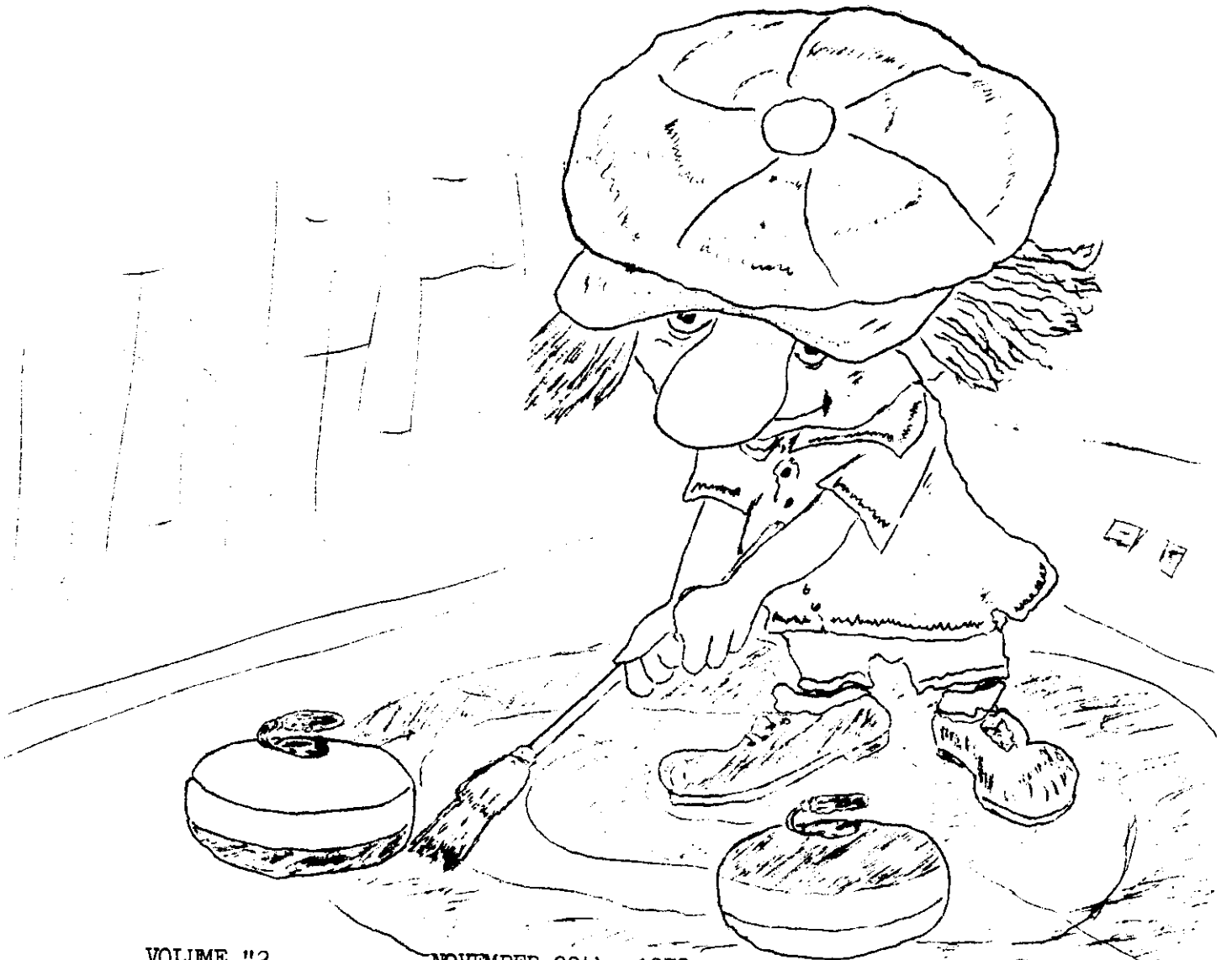


Inside News



VOLUME "2.

NOVEMBER 30th. 1973.

ISSUE # 17.

