independent society, simply for that reason the man is gaining power over us. And our Constitutional Rights as prisoners are not being met, neither respected, nor challenged by most of us. There is a lack of civility towards one and other. Please guys try to be conscience about spreading your D.N.A., when you spit… and especially where you chuck your chewing gums?

The walkways / paths are our only avenues throughout this prison. Make somebody's day; be thoughtful toward your fellow Cons! :-(
Respect!!! It’s earned, not forced upon… It’s a Two Way Street

RECREATION / GYM

ATTENTION ATTENTION

The mis-use & abuse of the equipment will not get us new ones. When done using the fuc...ken bench wipe it down for the other person who is waiting for it. It will help a bit from the spreading disease and of microbes!

Put the weights back in place when done. It’s Cons who take care of the gym. We as cleaners shouldn’t have to pick your shit up after whoever is making the obvious mess, and lately what’s up with spiting your fuc...ken gum on the gym floor. Have respect and be courteous to the cleanness of the gym and the toilets. It’s your responsibility also.
Pull up! Before someone does pull you up!

Thank you.
The REC Crew

V. &C. P.F.V.'s the visiting area is a shared common place for our family, friends and love ones. Do have the sense of right and wrong and be civil. The P.F.V.’s “private family visit”, are designated for us to escape to, for those of us who are fortunate to go with family and friends, we don’t need to be embarrassed by someone else’s filth. Be virtuous and always make sure that it’s up to par for the next person(s) when you leave.

Renewing Visitor Applications

A reminder regarding your visiting applications every two (2) years. According to Commissioner Directive 599, par 21, reads as follows; If the person who signed the Visiting Application and Information Form (CSC/SCC 0653E) and the Visiting Application and Information Form (0653-1E) is an active visitor and there has been no change according to the Canadian Police Info; Centre check, the forms will remain valid for the next two (2) year period. If the person has not visited during the two-year period, the applicant must resubmit a Visiting Application and Information Form CSC/SCC 0653E for approval. What this means, is that the Warden will no longer require a resubmission of the application every (2) years. There will continue to be a CPIC review and may request updated photos. I hope this will help some of you? ☺

(2)
Unemployment in jails?

This memo is in regards with the conversation I had with our then IWC member, on March 17, 2014 concerning a work count that would leave anyone that isn’t employed from Monday to Friday locked in their cell during work hours and the enforcing of Institutional clothing being worn during work hours. After consulting with the Inmate population, they have voiced concerns with this solution to a problem that does not exist.

It is well known that coming to prison was an easy way of living for some people. You get (3) meals a day, a place to sleep, a by-weekly pay to purchase some necessities. All this happens even if you’re unemployed, just like ‘welfare’ on the outside.

We, who are unemployed in jail, will undergo a drastic change in the living activities we had once experience. What the population should try to understand is that we are facing major changes in the very near future. Things that use to be a couple of years ago, even just a few months ago will be no longer. The direction from this Conservative Government is to crack down on prison amenities. E.g. our visiting rights, rehabilitations programs, there mandate is now punishment.

What is the real reason behind these changes in Mission Institution? If you were to ask this question of any Inmate they would probably just shrug their shoulders and say that it’s all about power and control. Simply because so far this is a relaxed medium. There is too much to lose. The openness at Mission Institution is what keeps this place so untroubled, so... far.

This is the reality of being locked up. Of course we are trying to fight against it; however, it as to be understood that that these major changes started to take place some 10-15 even up to 20 plus years ago, and are now being forcefully put into practice. Some of you might remember when we see these special visitors, we ‘still do’, well; these people are from all over the world. These people are here to learn on how to subsidise a more efficient way to run prisons in their own country. ‘More like a business and a commerce situation now a day’.

These changes are inevitable and coming from the top “Brass” the same individuals who make / break the laws.

It is inevitable because there are people in offices away from here that think this would make a more efficient and safer place... what these ‘shot callers’ don’t understand is that it is a safe environment now! These ‘intelligent people’, who are making these vital changes to our prison system, really don’t know what the “heck” they’re doing, other than making job security for the fellow workers “total confusion.” The United States did a pilot program with there prison system, that lasted for approximately 30 years, after a well documented examination of these changes, it was physically and mentally proven not to be an effective way to conduct / run a penal organization. Now the Canadian Penal System / The government is trying to implement by force the same structure that has proven a failure in the States, not a well regimented way to run Prisons, right now there overpopulating the prisons / institutions with mentally ill patient, and drug addict, who in the first place, the government help get addicted by facilitating them the drugs.

Unfortunately, the method that we have to follow to get these changes made is a slow one, with the exception that we are committed to go through the procedure. We believe that we have valid issues, reason to fight back; changes will be made by going through the right channels, “bureaucratic red tape” are the steps we need to take. Meeting with management, at all levels, correspondence with you the population is accessional.

In places like these you’ll get an assortment of integrated populace, they put people who have mental illnesses, people who can’t cope with the every day life, or being around others without some sort of psychiatric drug. “Myself included” The government wants us to be productive pro-social members of the community once released. What a croc of bureaucratic ‘propaganda’ B.S. They purposely deny us our rights to learn skills that could be use in the community, having a wait list for school, by claiming a shortage of spaces, what’s sad is that there is so much potential for creativity for work.
Continued: the Unemployment

Subsequently, there is always plenty of room to learn life skills programs. These programmes teach’s us how violence is frowned upon. That selling drugs will bring you back to jail. Not to consume drugs or alcohol and if we get into a ‘conflict’ with our dog, because he or she has hit all over the floor or carpet when we neglected to take them out for their daily walks and exercise, simply for reason’s that we’re too lazy to do so. Well, what do say to that... so be it? Don’t think so!

E.g. When going to the shopping mall and accidentally bump into someone’s cart or they bump in to ours, we know how to muddle through that kind of clash, we’ve learnt to use C.P.R. and other techniques to help diffuse most situations, nonetheless, [What about the other party]

If that other party doesn’t want to listen to reason or common sense, or even an “excuse me”, because all he or she may want to do is rage on, merely because of their own personal issues! Then what? I personally know what I would do! Life is not always as rose as we think it is or that we want it to be. Think about this for a minute; what does this say about the way our government’s penal system is leading the inmates’ social skills and work ethics. Preparing us to fail once released with no sense of real directions?

The answers to some problems do not always come from the outside, but from within of one’s being.

What kind examples are these intelligent people exerting toward re-habilitation? Our sons, our daughters come to jail / institution for a few years, some of them were brought up by a single parent, who themselves were less well skilled with ethical values, comportment, attitudes or behavior. Who’s at fault in society for this?

There is a lopsided sense of communication here at Mission Institution, that is sorely tested everyday with the influx of Inmates into this prison.

Then, you have the ones who sold drugs to make ends meet. Followed by the ones who are addicted to the substance, especially the government dispensed opiates dispersed by a locale family doctor and licensed by the Canadian Physician Association. The biggest drug dealer in jail is “the institutional doctor” Most of these young persons do not have workable skills or a trade to mention, not even the know how to start a small business, nor do they have the forbearance to be a labourer. Then without skills they want top dollar jobs; to which they have no qualification for, few have some experience to do a half fast job at something, but it does not make them welders or millwrights. This is where the system should learn from history. [You give a man that is hungry a fish, he’ll be hungry later, teach how to fish he’ll feed himself and others!]

Society has groomed this generation to believe the world owes them the right of passage; they expect everything NOW or get respected right away, without earning it the old-fashioned way. Most come to jail, so after a few months, not being harass, not punch out or something worse, some become ‘Gangtas’ it’s the Bling Bling they want, look around you, photo copies of one another. A $200 pair of underwear, a $100 T-shirt, and a $300 pair of jeans? Come on; is this the example we want our next generations to follow? There here after robbing a drug dealer or maybe just stealing to make ends meet; some just to feed their babies.

But, the sentencing judge tells them their O.C., because 3 or more of them got caught stealing, robbing, or peddling drug together, these newbie law breakers come to jail and want us veterans to listen to their illogical ways of life. They get locked up with a drug habits; some of our kids, kids have no knowledge or seemed not to care about the world around them, much less any polite courtesy. Once they come to prison / institution, they get tattooed up like media ‘gangstas’, don’t get me wrong, some are hard core career criminals, who for the most part know how to do there time and are willing to listen and learn, and can’t wait to get out, so’s they can commit more crimes. But this time. Just a little smarter than last time.

During the 16th century a number of houses of correction offenders and vagrants; they emphasized strict discipline accepted as an appropriate method of punishing convicted widespread disease among prisoners, who were generally or legal status. Outbreaks of epidemic typhus, known as jallers and (more rarely) judges and lawyers involved in century in part as a reaction to the conditions of the local were established in Europe for the rehabilitation of minor and hard labour. Over time, imprisonment came to be criminals. Poor sanitation in these institutions caused held un-segregated, without any consideration for gender “jail fever,” occasionally killed not only prisoners but also trials. The modern prison developed in the late 18th jails of the time.

John Howard, oil painting by Mather Brown; in the National Portrait Gallery, London
Courtesy of the National Portrait Gallery, London Continue next page
Scientist Take Public For A Ride

Tomas Serrano, an elderly, weatherbeating Spanish farmer, had believed for many years that his Andalusian small holding concealed something unique. His plow often unearthed exotic bones and teeth that certainly did not belong to any local cattle. But when he spoke of his finds in the village, nobody took much notice—until not until 1980.

In that year a team of paleontologists arrived to investigate the region. Before long they uncovered a varitable treasure trove of fossils: bones of bears, elephants, hippopotamuses, and other animals—all deposited in a small area that was apparently a dried-up swamp. It was in 1983, however, when the profile site jumped into the international headlines.

A small yet singular fragment of skull had recently been discovered. It was heralded as “the oldest human remains discovered in Europe and Asia.” Calculation it to be between 900,000 and 1.600.000 years old, some scientists expected it to usher in “a revolution in the human species.”

The fossil that generated all this enthusiasm was christened the “Man of Orce”—after the village in the province of Granada, Spain, where it was discovered.

The “Man of Orce” Meets the Press

June 11th saw the fossil’s public presentation in Spain. Prominent Spanish, French, and British scientist had already vouched for its authenticity, and political support was quickly forthcoming. A Spanish monthly enthused: “Spain, and especially Granada, is now at the forefront of [human] antiquity in the macrocontinent of Eurasia.”

What was the “Man of Orce” really like? Scientist described him as a recent emigrant from Africa. This particular fossil, it was said, belonged to a young man who was about 17 years old and five feet tall. Probably he was a hunter and collector who may not have yet learned to use fire. Likely he had already developed a rudimentary language and religion. He ate fruits, cereals, berries, and insects, along with the occasional remains of animals that hyenas killed.

Misgivings About the Identification

On May 12th, only two weeks before an international scientific seminar on the subject, serious doubts arose as to the fragment’s origin. After the meticulous removal of calcareous deposits from the interior part of the skull, the paleontologist found a disconcerting “crest.”

The seminar was postponed.

The Madrid daily El País carried the headline, “Serious Indications That the Cranium of the ‘Man of Orce’ Belongs to an Ass.” Finally, a scientific paper written by Jordi Auguti and Salvador Moya, the two paleontologist involved in the original discovery, declared that X-ray analysis had indeed confirmed that the fossil belonged to a kind of horse.

Why Taken For A Ride?