MOVIE

*** SOMETIMES A GREAT NOTION***

*** PAUL NEWMAN

*** PETER FONDA

FRI. 6:00

SUN. 6:30

RECREATION

WEEKEND SCHEDULE

Friday 6: p.m.

***** Weekly Movie

Sunday 6:30 p.m.

***** Movie Rerun

Saturday 1:30

Hockey League Play
Curling
Open Cym.
Xmas Concert Practice

Saturday 6: p.m.

***** Curling
Hockey League Play
Hopefully we will have an additional Movie, Watch for Notice.

Sunday 1:30p.m.

***** Open Gym
Curling
Hockey League Play

6:00 Come to the show on Sunday night avoid the rush.

We have a new hockey commissioner — C. Redwood..... There has been another team added to the Volleyball schedule, so check the new schedule..... Basketball will be on a challenge basis to start " Tues,Thur nites. All games to be registered at the gym office

SPECIAL NOTE:

***** HOPEWELLS- RENE FOUCHER TELLS ME THAT HE WILL BE UNABLE TO
SPORTS SHOP GET ANY MORE XMAS CARDS DOWNTOWN, SO IF YOU WANT SOME PICK
***** THEM UP NOW OR YOU WILL BE OUT OF LUCK.....

FLASH FROM THE TRAILERS: We hear there is a great basketball team up on The Hill, in a game the other night against Hanna they were defeated by a score of "" 152 to 18. "" YES!! thats not a miss print 152 to 18 Great little Basket Ball Club you've got there guys..... Ever thought of weaving them???

HOCKEY FLASH

***** HOPEWELLS WERE DEFEATED BY THE NATIVE BROTHERHOOD BY A SCORE
19 to 6, RENE FOUCHER LEFT BEFORE THE END OF THE GAME WITH
THE EXCUSE THAT HE HAD TO CURL. WE HEAR HE GOT HIS LUMPS
THERE TOO!!!!

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CURLING COURTESY

The Spirit of Curling: The heart of curling is its incomparable spirit, without that spirit, curling is just another pastime. Played in that spirit, it is the king of all games. The spirit of curling is reflected in its most cherished traditions.

Curlers play the game to win; but not to humble their opponents. Every curling game ends with a hearty handclasp of friendship and good-will to both teammates and opponents.

Every true curler would rather lose than win unfairly. He never attempts to distract any opponent or otherwise prevent him from playing his best. No curler ever deliberately breaks a rule of the game; and should he do so inadvertently and be aware of it, he is the first to divulge the breach.

From time immemorial curling has been a truly amateur sport. No curler plays the game for pecuniary profit either for himself or anyone else.

Prizes of more or less value -- and the less the intrinsic value, the better-- are awarded for success in the game and are cherished chiefly as mementos. Curling is the kind of game that neither needs nor permits a wager upon its outcome to enhance its enjoyment. Only by a strict observance of these time-honored traditions can curling be kept as a game that is played for love of it alone.

The respect and honor accorded to any curler is derived neither from his wealth nor his social position, but rather from his worth as a man, his skill and gentlemanly conduct as a curler, and his devotion to the game and its spirit.

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While the main object of matches between clubs is to determine their relative skill in the game it should ever be bore in the mind that the ultimate object of curling is to develop a manly recreation and to promote goodwill, kindly feeling and honorable conduct among those who take part in it. This sentiment should influence both the interpretation and the application of all rules.

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The game of curling is largely dependent on the condition of the playing surface and it should be the aim of each player to do his part to maintain the ice in the best playable condition:

- (A) Learn to use a delivery of each rock which insures a gentle contact with the ice, eliminating careless chipping by heavy impact.
- (B) Clean your footwear thoroughly before stepping on the rink. Stay on the ice durring the game thus lessening the chance of picking up debris on your shoes.
- (C) Remove and dispose of straw and other forms of disbris you might notice on the ice surface. DO NOT throw it on walkways, use recepticles provided.
- (D) Ware footwear of a type which will not scar the ice, rubbers are recommended
- (E) DO NOT roll cigarettes while standing on the ice or walkways.

REMEMBER !!! Any small particle of grit, sand, straw or other foreign material could turn your winning shot into a "lost-turn" failure. Keep the ice clean and playable.....

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PRE*SEASON B.S.

I've played the first game of my life. I've looked over the competition and listened to numerous boosts. Everyone has made their little prediction. Well here is one from a beginner. When it comes time to list the top five teams, Watch for the name of Dorsey and Co. to be right in there.....

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A. McLean.

VIEWPOINT

On Thursday afternoon, two volunteer workers for the John Howard Society, Judy Wilkes and Marjorie McClintock, outlined to an assembled panel composed of members of the prison self-help groups, the plans and aims of the programs they are involved and asked the inmates what suggestions they had that could be incorporated into the various programs.

It was quickly pointed out that the John Howard Society has fallen into disrepute among the population over the years and their credibility at this time is at an all time low. Rather than spend time and effort trying to justify the existence of the JHS, the group agreed it would be best to forget who was responsible for the program and concentrate on how best to utilize whatever was offered.

Primarily, the program under discussion at that meeting was the inmate-outmate venture that has been running for some time here in the institution. It has been a closely guarded secret, since the majority of the men at the meeting were unaware of its existence. It was felt that the name outmate had some unwelcome connotations and it was agreed to find a name much better suited to the function of the group. Anyone with an idea for a name for this operation can submit it to any one of the Unit Reps and the best one will be selected. The girls are not concerned about the name. Only that the program go on. I believe they are sincere in their desire to make this program work and with a little help from this end, I am certain it can.

What the program plans is to set up a system whereby inmates and outsiders can visit and correspond, enjoy passes together and get better acquainted with each other.

Like all programs aimed at prisoner-citizen involvement and interaction, the first move must come from the inmate. Marjorie and Judy are more concerned right now about how many of the men here want to take advantage of this program. Is there a need for it? The people you will be put in contact with are not members of the JHS. They are unpaid volunteer workers who have chosen this method of involving themselves. Whatever motivates volunteer workers to enter a field like this has always been beyond my comprehension. What I can comprehend is that we have nothing to lose.

This newspaper is convinced that penal reform will come when the public is ready for it. The public can be brought closer to that state sooner by direct involvement with the inmates who are clamoring for that reform. Our voice is weak. Theirs is strong. We can do that cause much good by becoming involved with people. We have been asking people to become involved. These people are prepared to do just that. We should be prepared to answer the challenge with participation in programs of this nature—not only because of the material benefits but because of the long range gains that can result from this type of public-inmate interaction.

Anyone interested in becoming involved in this program can do so in either of the following ways. You can write directly to Marjorie McClintock or Judy Wilkes at—1102-9th Street S.W. Calgary, describing yourself and your interests. They will attempt to match you with someone of similar interests. From there, you are on your own. Earle Griffin was selected from the men at the meeting to organize and co-ordinate the activities at this end. He will be compiling a list of men who wish to have correspondents and visitors and will attempt to get as many of the men here involved as he can. Give him your name if you wish.

This program is not new and has enjoyed some measure of success here in the past. Lack of communication on the part of the JHS resulted in a decline and the re-emergence of interest is due in large part to the leadership of Marjorie and Judy, who are now leaders of the operation.

We will do our part. I know they will do theirs. How can we miss.

||*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*|*

THE CURLING CORNER

Congratulations fellows, real fine support..... We have no less than twenty-eight rinks rari'n to do battle this coming season. With this number of curlers we can look forward to some keen competition right down the line. This year's schedule will be comprised of three divisions so after playing through a couple of round-robins, every rink will be playing in a category of rinks of somewhat equal skill and talent. But more about this later, right now the teams are enjoying a little warm-up exercise by playing a few exhibition contests and from what I've seen so far, there are some pretty fair new curlers in our midst, so watch out John Moskal.... If you haven't as yet been out to the new curling rink, do so some evening..... there's a heated waiting and viewing area if your blood is a little thin.