This debacle arose for several reasons, none of which have much to do with the scientific method. The dramatic discovery of human ancestors rarely remains for long in the exclusive domain of the scientists. Politicians were quick to jump on the bandwagon, and scientific rigor was eclipsed by nationalistic fervor.

A regional minister of cultural declared that it was a proud moment for Andalusia “to be the setting such a great discovery.” When doubts about fine were expressed in some circles, the regional government of Andalusia stoutly maintained that “the remains were authentic.”

Such an insignificant fossil (about 3 inches in diameter) acquires enormous importance in part because of the lack of evidence to support the supposed evolution of man. Despite the fossil’s meager proportions, the “Man of Orce” was hailed as the “greatest paleontological find of recent years, as well as the missing link between the typical African man (Homo habilis) and the oldest man of Eurasian continent (Homo erectus).” Fertile imagination and not-so-scientific guesswork sufficed to fill in the details about the appearance and way of life of the “Man of Orce.”

Ayerar or so before the discovery of the “Man of Orce,” the leader of the scientific team, Dr. Josep Gibert, had speculated about the suprises that the area undoubtedly held in store. “It is one of the most important concentrations of the inferior Quaternary in Europe,” he asserted. And even after the true I.D. of the fossil was revealed, Dr. Gibert insisted: “The international scientific community firmly believes that in the Guadix-Baza area [where the fragment was found], sooner or later, a human fossil more than a million years old will be found, and that will certainly be a great discovery.” Indeed, wishful thinking!

Continue next page
A codiscover of the ‘Man of Orce,’ Dr. Salvador Moya, honestly admitted to Awak!: “Dr. Jordi Augusti and I found it very difficult to accept that the fossil was not humanoid. However, science is concerned with discovering the truth, even though it may not be to our liking.”

The controversy that surrounded the “Man of Orce” illustrates how vexing a task it is for paleontology to unearth the truth concerning the so-called evolution of man. Despite decades of digging, genuine remains of man’s supposed simian ancestors have come to light. Although it may not be to the liking of some scientists, could it be that the dearth of solid evidence points to the fact that man is not a product of evolution after all?

A impartial observer might well ask himself if other renowned “ape man” are any more substantial than the “Man of Orce” has proved to be. As history has amply demonstrated, science can lead men to the truth, but scientists are by no means immune to error. This is especially so when political, philosophical, and personal bias clouds the issue—and when so little is used to try to explain so much.

Collins Bay Institution: A Cluster Fluck

Jarrod G. Shook, Collins Bay Minimum Inst.

They say the sun never sets on the Collins Bay Empire. At least not now that Collins Bay is a multi-level complex—a super prison, where Maximum, Medium and Minimum security prisoners are housed under the sovereignty and subject to the panoptic gaze of a centralized administration team.

Correction officials, along with the conservative ideologues who envisioned this domain in the so-called Roadmap to Strengthening Public Safety have been referring to the new prison model as a ‘clustered site,’ It’s a cluster, alright: a cluster fuck.

In their report A Flawed Compass, UBC law professor Michael Jackson and ex-director of the John Howard Society Graham Stewart ask some pointed questions about the new correctional philosophy. Among them, “Can treatment, school or correctional staff, even administrators, easily move between prisoners groups of various security level... or will they tend to act as though they were all higher security prisoners?”

This is a decisive question, because according to CSC policy, prisoners classified as maximum security require a higher degree of supervision of control; medium security a moderate degree; and minimum security a low degree. Accordingly, CSC uses extensive bureaucratic mechanisms to classify and place prisoners, and sets “behavioural norms” at each institution. Certainly staff, for all kind of reasons, adopt a particular posture and temperament on the job that reflects the working environment. But what about when that context is constantly changing?

Think of it as if were a game of hockey. Guards are all on the same team, but they play different positions. A forward (maximum) might be able to fall back and play defence (minimum) every now and again, or vice versa, but the coach doesn’t switch the roster around every game and most certainly not every shift. This would confuse everyone and change the dynamic of the game. But this isn’t a game; this is prison. And there are implications for everyone. Not only will this ‘efficiency’ create havoc, but it could turn Collins Bay Minimum (formally Frontenac Institution) into a de-facto medium security prison, without the reverse effect.

Convic culture is rigid. Prisoners enforce strict societal rules against each other, sometimes on the threat of violence or ostracism “keepin out” if not followed. Not everyone conforms, but it is overall pervasive. Typically, as prisoners cascade from higher to lower security levels, the shackles of conformity loosen somewhat. For this reason, minimum prisons are more free from the contentious politics and related violence you see at higher security levels. Similar observations can be made about guards culture. At a lower security levels, you don’t the adversarial us vs them mentality as much that so often places an additional and really unnecessary strain on an already distressing and antagonistic environment.

This is a good thing – for everyone. It protects the environment from becoming any more toxic than it is already is.

With rotating shift of prison guards across security levels, the cultural milieu of higher security levels will likely creep its way into minimum, the result being hardened conditions and a de facto increase in institutional security. It is only a matter of time... before all hell goes haywire in the prison system.

Necessity is the plea for every infringement of human freedom.
It is the argument of tyrants; it is the creed of slaves.

William Pitt 1759 - 1806
The biggest struggle that all yoga practitioners face is creating a daily practice. We all know how much better we feel after having done it, but for some reason it is a constant struggle for many of us to make the time to do it. When my students ask me for advice, I tell them to keep it simple and to know that almost any kind of quiet and mindful stretching and breathing can be called their ‘daily practice’. You don’t need to wait to come to class once a week. Instead consciously decide to begin and end every day with a few simple yoga poses. It might take a while to establish your routine, but once you do it will be come second nature. You will start your day feeling positive and refreshed, and end your day feeling calm and relaxed.

Q: What can exercises do to prevent or recover

A: According to the American Medical Association, four out of five adults have suffered from chronic back pain. In the past people were told to lie down and rest to deal with their back pain. But more recently we have found that such advice actually contributes to more pain and disability due to the weakening of muscles. Now doctors are advising patients to get or stay active as a way of dealing with back pain.

You should definitely add strength training to your routine, especially exercises that target the abdominal and the back muscles. Strengthening these muscle groups will likely help to alleviate some of your pain, because weak back and abdominal muscles are often contributors to chronic back problems.

Walking will not exacerbate a back problem, and it is important for overall health. Be sure to replace your exercise shoes often, as the support your shoes lend is critical. Yoga and other exercises designed to improve your flexibility have been shown to reduce risk of back injury.

Q: Is quick walking or slow jogging more effective at burning calories?

A: When you exercise, your muscles burn fuel to do their work. This fuel is measured in calories and comes from three sources: stored carbohydrates called glycogen; stored body fat found in fat cells tucked away in small droplets in the muscles; and to a much lesser amount body protein found in muscles and other lean tissue.

How many total calories you burn during your activity, as well as how much of this fuel comes from the three fuel sources, depends primarily upon three factors: the intensity of the exercise, your overall fitness level, and the duration of the activity.

During low-effort exercise, such as walking, fat is the primary fuel source, supplying about 60 to 70 percent of the calories burned; carbohydrates are the secondary source. As you increase your effort—for example, speeding up your walking pace to a run—your muscles burn more calories per minute, and a shift begins toward carbohydrates supplying more of the energy and fat supplying less. Only when you exercise for long durations at high intensity do you burn protein.

Keep in mind as you choose whether to walk or run during your workout that the best way to lose weight or maintain weight if you are at ideal body weight is to burn as many calories as possible during each workout session.

Q: How do you do crunches? Are they the same as sit-ups?

A: Crunches are a modified version of sit-ups. When doing a crunch you lift your torso slightly up and off the floor, bringing your shoulders slightly towards your hips, not all the way up to your knees as in a sit-up.

The correct technique for a crunch is as follows:

1. Lie on your back on a mat, with your knees bent and feet flat on the floor.
2. Place your feet slightly less than hip-width apart.
3. Cup your hands by your ears, keeping your elbows pointed out to the sides.
4. Keep your lower back against the floor so that you are not arching your back.
5. Contract the muscles in your abdomen to slowly lift your torso so that your shoulder blades come off the floor. Beginners may only be able come up one or two inches.

Merry Christmas
6. * Support your head with your hands as you come up but avoid pulling your head forward. Your chin should be tucked in slightly.
7. * Keep your eyes focused on the ceiling.
8. * Take two counts to lift your torso, hold for one count, and then lower your torso back to the starting position for two counts. Exhale as you lift your torso, and inhale as you lower it.

Q: For the maximum health benefit, should I devote more exercise sessions per week to weight training or to aerobics?
A: Strength training has many benefits for health and well-being, but it doesn’t train your heart and lungs. For that essential piece of the fitness picture, you need aerobic exercise. Conversely, aerobic exercise won’t make you strong. If you are trying to stay fit by only doing aerobic exercise, the ultimate irony would be to live to an old age with a healthy heart—only to find yourself too feeble to remain independent.
It is essential to strike a good balance between strength training and aerobic exercise to make a healthier you. A good general rule of thumb is to try to get a minimum of about 20 to 30 minutes of vigorous aerobic activity three times per week and 20 to 30 minutes of strength training twice a week.

Q: What is a good way to make sure I’m exercising at a safe yet beneficial level?
A: The key to maximizing results during aerobic activity is to work out at the right intensity. The average healthy person will want to work out at 60 to 80 percent of their maximum heart rate. Maximum heart rate can be approximated by subtracting your age in years from 220. For example, a 30-year-old woman’s maximum heart rate would be 190 beats per minute. She would want to maintain a target heart rate between 114 and 152 beats per minute (bpm) during her workout, thereby staying within the 60 to 80 percent of her maximum heart rate range.
Heart rate monitors are an effective way to gauge your heart rate. Another alternative, and a less expensive one, is to take your own pulse. In addition to checking your pulse routinely throughout your workout, be aware of how you are feeling overall as you exercise. You should always be able to talk during your workout.

Q: Is it true that muscle weighs more than fat? If so, will I gain weight when I start strength training if I don’t go on a diet?
A: I am often asked whether strength training will make women gain weight or look bulky, and I’m happy to report that the answer is a resounding “NO!” Here’s why: One pound equals one pound regardless of whether the pound is fat, muscle, or some other substance such as butter or steel. Muscle is denser than fat and therefore takes up a smaller amount of space per pound than fat. Some scientists estimate that the space that one pound of muscle occupies is about 22 percent less than one pound of fat! If a woman begins strength training and eats exactly the same number of calories as she did before she began lifting weights, she may lose some weight because she is burning additional calories while exercising. Even more significant will be the change in her body composition. She will gain muscle and lose fat, even if her body weight stays the same. In my experience, most women drop a dress size or two after they have been strength training for a couple of months—because their body shape has changed for the better.

Q: What is plyometrics, and is it an effective method of exercise?
A: Plyometrics is an advanced training technique aimed at linking strength with speed of movement to produce power. To use a conceptual mathematical equation, plyometrics is strength plus velocity equals power.
Plyometric exercises teach muscles to respond quickly and powerfully. By stretching a muscle tightly and then quickly contracting it, plyometric drills enable a muscle to reach maximum strength in as short a time as possible. With plyometric training, people seek to train the body’s fast-twitch muscle fibers so that they can load, or stretch, the muscle more quickly, and in turn, unload it more quickly to produce more power. In terms of basic muscular physiology, a prestretched, or loaded, muscle is capable of generating more force than an unstretched muscle.
Higher than normal forces are put on the musculoskeletal system during plyometric exercises, so it is important for the athlete to have a good, sound base of general strength and endurance. A thorough grounding in weight training is essential before you start plyometrics. It has been suggested that athletes be able to squat twice their body weight before attempting depth jumps. However, less intensive plyometric exercises can be incorporated into general circuit and weight training during the early stages of training so as to progressively condition the athlete. Simple plyometric drills, such as skipping, hopping, and bounding, should be introduced first. More demanding exercises such as flying start single-leg hops and depth jumps should be limited to thoroughly conditioned athletes.