Saw Bob Lundquist on the frozen water for the first time. He appeared to be having a little difficulty throwing a riser but his curves were working as well as ever. Robin Brown and Paul Fisher can be seen sneaking down to the rink in the early hours of the morning..... two of our newer and youngest players and doing real well..... it's a toss-up whether Robin out-weighs the rock or not. Jerry Bentley is doing some strange things with the rocks and now there's a rumour that transistors, diodes and other components are disappearing from the electronics shop..... not that old "gaff" of the radio controlled rock surely??? Rene Foucher in his toque looks every bit the part of the movie version of " Pierre from Da Nort Woods" Garry Hunt could be the best dressed man on the ice..... Lots more to come so drop out and see the sights.

The league will start as soon as the weather co-operates and we are able to get the thrid sheet of ice in playing shape..... See you on the ice.....

" THE RINK RAT "

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Last weekends activities went very well, with the curling rink finally getting into operation.... Volleyball was the big event with 6 teams entered in a tournament held on Saturday. The event was well attended and well played. The finalist's were the Raiders and the Shoe-Ins, after a hard fought game the Raiders came out the winners.

It was noted Monday mornning that someone had gone into the curling rink on Sunday and some how they managed to break on of the curling stones. As solid as these curling rocks are, that person must have tried very hard before he was able to do this. Its this type of childish action that makes it hard for us to organize any type of program for you. So I'll ask once again-think before you start destroying.....

D. Pickerl
Recreation Supervisor.

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FULL HOUSE

Due to the problem of over crowding of the Federal Penitentiaries in the near future,"Agate" is volunteering to be the first to be transferred to the Women's Penitentiary at Kingston to implement the Co-ed living programme. This should help alleviate the bed shortage by doubling up.....

***Editorial comment reserved, but, anyone wishing to know what Agate was told by the Inside News can have that information by making formal application.....

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R & D : All persons wishing to pick-up personal clothing for passes etc. should do so between 12:30 & 1:00 noon,

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LIBRARY

Today and tomorrow are the final days to get your Book Sale ITF's into the library. Remember the maximum amount has been raised to 10 dollars. If you have any special requests please add them to the list in the library. The book sale will be held on December 7th, 1973 in the school. The doors will open about 5:30 p.m. and the sale will be done on a first come first served basis. We would like to thank all of you who do so much to keep the library running smoothly by observing library procedures for checking out and returning or renewing books on time. It is greatly appreciated when you respond to the overdue notices and also bring in any other books which you see lying around not being used. This all helps to make more and better reading for everyone.

SCHOOL

Last week everyone should have received an application form for the grade 10-11-12 program which begins January 2, 1974, and will last until mid May. However, anyone leaving the institution in April can still apply and complete his courses. If you did not get an application form, please come to the school and get one-- if you are interested and have a form fill it in and return it right away. This same application form also applies to the University Program. Remember that grade 12 is not necessary in order to take these programs. If you are interested fill out an application form or come in and see me.

Evening Courses - Since Drumheller winters are long, cold and dark I am trying to arrange a number of activities and interest courses. In order to offer a course I need twenty people who will commit themselves to taking it. If you wish to take one or more of the listed courses, fill out the form (bottom) and return it to the school. The courses being considered are:

1. GROUP GUITAR INSTRUCTION: This course provides instruction to those who have never had any guitar instruction and to those who wish to obtain help in developing their existing guitar skills.
2. YOGA & MEDITATION: This course will be introducing people to yoga and meditation on both theoretical and practical basis.
3. THE OCCULT: This course will involve its students in the study of the occult in both theoretical and practical sense. Likely topics include Astrology, Tarot, Palmistry and Witchcraft etc.