Q: When my walking sneakers get too worn to use for walking, can I wear them when I do my non-aerobic exercise videotapes?
A: It is very important to replace your walking or running shoes frequently to maximize your training routine and minimize injuries. After your shoes are past their prime, you certainly can wear them at other times. You can wear them during your non-aerobic exercise videotapes as long as the exercises in the videotapes are done while seated or on the floor. If the exercises are standing or marching (i.e., weight bearing), then you should be using shoes that you would normally use for walking or running.

Q: Why are Spinning classes so popular? Can’t I get the same benefits from riding a stationary bike on my own at home?

A: Spinning, or stationary biking, is very popular. It has skyrocketed in popularity since being introduced by Schwinn in 1995. Gyms across the country conduct Spinning classes as an alternative to other forms of aerobic exercise. You can achieve the same benefits of riding a stationary bike at home. However, research shows that most people will likely enjoy—and therefore continue—their exercise program when done in a group setting. Also, you are more likely to work out at a higher intensity during a Spinning class, and this will help you improve your fitness level faster. Another good reason to participate in a class setting is to assure that your bike is set up properly. Remember, no exercise equipment is one size fits all.

Q: How important is stretching, and should it be done before or after exercise?

A: Stretching is an important component of any well-rounded exercise program. Stretching enhances flexibility. If you have strong, flexible joints all physical activity will be easier and more enjoyable, and you’ll be less likely to suffer injuries. Furthermore, there is new research that demonstrates that stretching between sets of strength training exercises helps gain more muscle strength from an exercise program. It is recommended that you stretch after you have warmed up a little and that you stretch after you have completed your workout. If you can only do one stretching session, however, do it either between sets of strength training exercises or at the end of the session.

Q: How can I tighten my inner thighs? What exercises do you recommend?

A: First, you need to realize that it is impossible to ‘spot’ reduce. This means you cannot change one specific area of your body—the inner thighs or stomach or upper arms—by doing a specific exercise like leg lifts or abdominal crunches or triceps extensions. To become more satisfied with the shape of your inner thighs you need to address your body's overall fitness level. Toned inner thighs are the result of your health, diet, body weight, and fitness as a whole. Ask yourself the following questions as a mini-assessment: Are you currently at your healthy, ideal body weight? Are you eating a balanced diet that includes whole grains, whole foods, fruits, and vegetables? Does your fitness program include aerobic exercises such as walking for your heart and lungs, strength training for your muscles and bones, and flexibility exercises for your muscles, tendons, and ligaments?

Q: How can I assess the trainers at my gym, other than by checking their credentials?

A: It takes more than certification to make a great teacher, and the same holds true for trainers. The best trainer is one who matches your needs. The trainer I would recommend for an Olympic-caliber athlete is not the same one I’d suggest for an out-of-shape, 47-year-old woman who wants to begin training. Ask yourself the following questions in order to help you make your assessment: Has the trainer helped people like you? Does he or she understand and share your goals? Are his or her instructions easily understood? When the trainer corrects you, do you feel helped rather than criticized? Do you feel comfortable asking questions? Has the trainer adapted his or her program to fit your needs?

Q: Will I get a better workout if I wear a weighted vest or hold weights when I walk on my treadmill?

A: I do not recommend using dumbbells, wrist weights, or ankle weights when walking, as doing so increases your risk of injury. Holding weights can strain your neck and shoulders and makes it difficult to maintain correct arm movement and posture. Also, weights that are light enough to hold when walking are not heavy enough to increase your strength. Ankle weights may cause you to trip and fall and can alter your stride, causing muscle strain. Why take the chance when there is little benefit and greater risk of injury? A weighted vest is safe to use while walking but is probably not all that beneficial.

If you are considering using weights to increase the intensity of your walking workout, we recommend that you walk at a slightly faster pace or increase the incline of your treadmill instead. You may also consider using a heart rate monitor or timing yourself to accurately measure the intensity of your walking workout. This will give you an objective way to increase your pace if you need a greater challenge.
Q: In the weight-training videos I use, there's often a short break between exercises. Should I use this time to recover, or should I do some aerobic activity, such as jogging in place?

A: The best activity to perform during the short breaks in the weight-training video is stretching exercises of the muscles that you have just been exercising. Current research is showing us that you will gain more strength and flexibility if you take the time between sets of exercises for stretching.  

Q: In weight training is it more beneficial to increase the amount of weight or the number of repetitions?

A: To get the most benefit out of a strength-training program it is best to keep the repetitions from 8 to 12 for each exercise. The American College of Sports Medicine recommends that you complete 1 to 3 sets for each exercise. The most important aspect of any strength-training program is that you work out at a high enough intensity so that your muscles get enough stimulation to get stronger. You will not get bulky by following a routine that includes 6 to 12 exercises, 8 to 12 repetitions of each exercise, and 1 to 3 sets of all the exercises at a high intensity. You will gain some muscle, lose fat, and get much stronger.

Q: Why shouldn't I make my own weights for working out?

A: I have seen suggestions ranging from lifting one-pound soup cans to lifting buckets or one-gallon jugs filled with sand. Please do not improvise! Plastic jugs and buckets are not made for strength training: They’re not designed to hold that much weight and the handles are designed for carrying, not lifting. They could easily break and injure you. Using soup cans doesn’t pose this danger, but their light weight won’t help you build muscle.

Q: Will I get the same results if I exercise one day for 60 minutes instead of two days for 30 minutes each?

A: The current recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine is to “accumulate 30 minutes or more of moderate physical activity on most, preferably all, days of the week.” I encourage all individuals to do their best to have some physical activity on a daily basis. Physical activity is a key to long-term health and weight control. If you have the choice between one 60-minute workout versus two 30-minute workouts, I would recommend that you choose the two 30-minute vigorous workouts spread out over the week so that you are getting some physical activity throughout the week. You will actually experience some loss in the benefits of exercising if you wait six days between workouts. In addition, you put yourself at increased risk of sports-related injuries by working out just one time per week.

Q: I've tried doing yoga but find it too slow and static. Is there a faster-paced form?

A: Yoga is one of the most ancient art forms, originating in India thousands of years ago. It is terrific exercise that reduces stress and increases both flexibility and coordination, and it improves overall health and fitness. Yoga can be practiced by anyone and can be tailored to satisfy every individual's needs. Power Yoga, which is also known by the Sanskrit term Vinyasa Yoga, is likely the best form for those looking for the benefits of yoga without the methodical pace. A vinyasa is a series of flowing movements that warm up the body. Power Yoga is an active form of yoga, in which a person moves quickly through the poses, called asanas, not holding them as long as in other styles of yoga. It is virtually guaranteed that Power Yoga will give a real challenge to the muscles.

ABOUT FREEING THE HUMAN SPIRIT

Freeing the Human Spirit empowers inmates to build healthy bodies and stable minds by educating and training in the practices of meditation and yoga. In yoga, as we stretch and relax in the postures, we become one with our body. As we become one with our breath, sitting in a specific posture, in silence – no thinking, no remembering, no imagining and no emotion – the practice of meditation begins. The therapeutic effects of meditation and yoga are well known. Both the internal and external body system are calmed, tensions are released and physical health generally improves. We do this work out of respect for our common humanity and our knowledge that personal change and growth can and does occur, even within the confines of a prison cell. Through the practice of meditation and yoga, inmates can realize hope and healing: and can built self-sufficency to develop their full potential to become productive, contributing citizens.

YOU CAN WRITE TO US ABOUT YOUR MEDITATION AND YOGA PRACTICE

1669 Eglinton Ave. W.
Toronto, ON. M6E 2H4

Stay tune for ST. PATRICK’S DAY ISSUE 10
CONCEPTIONS OF GOD

What do we know?

God, the center and focus of religious faith, a holy being or ultimate reality to whom worship and prayer are addressed. Especially in monotheistic religions (see Monotheism), God is considered the creator or source of everything that exists and is spoken of in terms of perfect attributes—for instance, infinitude, immutability, eternity, goodness, knowledge (omniscience), and power (omnipotence). Most religions traditionally ascribe to God certain human characteristics that can be understood either literally or metaphorically, such as will, love, anger, and forgiveness.

Philosophical and Religious Approaches

Many religious thinkers have held that God is so different from finite beings that he must be considered essentially a mystery beyond the powers of human conception. Nevertheless, most philosophers and theologians have assumed that a limited knowledge of God is possible (see Theology) and have formulated different conceptions of him in terms of divine attributes and paths of knowledge. A range of types, each shading into the other, can be abstracted from this survey. In the monotheism of Judaism and Islam, Holy Being is conceived at its most transcendent and personal level. In the Christian doctrine of the Trinity (see Christianity), an attempt is made to synthesize transcendence and immanence. In the Asian religions considered, the immanence and impersonal nature of Holy Being are stressed (although some forms of Hinduism and Buddhism do not exclude personal aspects of the divine).

JUDAISM, CHRISTIANITY, AND ISLAM

Christianity began as a Jewish sect and thus took over the Hebrew God, the Jewish Scriptures eventually becoming, for Christians, the Old Testament. During his ministry, Jesus Christ was probably understood as a prophet of God, but by the end of the 1st century Christians had come to view him as a divine being in his own right (see Christology), and this created tension with the monotheistic tradition of Judaism. The solution of the problem was the development of the doctrine of the triune God, or Trinity, which, although it is suggested in the New Testament, was not fully formulated until the 4th century. The God of the Old Testament became, for Christians, the Father, a title that Jesus himself has applied to him and that was meant to stress his love and care rather than his power. Jesus himself, acknowledged as the Christ, was understood as the incarnate Son, or Word (Logos), the concrete manifestation of God within the finite order. Both expressions, Son and Word, imply a being who is both distinct from the Father and yet so closely akin to him as to be “of the same substance” (Greek homoousios) with him. The Holy Spirit—said in the West to proceed from the Father and the Son, in the East to proceed from the Father alone (see Filioque)—is the immanent presence and activity of God in the creation, which he strives to bring to perfection. Although Christian theology speaks of the three “persons” of the Trinity, these are not persons in the modern sense, but three ways of being of the one

God. Islam arose as a powerful reaction against the ancient pagan cults of Arabia, and as a consequence it is the most starkly monotheistic of the three biblically rooted religions. The name Allah means simply “the God.” He is personal, transcendent, and unique, and Muslims are forbidden to depict him in any creaturely form. The primary creed is that “There is no god but Allah, and Muhammad is the apostle of Allah.” Allah has seven basic attributes: life, knowledge, power, will, hearing, seeing, and speech. The last three are not to be understood in an anthropomorphic sense. His will is absolute, and everything that happens depends on it, even to the extent that believers and unbelievers are predestined to faith or unbelief.
American psychologist and philosopher William James helped to popularize the philosophy of pragmatism with his book *Pragmatism: A New Name for Old Ways of Thinking* (1907). Influenced by a theory of meaning and verification developed for scientific hypotheses by American philosopher C. S. Peirce, James held that truth is what works, or has good experimental results. In a related theory, James argued the existence of God is partly verifiable because many people derive benefits from believing.