P S RETURN THIS FORM AS SOON AS POSSIBLE TO THE SCHOOL

* NAME:	NUMBER	*
* LIVING UNIT:	PRESENT WORK LOCATION	*
* L would like to take:	1. Group Guitar _____	*
	2. Yoga and Meditation _____	*
	3. The Occult _____	*

The WorksCarpentry Shop, is one of the several Maintenance Shops, in building 19, carries a crew of three to six inmates. Our work in general consists mainly of repairs, to the various buildings in the institution. As well as repair and general maintenance work we carry out renovations to buildings. We have just completed the interior and waiting area of the new curling rink.

We try to keep the men occupied with some constructive things to do, which I feel helps them to do their time a lot easier. We have men who are general handy men, who can carry on with this type of work after their release. I enjoy working with my men. Thank you...

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NEW GAME: A new game spawned by the times is simple and can be played by any number of people in any physical setting. It is called BUREAUCRACY, and it goes like this; The first person to make a decisive move, loses.
Bud Durand from the Ridear Digest.

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INMATE COMMITTEE REPORT

Inmate Welfare Fund: October 31st, 1973.

Balance as at September 28th, 1973. \$1,123.58

Revenue

20 - Coke Sales	\$ 148.61	
24 - Deduction from pay	93.50	
25 - Miscellaneous	<u>2.00</u>	244.11
		1,367.69

Disbursements

3 - Hobby Loan	40.00	
20 - Coke Purchases	236.40	
25 - Miscellaneous	23.20	
31 - Extra Comforts	161.50	
- Co-op Loan	<u>200.00</u>	661.10
		706.59
Less Accounts Payable		<u>252.50</u>
Free Balance		<u>454.09</u>
35 - Co-op Profit on Sales		33.31

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N O T I C E

TO ALL INMATES

THE AFTERNOON OF DECEMBER 15 and 16 have been selected as the days for the annual CHRISTMAS CONCERT. If you plan to have visitors on either of these days, would you please put your name on the sheet indicating what day you expect your visitors. By knowing in advance roughly how many visitors we can expect, the committee in charge of the concert will be able to make the appropriate plans.

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THE CONCERT PERFORMANCES FOR DECEMBER 14th HAVE BEEN CANCELLED DUE TO CONFLICTING DATES WITH DOWNTOWN ATTRACTIONS. ANYONE PLANNING TO COME ON THOSE DATES, SHOULD PLAN TO ATTEND ON THE 15th OR 16th.

HEALTH CARE SERVICE

Health Care Officer.....(A) Screening Parade..... 0930 to 1000 hrs.
Mon. Tues. Thur. & Fri.
Physician(B) Sick Parade..... 1000 to 1100 hrs. as
above.

Inmates shall give their name to the living unit officer before 0815 hrs. for submission to the health care officer before 0900hrs. All inmates who submitted name for sick parade must report at 0930 hrs and have their medical complaints screened by the health care officer, minor ailments and clearance(release& transfer) will be dealt with, and the more serious problems referred to the physician at 1000 hrs.

Wednesday ... Physical Exams, Minor Surgery, Hygiene & Sanitation Inspection
Although no sick parade, those with medical problems may be screened by the Health Care officer during medication parade.

Dental Parade: (A) Pre-arranged appointments 0815 to 1100 hrs Tues & Thur.
..... 1315 to 1630 hrs. Wed no screening

Appointment will be selected by the Dentist with pass indicating time and date.
(B) Screening emergencies... 1100 to 1145 hrs. .. Tues & Thur, Names given to living unit officer before 0815 hrs. for submission to health care officer in support of inmate arrival at at 1100 hrs. at hospital

Medication Parade:

0720 - 0750 Week Days .. Dispensary Med 1220-1250 Daily.. Dispensary Med pick-up
0800 - 0900 Weekends " " 1800-1845 Daily.. Dispensary Med pick-up
Holidays 2200-2300 Daily.. Living units-5&6 bedtime

Bedtime tranquilizer or sleep inducing drugs issued to out patient who agrees to lock-up. Refusal to lock-up when instructed to do so-medication will be discontinued.