If, as Paul Tillich argues, God is the ground or source of being and not simply another being, even the highest or supreme being, then he does not exist in the sense in which things exist within the world (see Metaphysics). It may even be misleading to say, “God exists,” although this is the traditional way of speaking. To believe in God is to have faith in the ultimate ground of being, or to trust in the ultimate rationality and righteousness of the whole scheme of things (see Faith). This way of expressing the matter also leaves open the questions of transcendence and immanence, personal being and impersonal being, and so on. The primary basis for belief in God is to be found in experience, especially religious experience (see Religion). There are many experiences in which people have become aware of Holy Being manifesting itself in their lives—mystical experiences, conversion, a sense of presence, sometimes visions and verbal communications—which may come with the force of a revelation. Besides specifically religious experiences, there are others in which people become aware of a depth or an ultimacy that they call God—moral experiences, interpersonal relations, the sense of beauty, the search for truth, the awareness of finitude, even confrontation with suffering and death. These are sometimes called *limit situations* (a term used by the 20th-century German philosopher Karl Jaspers), because those who undergo such experiences seem to strike against the limits of their own being. In so doing, however, they become aware of a being that transcends their own, yet with which they sense both difference and affinity. They become aware of what 20th-century German Protestant theologian Rudolf Otto, in a classic description, called *mysterium tremendum et fascinans*, the mystery that at once produces both awe and fascination.

To many people these experiences of Holy Being are self-authenticating, and they feel no need to inquire further. All human experience, however, is fallible. Mistakes of perception are everyday experiences, and false conceptions of the natural world, the earth, the heavenly bodies, and so forth have prevailed for thousands of years. It is therefore possible that the experience of Holy Being is illusory, and this possibility has led some believers to look for a rational basis for belief in God that will confirm the experiential basis. Numerous attempts have been made to prove the reality of God. Medieval Scholastic theologian Saint Anselm argued that the very idea of a being than which nothing greater or more perfect can be conceived entails his existence, for existence is itself an aspect of perfection. Many philosophers have denied the logical validity of such a transition from idea to factual existence, but this ontological argument is still discussed. Thirteenth-century theologian Saint Thomas Aquinas rejected the ontological argument but proposed five other proofs of God's existence that are still officially accepted by the Roman Catholic church: (1) The fact of change requires an agent of change; (2) the chain of causation needs to be grounded in a first cause that is itself uncaused; (3) the contingent facts of the world (facts that might not have been as they are) presuppose a necessary being; (4) one can observe a gradation of things as higher and lower, and this points to a perfect reality at the top of the hierarchy; (5) the order and design of nature demand as their source a being possessing the highest wisdom. Eighteenth-century German philosopher Immanuel Kant rejected Aquinas's arguments but argued the necessity of God's existence as the support or guarantor of the moral life. These arguments for the reality of God have all been submitted to repeated and searching criticism, and they continue to be reformulated to meet the criticisms. It is now generally agreed that none of them constitutes a proof, but many believers would say that the arguments have a cumulative force, which, although still short of proof, amounts to a strong probability, especially in conjunction with the evidence of religious experience. Ultimately, however, belief in God is, like many other important beliefs, an act of faith—one that must be rooted in personal experience.

**GREAT WORKS OF LITERATURE**

From the *Summa Theological*

Saint Thomas Aquinas was a leading theologian and philosopher during the so-called golden age of scholasticism in the 13th century. The following passage from his *Summa Theological* provides a good example of the scholastic method, which began with a question, then assembled arguments on the question that were eventually reconciled. Aquinas draws upon many authorities for his discussion, ranging from 4th-century BC Greek philosopher Aristotle to Christian theologian Saint Augustine (AD 354-430).
**Back to Reality**

As my cell door gets locked  
All lines of communication are blocked  
I sit here with this pencil and paper  
Hoping it will help me escape this empty chamber  
Stuck here thinking about of things that someday could be  
Now frig that, I'm real this stuff's not for me  
So here I sit in this gloomy cell  
Wondering if it really is the epitome of hell  
Can't wait until I can leave this place  
Just hoping she'll let me see my baby boy's face  
For this is what life has become  
I found a better way... frig it I'm done  

*Chris Easton*

---

**Untitled**

Once locked up always remember, neva look back  
Cuz the haters always b ready to attack  
But always keep it real, you know the deal  
N always keep your head up high  
You'll do better that way, ain't no lie  
Don't let no one break your stride  
Cuz wit fate they can't take away our release date  
Our pride  

*Mark Rocky Goforth*

---

**Insanity**

I regret as I try to forget  
You cause me pain  
Lead me down the darkest road  
Only to be followed by the shadows  
Of your demons  

You suck me in and I feel  
Fell flat on my frigging face  
Digging out of a hole  
Blood on my fingertips  
Scathing & tearing  
Searching for sanity  
In the mist of your profanity  

*Jennifer Murphy*

---

**The Realization**

I was alone, my world seemed dark.  
My heart was filled with hurt, my eyes were sad  
How could the people I love just turn & walk away?  
They have abandoned me or was it the other way around?  
In reality who were the victims?  
Damn was I selfish, my eyes had on glasses  
Being hit with addictions can be blindsiding  
Leading you on a dark path of self-destruction  
Death, jail or recovery on bail?  
Not much of a choice!  
Hold up, I just received mail...  

*Robert Obey*

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**From Me The Editor,**

This Christmas Issue Might Just be  
Last One Here... at Mission 'Med'  
I Want to Express my Most Sincere  
Best Wishes to One and All  

Let us try to have an enjoyable and thoughtful Holliday's

**KEEP IN MIND ... PRACTICE**  
**SAFE DRUG USE...**  
Bleach will not KILL Hep-C
The Motion Cont'

Deliverance

I try to open my eyes
But I’m blinded by the sight
I’ve come to realize that this prison
Is my life both day and night
These concrete walls & steel doors
Pick apart the only memories I truly adored
But the ones I want to forget
I only think of more
My dreams can seem so real
But when reality sets in
It is with the sound of clanking steel
No longer am I to picture images in my mind
Because now I have to wake up & do some time
My days are filled with pains & regrets
How did I get myself into a situation
Like a game of Russian Roulette?
My friends are no longer my friends
But my enemies in disguise
Who are only pretending & secretly despise
This life is not for me, blinded & cannot see
Locked in a cage that belongs to the pen/jail
As the cells doors continue to click
The road to my destiny continue to shift
My mind starts to wander, dwindle, and drift
Off in thoughts, still searching for that liberty
Patiently waiting for that piece of mind
To finally deliver me

Michael Poorman

Product of My Environment

I am a reflection of my surroundings
Where thugs & drugs keep abounding
Sirens & shots give off their sound
Kid’s playground littered with rounds
Dead bodies, lost dreams, killaz, dope fiends
Hustlaz keep hustling’, cops keep bustin’
Early morning pre-dawn raid
Video court-Legal-Aid
So I flip the bird to the police
Hey Crown! I never forgot about you
I don’t just flip you one, I flip U 2
Youngin’ wildin’ cause there’s no older head
They all in jail or somewhere dead
I became a man before puberty
Now that I’m a man I search for enlightenment
But I will forever be a product of my environment

H. Bennett

Decontamination Shower

In the digger’ n decontamo shower’s got me shiverin
Form the cold water, I’m cheesed cuz the mall don’t got a man dileverin’
When I rinse the mace out of my eyes, I spit some ferocious music
The cipher revolves from the shower to the cells closest to it
Then tourist come through tourin’, shook when they hearin the cans
Hearin’ the doors shake from the shockwaves of my lyrical bombs
Form sittin in prison, the rhymes written with vivid-description
Inspired by cypherin’, that mad raw shit spit in the kitchen
Just got detained, so I got time to write like thirty more tracks
But instead of meltin’ mics I’m just heatin’ these dirty door cracks
Drop down, spit beneath the door meltin’ floor wax
Dawgs like yo ‘o’, just relax, or you’ll never touch a ‘n’ sell
from stare racks
But when I’m prioritizing, if you hearin’ me spittin’ isn’t first
Cuz timid listeners need to see I’m more than a lyrically gifted prisoner

oschino

My next Issue will be in the New Year’s
So this will be a two fold request?
# 1. For obvious reasons I still need some material for our March / April topics.
# 2. When I go to Mission Minimum, The position for Newspaper Editor, Publisher, and Writer will be available. Pre-requisition needed, knowledge of the computer, a must… is that you be dedicated and committed to producing a quality newspaper. That you have some insight in what you are doing.

P.S. I will leave behind material for the next guy to work with!

BOXING DAY peace on earth

Happy Birth Day Debbie

H. Bennett
They call them young offenders, I call them juvenile delinquent.

Juvenile delinquency begins at home, and expands on the street, for the path of juvenile delinquency is but a step from the road of crime and that twisting, tortuous lane of unfortunate humans who walk by night; the lepers of society. For some it is a means of experience; for others a career. Live dangerously and die young – to use a tired cliché.

No one is entirely good or entirely bad. We all excuse our own failures but seldom, if ever, do we excuse the failures of others. The statutes protecting society are reprehensible. The question of today is: Who shall protect a delinquent or for that matter, a criminal from society?

Every child should be considered sacred and all children equal in this sanctity. Remember, indirectly we taught our children to be delinquents but failed to teach them the meaning of the word. As a voice in the wilderness crying for aid, teenagers and adolescents plead for help, but there is none to lend a helping hand. No lifeline is thrown; no assurance or comfort given. It is survival of the fittest and self preservation first.

Can we blame immature teenagers, adolescents and kids for falling prey to temptation? If adults can not resist, how can we expect adolescents to do otherwise? Instead of breaking a kid why not give him a break and help him. Don’t wait while irreparable damage is done to their growing personality traits. To brand a delinquent a criminal is to all but abandon hope.

There is probably no longer or lonelier night in the lifetime of a young offender than the first one spent in a detention center. Any type of official custody inflicts imaginary terror and fear. The full impact is lost in the bitterness it breeds.

Sending youngsters to prison pulls them in a school of criminal knowledge. Those who were not criminals when they entered will be so on their discharge. Instead of correcting young offenders, it more often demoralizes and hardens them.

The crown prosecutors aren’t interested in guilt or innocence; their sole interest lies in conviction. They condemn many when only some are guilty – and feel themselves justified. Their power is frightening when you realize they are instrumental in shaping the future of so many youngsters. These same prosecutors rely on the time-worn phrase, “society must be protected.” Juveniles, A.K.A young offenders must also be protected from these prone to condemn and convict without factual evidence, thank god for today’s DNA evidence that clears many innocent. Emphasis should not be placed on cure alone but on prevention.

For me, I was just a juvenile delinquent but dysfunction and breeders of chaos, there was no thrown in jail with teachers of young offenders act when I was young. Sadly, prison taught me what I know and it is still to this very day teaching others. The only friends I had in life were criminals. Due process of law brought me into contact with them in the first place. Where no one else I had met showed any interest in my behaviour, these criminals showed me friendship and understanding which I eagerly accepted. Drug Dealers, Enforcers, Weapons Dealers, Hold-up guy’s, Thieves, you name it – those denizens of the underworld cast out by society – proved to be more humane than their social counterparts.

Each time I came to prison I learned more of crime and made more friends, I like to refer to that as my network of dysfunction. Punishment succeeds very well in making criminals. Those poor unfortunates who were to become my friends welcomed me. Why not? Misery loves company. Also the most compassionate people are criminals; for they too have suffered the rejection of society. I learned from them how to sell drugs, blow open a safe, beat the fuck out of someone, stab a man, shoot a man, import drugs, deal in weapons and finally for this sentence, rob a bank, to be exact. I became brutal at times, bitter always.

The fundamental principle of life is self preservation. You blindly follow instinct and fight with whatever means at your command. Unfortunately, the only weapons at your disposal are those not controlled by authority. Willful desire and thoughtless emotion rule. Consequently, you break laws regardless of personal sacrifice and loss. In the end the price you pay can never be repaid. The price: your life in prison.
As a child, as an adolescent, and more recently as an adult, I sought a substitute for the heart-rending path that only the lonely know. You haven’t reached the age when you are able to reason the “whys” and the “wherefores.” You follow where emotions and instinct lead. You are guided by frustration, hate and the compulsion of those emotions. And before long you are in the vicious cycle of recidivism still unable to reason the “whys” and the “wherefores.”

Every person has criminal elements within him – but he is not born a criminal. Many factors go into the ruination of a personality; home environment and parental love are basic in the development of a child. I was born in Burlington, Ontario. There I had my first taste of bitterness, sorrow and pain. Mine was a heart yearning for the love I was denied by my family.

Social workers and criminologists – although sincere in their desire to help – all too often fail when most needed. No doubt the majority of trained physiologists and physiatrists today were themselves juvenile delinquents in their youth. In their day, however, their acts were called childish pranks, normal actions of youngsters.

This is not a tirade against society or anyone else for that matter. I find it to be very factual and it is intended or meant as a frank appraisal of what society should be and how it can protect its future. After all, the youngsters of today will represent the society of tomorrow.

"All talk of a loving God or of loving one’s neighbour will carry no meaning to a child who has not himself felt the warm love of parents. Little respect for others can be expected from one whose childhood experiences have not built up in him, respect for himself."

Guided by understanding and parental love, which is the lost guide markers to success, these juveniles, A.K.A. young offenders - or better yet – your children! These are, and may very well be tomorrow’s leaders and go on to help other good citizens.

From Terrance Tew. Best regards

1 J.R. Ellington. Protecting Children from a Criminal Career.

X-Mas is just around the corner, is it better to give? Or to receive?

Merry Christmas
A World without Crime?

What will follow God’s act of cleansing this chaotic world of crime? “As for the offspring of the wicked ones, they will indeed be cut off,” says the Bible, and it continues. “The righteous themselves will possess the earth, and they will reside forever upon it.” (Psalm 37:28, 29) Then, there will be no reason to tremble at those who had beastlike qualities, for they will transform by “the knowledge of Jehovah,” which will fill the earth.—Isaiah 11:9, Ezekiel 34:28.

Today such transformation has already become a reality, as the following life story of a former yakuza member in Japan shows.

Breaking Free From Organized Crime

“I was a YAKUZA”

“PAPA, when you come home, let’s go to meeting together. Promise me, won’t you?” I received this letter from my second daughter while I was in prison for the third time. She was regularly attending the meetings of Jehovah’s Witnesses with my wife. As the letters from my family were our only source of comfort, I promised her that I would do as she asked.

“Why am I leading a life of crime that takes me away from my family? I thought to myself. I recalled the days when I was very young. Father died was I was only 18 months old, so I do not even remember his face. Mother remarried twice after that. Such family circumstances affected me deeply, and in high school I began to associate with hoodlums. I became violent and often got involved in fights outside the school. When I was in my second year of high school, I organized a group of students to fight another group. As a result, I was arrested and sent to a correctional institution for a while.

I was like a ball rolling toward a life of violence. Soon I formed a band of delinquents, and we would hang around the office of a yakuza group. At age 18, I became a full-fledged member of that group. When I was 20, I was arrested for various acts of violence and was sentenced to three years in prison. First, I served time in the Nara Juvenile Prison, but my behavior did not improve. So I was sent to another prison, one for adults. But I got worse and finally ended up in Kyoto in a prison for hardened criminals.

‘Why do I keep committing these crimes?’ I asked myself. As I look back, I realize that it was due to my foolish reasoning. At the time, I thought that such behavior was macho, proof of my masculinity. When I was release from prison at the age of 25, fellow mobster looked up to me as a somebody. Now the way was open to me to go up the ladder in the criminal world.

My family’s Reactions

I got married about that time, and soon my wife and I had two daughters. My life did not change, thought. I kept going back and forth between my home and the police - I was beating people up and practicing extortion. Each incident helped win the respect of my fellow gangsters and the trust of the boss. Finally, my older, yakuza “brother” made it to the top of the gang and became the boss. I was elated at becoming number two man.

‘How do my wife and daughters feel about my way of life?’ I thought to myself. They must have been embarrassed to have a criminal for a husband and a father. I was imprisoned again at the age of 30 and then again when I was 32. This time, three year term in prison was really hard on me. My daughters were not allowed to come and visit me. I missed talking to them and hugging them.

About this time I started to serve this last prison term, my wife began to study the Bible with Jehovah’s Witnesses. Day after day she wrote to me about the truth that she was learning. ‘What is the truth that my wife is talking about?’ I wondered. I read the whole Bible while in prison. I considered what my wife was saying in her letters about hope for the future and about God’s purpose.

The hope of humans living forever in Paradise on earth was appealing because death really scared me. I had though, if you die, you are the loser.’ As I look back, I realize that it was fear of death that pushed me to injure others before they could injure me. My wife’s letter also made me see the emptiness of my goal of climbing the ladder in the gang world.

Still, I was not moved to study the truth. My wife dedicated herself to Jehovah and became one of his baptized Witnesses. Although in my letter I had agreed to go to their meeting. I was not thinking of becoming one of Jehovah’s Witnesses. I felt as though my wife and daughters had gone far away from me, leaving me behind.

Getting Out of Prison

The day finally came for me to go free. At the Nagoya Prison gate, many gangsters lined up to welcome me. In the large crowd of people, however, I was looking only for my wife and my daughters. Seeing my daughters, who had grown considerably in the three years and six months’ time, I was moved to tears.

Continue next page
Criminals Organization
A World Without Crime How?

The fight against organized crime is on worldwide. "There has been remarkable progress against the Mafia in a very short time," declared the News & World Report, "due largely to one law, Racketeer Influenced and Corrupt Organization Act, or Rico." It allows for conviction of criminal organizations on the basis of a pattern of racketeering activity, not just individual acts. This together with information gained through wiretaps and informant gang members seeking leniency has played a part in the success of battle against the Mafia in the World.

In Italy too the authorities are coming down hard on gangs. In areas such as Sicily, Sardiana, and Calibria, where organized crime is strong, army units have been dispatched to patrol public buildings and important areas to prevent attacks by criminal elements. The government views this as being much like the civil war. With notorious heads of criminal syndicates in prison and a former prime minister indicted for his alleged Mafia connecting, Italy is seeing some results.

In Japan the government clamped down on the yakuza when it put into effect the Anti-Organized Crime Law. Under this law, once a gangster organization is designated as such, it is prohibited from 11 acts of violent coercion, including the demanding of hush money, participation in protection rackets, and intervention in settling disputes for a fee. By enforcing the law, the government aims to stem all sources of mob income. The law has hit criminal organizations hard. Some groups have disbanded, and a crime boss committed suicide-apparently because of strict enforcement of the law.

Indeed, government and law enforcement agencies are putting on a hard fight against O.C. Still, the Mainichi Daily News, when reporting on a conference of judges and police official from around the world that was held in 1994, said: "Organized crime grows stronger and richer in virtually every part of the world, amassing as much as a trillions dollars a year in revenue." Regrettably, human efforts at eradicating criminal syndicate from the face of the earth are limited. One reason for this is that in many people, laws often seem to be weighted in favour of the criminal, not the victim. The Bible stated some 3,000 years ago: "Because sentence against a bad work has not been executed speedily, that is why the heart of sons of men has become set in them to do bad." Ecclesiasts 8:11

Getting out of Criminal Organizations

In addition to cracking down on organized crime from the outside, government have attempted to help those on the inside get out of crime syndicates. Such a move is not easy. According to an old saying, "the only way out to leave the Mafia is in a coffin." For a Mobster to quit a yakuza organization, he is required to pay a large sum of money or have his little finger or part of it cut off. To add to the fear involved in breaking ties with the underworld, a former gangster has to face the reality of living a straight life. His job applications are often rejected. In some countries, however, there are police hot lines to help gangsters who are trying to break free and are having a hard time finding a decent job.

[This is a very touchy matter; it could lead to dishonourable issues?]

To face pressures from a gang family and the prejudice of society, a mobster needs strong motivation to go straight. What could move him? It could be love for his family, a longing for peaceful life, or a desire to do what is right. [Again this topic is fragile] The strongest motivation, however, is illustrated well by the story of Yasuo Kataoka in the following article.

Yasuo Kataoka is typical of hundreds who have completely changed their lives. Beastlike qualities they previously displayed have been replaced by new personality "created according to God's will in true righteousness and loyalty." (Ephesians 4:24) Now, people who were like wolves are residing peacefully among mild-tempered, lamblike citizens, and they are even helping others! Isaiah 11:6.

Break Free From the spirit of the World

As mentioned in the proceeding article, not only are criminal syndicates under the one invisible authority of Satan the Devil but the whole world is. People do not even realize it, but Satan has organized the world to serve his criminal ends. Just as the crime syndicates provide wealth and pseudo 'fake' family systems, he plays the role of a benevolent master by providing people with riches, pleasures, and feeling of togetherness. Although you may not realize it, you may have been taken in by his evil schemes (Romans 1:28-32) The Bible tells us that "friendship with the world is enmity 'hate' with God." (James 4:4) It is not safe to cozy up to this world, which is under satanic influence. The Creator of the universe has an army of angels under Jesus Christ ready to round up Satan and his demons in order to cleanse the world of their wicked influence. (Revelation 11:18, 16:14, 16: 20: 1, 3.

How then can you come out from under the influence of Satan's world? Not by living the life of a recluse but by breaking free from attitudes and thinking patterns that dominates the world today. To do so, will have to fight Satan's scare tactics and resist the incentives he offers to keep people in his grip. (Ephesians 6:11, 12) This will involves sacrifices, but you can break free just as others have if you are determined and if you avail yourself of the help your self righteously in the faith of our one and only Lord.
Two days after going home, I kept my promise to my second daughter and attended a meeting of Jehovah's Witnesses. I was surprised to see the cheerful attitude of all in attendance. The Witnesses warmly welcomed me, but I felt out of place. When I later learned that those who had greeted knew of my criminal background, I was puzzled. I felt their warmth, though, and was attracted by the Bible-based talk that was given. It was about people living forever in Paradise on earth.

The thought of my wife and daughters surviving into Paradise and me being destroyed distresses me very much. I meditated seriously on what I would have to do to live forever with my family. I began to consider breaking free from my life as a gangster, and I started to study the Bible.