Treatment Parade: 0800-0830 hrs. & 1300-1330 hrs..... Treatment Room, Bandage change, heat lamp, foot baths, X-rays and other prescribed treatment.

Outside Work Program:

Inmates working out may be cared for upon their return to the institution until 1845

Excuse Duty Outpatient Status/ Lock Up Stipulation:

It is not possible to hospitalize inmates suffering from minor complaints e.g. Colds sports injury, etc. therefore, Excused duty with medication is prescribed. Lock-up is designed to promote a recuperative environment with-in the outpatients cell, limiting the activity of those who may be inclined to aggravate their condition. Lock-up recommendation must be enforced if the physician is to be medical responsible for the inmates recuperation condition.

Psychiatrist Bi-Weekly

Referrals through the Institution physician, senior health care officer or head of of the Living Unit Program.

Optometrist, Wednesday afternoon

Optical complaints screened by senior health care officer, spectacle repair or replacement must be supported by written statement from inmate re: the circumstances, forward to A.D. Services for approval at public or inmates expense.

Dermatologist - As Necessary:

Request for tattoo removal must be initiated, in written form, channeled through Head Living Unit Programm and Psychologist, who will consider the therapeutic value and forward case to institution Physician for final decision.

Other Specialist Services:

Our Institution Physician or Dentist will refer cases to specialists or consultants.

S.C. Baird
Senior Health Care Officer

S A T 1	CHILLED ORANGE JUICE ASS'T CEREALS APPLE PANCAKES SYRUP	OXTAIL SOUP RIGATONI/MEAT SAUCE WAX BEANS GINGER SNAPS	MINESTONE SOUP TURKEY A LA KING MASHED POTATOES COCONUT CREAM PIE
S U N 2	½ CHILLED GR. FRUIT ASS'T CEREALS BACON & EGGS	CHILLED WH. TOMATO OPEN BEEF SANDWITCH BOILED POTATOES INST. PUDDING ICED COLD CAKE	CHILLED V/8 JUICE SWISS STEAK JUMBO CHIPS RAISIN SQUARES ICE CREAM
M O N 3	CHILLED V/8 JUICE ASS'T CEREALS HOT CAKES SYRUP	VEGETABLE SOUP HAMBURGER PATTIES POTATOES O'BRIAN ICED GOLD CAKE FRUIT COCKTAIL	CHILLED TOMATO JUICE GRILLED CHEESE SAND. BACON STRIPS JUMBO CHIPS JAM BUSTERS
T U E 4	CHILLED ORANGE JUICE OATMEAL PORRIDGE SCRAMBLED EGGS TOAST	TOMATO/RICE SOUP STEAK & KIDNEY PIE PARSLIED POTATOES JELLIED FRUIT LEMON DROPS	ALPHABET SOUP GRILLED LUNCHEON MT. MACARONI CASSEROLE FRUIT BUNS FRESH ORANGE
W E D 5	CHILLED PRUNES ASS'T CEREALS FRENCH TOAST SYRUP	SCOTCH BROTH WIENERS & BEANS APPLE PIE A LA MODE	OXTAIL SOUP POT ROAST OF BEEF BAKED POTATOES ICED ORANGE CAKE PINEAPPLE TID BITS
T H U 6	CHILLED LEMON JUICE CREAM OF WHEAT SOFT BOILED EGGS	CR. OF LEEK SOUP VIENNA MEAT LOAF ROAST POTATOES RICE/RAISIN PUDDING CHOC. CHIP COOKIES	CR. OF ASPARAGUS SOUP SAUSAGE ROLLS BUTTERED EGG NOODLES CINAMON BUNS PEANUT BUTTER
F R I 7	CHILLED TOMATO JUICE RED RICE CEREAL SAUSAGE & POTATOES	CHILLED V/8 JUICE HADDOCK FILLETS FRENCH FRIES STEAMED FIG PUDDING LEMON SAUCE	CHICKEN NOODLE SOUP BRAISED BEEF or SARDINES ON TOAST FRIED POTATOES MIXED FRUIT GINGER SNAPS