**Breaking Free From My Criminal Life**

I stopped attending gang meetings and quit associating with the yakuza. It was not easy to change my way of thinking. I drove around in a big imported car for the sheer enjoyment of it—it was an ego trip. It took three years for me to trade my car for a modest model. I also had a tendency to seek to change. But as Jeremiah 17:9 says, "the heart is more treacherous than anything else and is desperate". I could say what was right but had hard time applying what I was learning. The problems I faced seemed like mountains. I became troubled, and many time thought of quitting the study and giving up the idea of becoming one of Jehovah’s Witness. Then, my Bible conductor invited a traveling overseer who came from a background similar to mine to give a public talking our congregation. From Akita, 400 miles away, he came all the way to Suzuka to encourage me. After that, whenever I became tired and thought of quitting, I would receive a letter from him, asking me whether I was steadily walking in the way of the Lord.

I kept praying to Jehovah to help me break free from all my yakuza ties. I had confidence that Jehovah would answer my prayer. In April, I was finally able to withdraw from the yakuza organization. As my own business took me overseas every month, away from my family, I changed my job to janitorial work. This left my afternoons free for spiritual activities. For the first time, I received a pay envelope. It was light, but it made me very happy.

When I was the number two man in the yakuza organization, I was materially well-off, but now I have spiritual riches that do not fade away. I know Jehovah. I know his purposes. I have principals to live by. I have true friends who care. In the yakuza world, gangsters were caring on the surface, but no yakuza I knew, not even one, would sacrifice himself for the sake of others.

In August, I symbolized my dedication to Jehovah by water baptism, and the following month, I began spending at least 60 hours a month telling others about the good news that had changed my life. I have been serving as full-time minister since March and have now been given the privilege of serving as a ministerial servant in the congregation.

I was able to rid myself of most of the relics of my yakuza life. There is one that remains, though. It is the tattoo on my body that reminds me, as well as my family and others, of my yakuza past. Once, my oldest daughter came home from school crying, saying that she wouldn’t go to school anymore because her friends told her that that I was a yakuza and had tattoos. I was able to talk the matter out with my daughters, and they came to understand the situation. I am looking forward to the day when the earth will be a paradise and my flesh will become “fresher than youth.” Then my tattoos and memories of 20 years of yakuza life will be things of the past. (Job 33:25; Revelation 21:4)

*As told by Ysuo Kataoka*

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**The Shadow of the Cross**

**Death is not the end of the story**

This was a tough lesson for the early disciples, who struggled to make sense of Christ’s sacrifice. ‘Contemplate the darkness of the Crucifixion, with Major Cathie Harris’.

The good news is that death is not the end of the story. Jesus conquered the grave. As General Andre Cox reflects on Chris’s victory over death, he urges us to “reflect the joy and power of the Resurrection in our daily living.

Now you might be thinking? But why talk and write about his death when his birth ‘Christmas’ is just around the corner.

Well if you must know, in the end he died for our guilty wants, not our needs, all of us expect something from someone...

On this day maybe we could all give instead of expecting to receive, if only a polite word of encouragement, some courtesy, and if we can only muster a good mannered nod of the head well so be it! Thanks
Last year, The Salvation Army’s recycling warehouse in Prince George B.C., processed 680,000 kilograms of textiles, equivalent to more than 1,800 kilograms a day.

With a staff of just seven people at the warehouse, it’s an amazing feat that garnered Prince George Community Church a local environmental leadership award in the year following the warehouse’s construction.

For Captain Neil Wilkinson, corps officer, this kind of leadership should come naturally to The Salvation Army.

“The Army has the opportunity to be a forerunner in recycling,” he says. “We’ve always been a forerunner when we started our thrift stores 100 years ago, it was something that nobody else was doing. Ramping up our recycling ministry is just a way for us to naturally augment what we already do really well.”

The corps’ recycling operations generate $250,000 annually, which help support its social services. But more than a fundraising tool, the warehouse is part of the corps’s commitment to stewardship.

“The earth is the Lord’s and everything in it,” Captain Wilkinson says, “so we need to be the ones who are setting the pace for the rest of the world.”

The Recycling Process

Opened in 2012, the recycling warehouse is 668 square metres -112 square metres devoted to receiving and rough sorting, 278 to processing donations for the thrift store and 278 to recycling.

The Army recycles textiles (e.g., clothing, bedding, curtains), electronics and metals. When they are received, the textiles are sorted by type and grade and then baled in 272 56-kilogram bundles. Those bundles are tendered to various textile recyclers across North American, who bid on the product: the highest bid gets the load. These textile recyclers further sort and refine these bundles into 45-kilogram bales, which are sent overseas and then can be purchased by locals who remarket the material in their own communities.

The electronic waste are palletized and sent to Encorp, the province’s recycling program, and the metals are recycled locally in Prince George. The warehouse tries

“When we have donors who we’re going to make the something that may not be still have obligation to that donation, not just to ensure that no product goes to waste, are giving us all kinds stuff from their houses, donor intent is that most of the donation,” Captain Wilkinson says, “Even if its’ intrinsically of value for one of our thrifts stores, I think that we honour that don’t should not dispose of it because we can’t use it.”

Managing the Earth

While the corps in Prince George has been recycling for many years, the warehouse allows them to recycle much more than they were able to previously. When the corps opened its recycling warehouse three years ago, it was in response to an overwhelming amount of donations

“We have excellent support from the community, and we’re always trying to build more awareness within the community,” he says. “The more people who know about the recycling efforts of the Army, the more product can be processed. This means more protection for the environment and more revenue for us for the community work that we do.”

As Prince George continues its commitment to protecting the environment, Captain Wilkinson hopes that green initiatives will continue to be embraced by the wider Salvation Army.

“When it comes to managing the earth, I think stewardship before the next generation starts digging up our landfills? Can we only keep burying stuff in the ground for so long before it becomes a very big problem

From, The Salvation Army

Your right to privacy

To exercise their rights, every citizen must know what the government has on file about them. This includes us the incarcerated and paroled citizens. Citizens can also be assured that the information is correct and that the government will not misuse this information by disclosing it to others without legal justification. Canadians also need to have access to a wide range of government information by in order to participate effectively as citizens. Open and responsible government policies and decisions are available to its citizens on request so that they are informed and thus able to make informed decisions, which might include questioning the policy or procedure involved. The Privacy Act and the Access to Information Act provide you with the opportunity to know what CSC or other federal government agencies have on record about you or programs, policies, decision, and other matters that you might be interested in. Note that both legislations (Privacy Acts & Access to Information acts) provide for some exemptions to the access to personal information (security or safety reasons). You can often access your personal information, or get corrected, simply by speaking to your Case Management Team. They can also refer you to more formal procedures under legislation.

The Information Commissioner and the Privacy Commissioner supervise CSC’s compliance with Access to Information and Privacy (ATIP) laws and policies. You can complain to them if you are dissatisfied with CSC’s management of your information.
Poetry In Motion

Being Here?
This place is like a revolving door
Opening & closing like the three seasons
Spring, Winter and Fall
We're like the dog on a leash
When we've gone to far
We get out of the heat of the summer
But hide in the winter months
Same time next year We'll pull stupid stunts
Aaron Scott

Cell Block Heart
My heart is caged in a cellblock
Cold & isolated
Guarded by thick walls
Unable to break easily
My heart's cry echoes thru the air
Silent cries everywhere
I ask for serenity
My request is not made
My heart counts its pain
The razor-wired fence cuts deep
Cuts that made my heart bleed
I cry in the night, no one can hear
My demons sitting around me
Laughing at their success
My guardian angel patiently waiting
With her arm extended
My heart won't overcome the fear
Use the sledge hammer
For the cement around my heart
My heart wants to see
Who's on the other side It sheds tears for freedom
Yet trapped by my mind
Fierce competitor against the heart
My heart is cage in a cellblock
Cold & Isolated
Guarded by thick walls
Unable to break easily
My serenity will come
As freedom will open those steel doors
We will know who won the fight
Mind over heart or heart over mind
Christina Asp

Within Our Walls
Since 93, all I've done is rush & run
Now sittin' in this hell walls entrap
When will I learn? I'm sick of this crap
Tears go by as others grow
As for me I just don't know
Hoping for change, yearnin' for more
Fucking the dope & that next score

Wills won't crumble, my chains won't break
More than physical prisons we create
Chains wrapped tightly around my heart
Lettin' someone in, where do I start
Afraid to feel or drop my guard Within our walls, Life is hard...

Stay strong Brothers & Sisters
Try to break free from your walls!
Daniel Brown

Carnivale

Untitled
You gave yourself the gift of choice
Through the weathering
Be it right or wrong
You made that connection to me
Thank you for this life

This life free of pain & anguish
A wish to play a part in
Keeping love alive
And glistening

Always listening to attain growth
Just happening to have light & hope
Brimming for the most part
From within two of the gentlest of heart
Found thriving in the rays
Of an undying sun
Bringing unity together

Remember to wash your hand frequently
The Motion Continues

All Alone

Here I sit, all alone
Wondering when I'll get to go home
It may be months, it may be years
Thinking about it, just brings tears
The time will come when justice is done
I'll be free, just me here alone
In this hole, they call K.P.

Matthew Massey

What a Broken Heart Has to Offer

I am a person who understands the plight of a broken heart all to well. On December 1st, we grieve, cry and mourn our losses. So great of our loved ones.

We together can find hope in a broken heart. On this very special day as our community and the globe comes together in unison in support of our losses and fill each other in hopes that one day there is no sickness so that it does not matter our age or sex.

We need to share our love and experiences in order to hold and bring our hearts together. I've stopped counting how many friends I lost and instead I started to share the love they shared with me.

Yes, I also live with the AIDS virus. What stems from this passionate dream, to end the discrimination, drop the walls that separate people like us who have to stand under the heavy load that comes with misunderstanding who we really are. I know I am a vessel of love wanting to share with anyone who wants or needs it.

If you read my words on Dec 1st "Then take heart", give a hug, a smile and a word of understanding or even an understanding look, "They all help".

I am a friend, someone's family member, a brother, a father, and at one time I even had a partner in life.

Timothy Covington

Society

What can I do, what can I say
Yesterday, tomorrow, today
A frigin' slave until the grave
Until I lose my hair or it turns grey
I don't pray but I be brave
In a world of blood red rain
Where minds go astray
Normality is what I crave
Like cocaine to the vein
I ain't the same so I think strange
Ants, robot, no brain
Souls sold to D's game
Of flashy, false fame
It's to late for change
Got red, blue, yellow blocks to rearrange
But end up the same
What can I do, what can I say
I'm fuckin' slave to the grave

Tylor Beggs

Life is short be good to yourself and especially your love ones
HEPATITIS C INFORMATION
Welcome to more information on staying healthy inside. As most of you know in the past we had a Tattoo Pilot project, it was canned by the Conservative Government, though it did still have some ironing out to do like any knew project does. It did attempt to address and control the epidemic spread and concerns of HIV/AIDS and Hep-C. There are no new plans currently redeveloped or renews the program. However, with this new change of Government Liberal’ in the near future this project could be revised and set up with proper with the alignment upon the part of this new Administration and the Inmates Committee.

HOW DO YOU KNOW IF YOU HAVE HEP-C?
Most people with acute or chronic Hep-C have no symptoms. In acute hepatitis the Inflammation develops quickly, and lasts only a short period of time. The patient usually recovers completely, but it can take up to several months. Occasionally, a person fails to recover fully, and the hepatitis becomes chronic. In other words, it continues at a smouldering pace. Chronic hepatitis can develop over a number of years without the patient ever having acute hepatitis or even feeling sick. Symptoms can include the following: fatigue, nausea, loss of appetite, abdominal pain, flu-like feelings. These symptoms can indicate other health issues also, and if you want to be sure, best to get tested for Hep-C.

WHAT DOES TESTING TELL ME?
Antibody test are used to detect if someone has been infected with Help-C. These are bloods test, and they find the antibody your body makes to fight the Hep-C, they do not find the virus itself. There is a further test that can be done to find out what type (genotype) OF Hep-C you have Different type response differently to treatment. There are also test to find out the state of your liver is. Test which measure the level of liver enzymes. (ALT and AST) tell you how inflamed your liver is. A liver biopsy, where a needle takes a small sample of liver tissue out, it can tell what level of liver damage you have. Blood work result show if you above or below the healthy levels. If you cannot get them explained to you by health-care staff, you may call at PASAN for help on our toll free-line.

KEEP IN MIND THAT BLEACH DOES NOT KILL HEP-C.

In the little world in which children have their existence, whoever brings them up, there is nothing so finely perceived and so finely felt, as injustice.

Dickens
Who we are...

PASAN is a community-based organization working to provide advocacy, education and support to prisoners and young offender on HIV/AIDS and related issues.

PASAN was formed in 1991 as a grassroots response to the emerging AIDS crisis in the Canadian prison system. Today, PASAN is the only community-based organization in Canada exclusively providing HIV/AIDS prevention, education and support services to prisoners, ex-prisoners, youth in custody and their families.

What we do...

1) Support services:

PASAN offers support services to prisoners, youth in custody and their families, as well as other organizations working on issues of HIV/AIDS and in prisons.

These services include:

a) Individual support counselling, advocacy, pre-release planning and referrals for prisoners living with HIV/AIDS.

b) We are the only national AIDS Hotline specific for prisoners across Canada.

1-866-224-9978 or at 416-920-9567. We can be of assistance with your questions about HIV/AIDS, help you get the support you need.

c) We can help you get replacement fees for birth certificates, S.I.N. cards, and other necessity I.D. You must be a client to PASAN before your release. The ability of funds limited and they vary; we do require proof of infection/HIV/AIDS status and incarceration to access the funds.

d) PASAN also provides ongoing support networking resources and training for AIDS services organization (ASO's) and other community group support across Canada. We assist ASO’s to set up their own prison outreach and support projects, and will act as a referral ‘hub’ for HIV positive prisoners and young offenders who are transferred from one region to another, thereby helping to ensure a continuity of support.

2) Outreach & Education:

a) PASAN conducts HIV/Hep-C prevention education programs in many adult and youth institution. An integral part of this program is our Peer Educator’s Group, which is made up of ex-prisoners living with HIV/AIDS. Peer speakers accompany PASAN staff for workshops in prisons, youth facilities, and other institutions. We have found that Peer are often able to get across information in these settings.

b) PASAN produces CELL COUNT quarterly. This publication, which is writing and edited primarily by prisoners and ex-prisoners themselves, is the only news letter in Canada providing an un-censored forum for prisoners and youth in custody to explore and share their own experience, and ideas. c) PASAN also conducts free organizational and staff training for agencies and institutions working with prison affected, and drugs using populations. We have experience in conducting training not only for community workers and ASO staff, but also for probation/parole officers, youth custody staff, prison social workers and case management officer.

3) Network & Advocacy


PASAN maintains an Activist Committee which monitors and advocates on issues affecting prisoners and/or people living with HIV/AIDS on local, provincial and national basis. This committee maintains working links with other prisoners’ rights groups, prison projects, and ASO’s across Canada. We also maintain an ad-hoc Advocacy Committee of prisoners who assist us in identifying emerging issues.

Bleach does not kill Hep-C
Idle Rumor - Nobody's Friend

My name is gossip. I have no respect for justice. I maim without killing. I break, and ruin lives. I am cunning and malicious and gather strength with age. The more I am quoted the more I am believed. My victims are helpless.

I have no name and no face. To track me down is impossible. The harder you try the more elusive I become.

I am nobody’s friend. Once I tarnish a reputation, it is never the same, I topple governments and wreck marriages. I ruin careers and cause sleepless nights, heartache and indigestion. I make innocent people cry in their pillows.

Even my name kiss. I am called gossip.

I make headlines and headache, before you repeat a story, or something you’ve just heard, but not confirmed, ask yourself. Is it true? Is it just? Is it necessary?

IF NOT... DON'T REPEAT IT

Respect

Everyone wants respect but few know what the definition of the word really is. So let us take a few minutes to get an understanding of the word but the action that follows the meaning of the word.

According to Oxford dictionary, there are two parts to respect, when used as a noun and when used as a verb. As a noun, it is # 1) a feeling of admiration for someone because of his or her qualities or achievements. # 2) due regard for the feelings or rights of others. # 3) polite greetings. # 4) A particular aspect or point, as a verb, to feel or have respect for. # 2) avoid harming or interfering with, # 3) agree to recognize and abide by. All good words, but what do they mean in prison? How can we show respect?

Firstly, respect is not earned at the end of a fist. The only thing earned this way is fear, unlike respect it only lasts as long as the person creating the fear can maintain it. It does not last long. There is always someone bigger, stronger, and smarter to put an end to the one generating that fear. Even a number of smaller guys can take down a larger one. So trying to get respect with your fists is no respect at all.

In the first part of the definition of respect, is having the admiration for someone because of his or her qualities or achievements. So what is it we admire? What qualities or achievements do we consider worthy of respect? The second point, “Due regards for the feelings and rights of others.” It is what we all desire for ourselves but, sadly seldom deliver to others. Do you remember the last time someone honestly related to your feeling? When you were happy exalted, or sad and someone really shared in your feelings. This is showing respect! How did it feel? Good! You bet! On the other hand, how does it feel when your feelings and rights are trampled on? Makes you upset and even mad does it not? Can you see how someone else would feel when you disrespected?

Convicts who have been around for a long time can still remember when there was honour among thieves. Back in those days, you did your own time and let others do their time. What does it mean to “do your own time?” Firstly, your cell is your domain. In your domain, you do whatever you want to. What goes on in your cell is of no concern to any one else’s business but your own. However, when what you are doing in your cell goes beyond your cell you are now doing another convicts time. This includes loud music, TV. Video game, even loud talking shows disrespect to other cons. Respect means being quiet in the morning or, when others are sleeping. You do not like being woken up so, respect others by not waking them up.

Respect means you did not look into another man’s cell. In the old scold days, this was a guaranteed pull up. Remember a man’s cage is his haven. If you are passing by, look the other way, keep your eyes straight ahead. Nevertheless, do not look in the cons cage. If someone ask’s you into their cell, pay attention to the person who invited you in, do not ‘case the joint’ don’t be staring at the guys pictures of his family, of kids. Don’t be eyeing up his property! Respect means you do not touch what is not yours. This applies to anything and everything that is not yours, whether in another man’s cage / cell, fridge, freezer. This is how you show respect by leaving it alone.

There was a time a convict could leave his most prized possessions on the table, and go out to yard and never worry that it would not be there when he got back. I do not recommend doing that in today’s Institutions. As a verb respect means, 'To avoid harming interfering with another man’s wife. Simply put respects means let the other person live without having to worry about is neighbour. Anyone who’s been around for a long time can tell you that the one yelling the loudest about someone else’s charges is usually the one hiding the most. This has proven out to be true more times than not. Respect does mean you have to like everyone or be friends, but it does mean leaving them alone. When a convict shows respect to others it does not take long for that respect to be returned. The more you are courteous to others the more people will be courteous back to you. If you want even more respect, then go beyond just respecting others and actively help others who are willing to accept your help.

With a clearer understanding of what respect truly means, let’s see how many people will act on this. If everyone respects everyone as we used to, maybe we will again see ‘HONOUR AMONGST THIEVES’???
A Convict Is

1) A man who does his time and never meddles in the business of others or repeats idle gossips.
2) A man who does not take unfair advantage of anyone else who is doing time.
3) A man who does all he can to help his fellow con regardless of the circumstances.
4) A man who does all he can to help his fellow con without expecting payment of any kind.
5) A man who keeps his head in time of stress and tries to help those around him keep theirs, and never counsels another toward negative manners.
6) A man who keeps his word and pays his debts.
7) A man who does not inform directly or indirectly by telling tales to others, nor does anything to advance himself at the expense of another con.
8) A man who will go out of his way to help and protect the weak and the inexperienced for no other reason than the fact that he once wore their shoes.
9) A man who thinks all people are equal, who does not think he is higher or lower than anyone else alive, neither is he swayed by others opinions.
10) A man who does not snoop and cry about the injustice of his case or the excessive amount of time he received, but instead goes about his business trying to resolve the issue in a more positive manner.
11) A man who does not care what others think of him for as long as he knows he is doing the right thing, for he as learned that it is impossible to please all...
12) A man who is not afraid to be kind to others because some might interpret his kindness as weakness.
13) A man who will not purposely be harmful to his environment, such as not be wasteful to the life that is bestowed upon him.

Do You Have An Authentic Self

February 2016

Most of you have never heard of Bernard J. Lonergan, yet he is one of Canada’s most renowned philosophers of the 20th century. His most famous was the writing of the book, “Insight” which looks at we think and process information to become functional people. He describes what he calls, the authentic self. This is made up of five fundamental processes expressed in this instance as precepts.

1) Be attentive - we often do not truly pay attention to the details of things around us. When we can be attentive, we can move on being intelligent.
2) Be intelligent- Intelligence does not reflect educational level or book learning as some call it. Intelligence is using your mind to process information you have gathered by being attentive. As you develop your ability to think intelligently, then the third process is a matter of asking questions and persevering.
3) Be reasonable- Being reasonable is the ability to put your intellect to work in a way that takes into account not only that you needs and desires, but also the needs, desires of others around us, and people in general. Remember not every bright idea is a right idea. Check insights against data. When you are able to be reasonable, you take on the fourth process of the authentic self.
4) Be responsible- Decisions you make, and action you take, have consequences and being responsible means that you accept those consequences. Being responsible, means taking responsibility for those consequences. When you are able to be responsible then you can attain the fifth and highest function of a fully authentic person.
5) Be in love- This is the highest form of mental processing which can only be attained by first bringing all the others into play. Most people mistake lust for love, but true love is a deliberate well thought out decision to care more for someone else than for yourself. It is a choice of value, which is worthwhile.

To be a fully authentic person requires all five of these mental processes. Can everyone become an authentic person? Well the answer is Yes! Absolutely! However its not a given you have to work at it...

I’m going to share with you a quotation from within reach that can be a challenge for you mentally to chew on if you are close minded.

“Thoroughly understand what is to be understood, and not only will you understand the broad lines of all there is to be understood, but also you will possess a fix base, an invariant pattern, an opening upon further development of understanding.”
Having a conscientious person taking care of our history is truly a Gift
God Bless... Thank you

The Penal Press:

A History of Prison from Within

The Penal Press is a primary source of history from within. Written and produced by prisoners, it provides insight into how convicts viewed the penal justice apparatus, its policies and its practices.

This website is dedicated to providing an open access archive of these important materials. While focusing on Canadian publications, we welcome newsletter from other parts of the world; we will digitize and make them available. New/old editions will be added to the site as they are scanned and coded by college students and by Prof. Melissa Munn.

The Canadian Penal Press officially came into being on Sept 1st 1950 with the publication of Kingston Penitentiary's Telescope. Since then there have been more than one hundred separate penal publication produce and published by prisoners in Canada's federal penitentiaries (Full Article “The Penal Press” A Documentation and Analysis’ is available at www.jpp.org/documents/form/PP2I/Penal Press.pdf).

Acknowledgement: This site, and indeed the collection from which it is built, would not exist without the years of dedication and cataloguing of Dr. Robert Gaucher. Thank you to him for his foresight in preserving these historical records.

What an incredible collection!!! I lost count at over 900 Issues from 41 Institutions - essential achieves. Thank you all the Editors, Writers, who over the years... help sustain this amazing project.

Help support and persevere our prison's newspaper and others just like it. By submitting your thoughts, your opinions. Your voices do count; so send me your own interpretation of the very life you live in and the changes you are experiencing in prison. The education and the sharing of information are very important amongst the penal systems in North America and the World over. Have a say in doesn't have a newsletter or newspaper? Find out What better way to safeguard our past history, Constitutional Rights are being challenged Help protect our freedom of speech.

At times I feel like one Becoming obsolete and of these guys! lost to history! Paul

Merry Christmas Melissa
Resources Across Canada

For HIV / AIDS and HEP-C

EAST COAST
AIDS COALITION of CAPE OF BRETON
150 Bentnick St, Sydney, NS, B1P-1G6
902-567-1766
AIDS COALITION of NOVA SCOTIA
1675 Bedford Row, Halifax, NS B3J-1T1
902-425-4882, Toll Free 1-800-5662467
AIDS COMMUNITY of NEWFOUNDLAND & LABRADOR
47 Janeway Place, St, John's NL, A1A-1R7
1-800 563-1575
AIDS NEW BRUNSWICK
65 Brunswick St, Fredericton, N.B.
E3B-1G5, 504-459-7518.
Toll Free 1-800-561-4009
AIDS P.E.I.
2-375 University Ave. Charlottetown, PE
C1A-4N4 902-566-2437
AIDS SAINT JOHN
115 Hazen St, NB, E2L-3L3. 506-562-2437
HEALING OUR NATIONS
3-15 Alderney Dr, Dartmouth NS. B2Y-2N2
902-492-4255 Toll Free 1-800-5654255
MAINLINE NEEDLE EXCHANGE
5511 Corrwillis St, Halifax. NS. B3K-1B3
902-423-9991
SHARP ADVICE NEEDLE EXCHANGE
150 Bentinct St, NS, BIP-6H1. 902-539-5556
SIDA/AIDS MONCTON
80 Weldon St, NB, E1C-3V8. 506-859-9616
QUEBEC
CACTUS
1300 rue Sanguinet, MTL, X2X-3E7,
514-847-0067
CENTER for AIDS SERVICES MTL.
POUR FEMME & WOMEN
1750 rue Saint-André, 3e Pl, MTL
H2L-3TB 514-495-0990. 1-877-8473636
COALITION des ORGANISMES COMMUNAUTAIRES QUEBECOIS de
LUTTE CONTRE le SIDA (COCQSIDA)
160, rue Sherbrooke, MTL X2Y-3V8
514-844-2477
COMITE des PERSONNES ATTEITES
du VIH du Quebec (CPAVH)
2075 rue Plessis bureau 310, MTL
H2L-2V4. 1-800 927-2844
ONTARIO
2 SPIRITED PEOPLE of the
1ST NATION
593 Young St. #202, Toronto.
M4Y-124. 416-944-9300
AFRICA in PARTNERSHIP
AGAINST AIDS
314 Jarvis St. Ste, 101, TO. MSB-2C5
416-924-5256
AIDS COMMITTEE of
CAMBRIDGE, KITCHENER,
WATERLOO AREA.
2-B 625 King St, E, Kitchener,
N2G-4V4. 519-570-3687
AIDS COMMITTEE of GUELPH
89 Dawson Rd, Unit 112, Guelph.
N1H-3X2. 519-763-2255
AIDS COMMITTEE OF NORTH
BAY and AREA
201-269 Main St, W, North Bay.
PBH-2T8. 705-497-3560
AIDS COMMITTEE of OTTAWA
700-251, Bank St, Ottawa, K2P-1X3
613-238-5014
AIDS COMMITTEE of
THUNDER BAY
574 Memorial Ave. Thunder Bay.
P7B-322 Toll Free 1-800-488-5840
AIDS NIAGARA
111 Church St, St Catharines.
L2R-3C9. 905-984-8864
ANICHWABE HEALTH AIDS
255 Queen St, Toronto, M5A-1S4
416-360-0486
ASIAN COMMUNITY AIDS
SERVICE
107-33 Isabella St, Toronto.
M4Y-2P7. 416-963-4300
BLACK COALITION for AIDS
PREVENTION
20 Victoria St, 4th Flr, Toronto,
M5C-2N8. 416-977-9935
CANADIAN HIV/AIDS LEGAL
NETWORK
1240 Bay St, #600, Toronto.
M5X-2A7. 416-595-1666
FIFE HOUSE
490 Sherbourne St, 2nd Flr, Toronto.
M4X-1K9. 416-205-9888
HIV/AIDS LEGAL CLINIC
65 Wellesley St, E, Toronto.
M4Y-1G7. 1-800-705-8889
HIV/AIDS REGIONAL SERVICES
(HARS)
844-A Princess St, Kingston,
K7L-1G5. 613-543-3688
ABORIGINAL HIV/AIDS ONT.
844-A Princess St, Kingston,
K7L-1G5. 613-543-3688
PEEL HIV/AIDS NETWORK
160 Traders Blvd, Unit 1 Mississauga
L4Z-1K7. 905-361-0523,
1-866-361-0523
PETERBOROUGH AIDS
RESOURCES NETWORK
302-159 King St, Peterborough
K9J-2R8. 1-800-361 2895
705-932-9110
STREET HEALTH CENTRE
235 Wellington St, Kingston
K7K-0B3. 613-549-1440
THE AIDS NETWORK
101-140 King St E, Hamilton
L8N-1B2. 905-528-0854
THE WORKS
277 Y ictoria St, Toronto
416-392-0520
TORONTO PWA FOUNDATION
200 Gerrard St, E, 2nd Flr, Toronto
M5A-2E5. 416-506-1400
PRAIRIES
HEALTH CENTER
705 Broadway, Winnipeg MB, R3G-0X2
204-940-6000, 1-888-305-8647
STREET CONNECTIONS
705 Broadway, Winnipeg MB, R3G-0X2
204-942-2504, Women 50. Argyle R3B-0H6
204-943-6379
AIDS SASKATOON
1143 Ave. F.N. Saskatoon SK, S7L-1X1.
305-242-5005 1-800-667-6876
PLWA NETWORK of SASKACHewan
Box 7123 Saskatoon, SK S7K-411
306-7766
RED RIBBON PLACE (ALL NATIONS
HOPE AIDS NETWORK)
2735 5th Ave. Regina SK. S4T-0L2
306-924-8429 1-877-2107522
AIDS CALGARY
110-1603 10TH Ave. SW.Calgary, AB.
T3C-07J. 403-508-2500
CENTRAL AB. AIDS NETWORK
4611 50TH Ave. Red Deer AB.
T4N-329. 403-346-8858. 1-877-346-8858
HIV/AIDS EDMONTON
1146 Jasper Ave. Edmonton AB. T5K-0M1
780-488-5742
KIMAMOWATOSKANOW
FONDATION
RRI, Site1, Box 133, Onoway AB.
706-180. 780-913-9808. 1-866 971-722
NINE CIECLE COMMUNITY
WEST COAST
AIDS VANCOUVER ISLAND
713 Johnson St 3rd Flr. Victoria. B.C.
V8W-1M8 604-3842366
PLBC-PRISON OUTREACH PROJECT
1107 Seymour St. Vancouver. V6B-5B8
604-893-2283
PACIFIC AIDS RESOURCES CENTRE
1107 Seymour St. Vancouver. V6B-5B8
604-681-2122
POSITIVE WOMEN'S NETWORK
614-1033 Davie St. Vancouver V6E-1M7
Toll Free 1-866-3001

If you have questions and are in need of information, do not hesitate to talk to your Health Care Rep. your I.P.O or your Peer Counsellor.

Bleach Does Not
Kill Hep-C
The death of the Buddha

Shortly before his death, the Buddha remarked to his attendant Ananda on three separate occasions that a Buddha can, if requested, extend his life span for an aeon. Mara then appeared and reminded the Buddha of his promise to him, made shortly after his enlightenment, to pass into nirvana when his teaching was complete. The Buddha agreed to pass away three months hence, at which point the earth quaked. When Ananda asked the reason for the tremor, the Buddha told him that there are eight occasions for an earthquake, one of which was when a Buddha relinquishes the will to live. Ananda begged him not to do so, but the Buddha explained that the time for such requests had passed; had he asked earlier, the Buddha would have consented. At age 80 the Buddha, weak from old age and illness, accepted a meal (it is difficult to identify from the texts what the meal consisted of, but many scholars believe it was pork) from a smith named Cunda, instructing the smith to serve him alone and bury the rest of the meal without offering it to the other monks. The Buddha became severely ill shortly thereafter, and at a place called Kusinara (also spelled Kushinagar; modern Kasia) lay down on his right side between two trees, which immediately blossomed out of season. He instructed the monk who was fanning him to step to one side, explaining that he was blocking the view of the deities who had assembled to witness his passing. After he provided instructions for his funeral, he said that lay people should make pilgrimages to the place of his birth, the place of his enlightenment, the place of his first teaching, and the place of his passage into nirvana. Those who venerate shrines erected at these places will be reborn as gods. The Buddha then explained to the monks that after he was gone the dharma and the vinaya (code of monastic conduct) should be their teacher. He also gave permission to the monks to abolish the minor precepts (because Ananda failed to ask which ones, it was later decided not to do so). Finally, the Buddha asked the 500 disciples who had assembled whether they had any last question or doubt. When they remained silent, he asked two more times and then declared that none of them had any doubt or confusion and were destined to achieve nirvana. According to one account, he then opened his robe and instructed the monks to behold the body of a Buddha, which appears in the world so rarely. Finally, he declared that all conditioned things are transient and exhorted the monks to strive with diligence. These were his last words. The Buddha then entered into meditative absorption, passing from the lowest level to the highest, then from the highest to the lowest, before entering the fourth level of concentration, whence he passed into nirvana.

Word from The Penal Press

I’ve had the distinct pleasure to work here at Mission Institution for the “population” for 30 months. With lots of determination and persistence I’ve managed to get us an acceptable newspaper to read every couple of months.

In the meantime, and with a lot of willpower, I got Professor Melissa Munn from the Vernon Campus here for a group discussion on ‘Getting Out and Staying Out’

No pun intended, but my Mission here at Mission is done.

In this final Issue I wish to say thank you, and I will do my best to share some much needed resources as this will be my last issue at this prison before my departure Thank's

Paulo

ME... MYSELF... &... I... and then they res... Him
Wanted

Articles
Stories, Poems,
Jokes, Quotes,
Artwork,
Suggestions
Or
Questions.

Mission's "Med" Updates

The Gabber Express
Thank You
Editor, Paul LaChance. Living Unit #2

Publisher: The Gabber Express

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