

23 August 1994

**INSIDE**



**THE**

**BAY**





In Memory Of Eddie McCaffrey

I would like to express my sympathy to all of Eddie's family and friends. Another good man is gone - but not forgotten.

Rest in Peace.....K.N.

Eddie died on July 10 and a prison memorial service was held for him on the following Sunday. The service was well attended - with many friends and acquaintances showing up to pay their last respects. More than a dozen individuals stood and spoke about Eddie and their knowledge of him and his life. They spoke of him always ready with a smile, always ready to do what he considered to be the right thing. They told of how, even at the end, he could smile.

Eddie being bitter! Maybe so as far as the system was concerned. But with those prisoners around him there was no bitterness, just a smile and a helping hand wherever possible.

There were some who knew Eddie but did not attend this memorial service, and that also is understandable. I am certain that most of these people who knew Eddie respected him in their own ways. A church and religious service simply was not their way of expressing this care.

Fortunately Eddie was not left to die in the prison. When his end came he was in an outside hospital.

If Eddie could hear us he would know we all wish him the best possible.

---

McCaffrey--in loving memory of our dear friend, Ed McCaffrey, who departed this world on July 10, 1994, at Hotel Dieu Hospital.

You were one of a kind, a friend forever,

We respected you, we loved you,

We laughed and cried with you.

We will never forget you.

To ensure Ed's memory lives on, the Ed McCaffrey Memorial Fund has been established. This Fund will provide an annual gift or donation to others in need. Until we meet again.

Your many, many friends.

Anonymous

## INSIDE THE BAY

## DEATH BEHIND BARS / PRISONERS JUSTICE DAY

Prisoners Justice day is August 10. Each year a day of remembrance for those who died in prison is observed by many - both inside and outside of prison.

(The following excerpts are taken from an article written by Ron Dube and published in the London Free Press in the late 1980's.)

On Aug. 10, 1974, Eddie Nolan, a prisoner in Millhaven maximum security penitentiary, died. Eddie cut himself in a desperate bid to get out of the inhumane conditions of solitary confinement. It's called 'slashing up.' Other prisoners in nearby cells tried to get help for him but the emergency call button had been dismantled. Eddie bled to death.

In 1975, another prisoner, Bobby Landers, died while in the hole. An inquest found he died of a heart attack, but prisoners believe the stress and inhumanity of solitary confinement was too much for Landers to withstand.

Prisoner's Justice Day was born from the outrage prisoners felt about the deaths of Eddie Nolan and Bob Landers. It provided a forum in which prisoners could cry out about the injustices they saw in the penitentiary system. On Aug. 10, 1975, the men in Millhaven discarded their given 'labels' that described them as worthless people and unredeemable. They refused to take part in a system which housed them in conditions unfit for animals.

They refused to work in order to reflect on the meaning of Eddie and Bobby's lives and deaths. Now each Aug. 10, those who died within prisons are remembered and honored.

It's a day which has met with much resistance and resentment from prison administrations. Punishment in the form of loss of wages, earned remission, suspended visiting privileges and sometimes confinement to our cells has been the standard administrative response to any attempt by prisoners to show respect for the dead.

Many demonstrations have been held by families and friends outside prison walls in support and acknowledgment of the value that every individual's life represents - whether imprisoned or free.

Allowing prisoners the opportunity to reflect on the significance and worth of those who have died introduces them to the values our society claims to promote. In truth, such insights should help to reveal to prisoners the values society generally places on remembering the dead.

Death must never be accepted as a mere passing away of someone. It is the loss of another human life.

Bobby's brother, Glenn Landers, was killed in 1977. He was shot in the chest with a shotgun when he was climbing one of Millhaven's security fences in an attempt to escape.

Suicide, murder and natural death (if there can be such a thing as natural death in such an unnatural environment) have taken their toll on prisoners.

## INSIDE THE BAY

And there is an additional tragedy. Consider the loved ones who lose someone to such abysmal conditions and often without the opportunity to ever know the reason why. Official inquests help explain how prisoners died but often not why.

The refusal to work, to eat or to participate in any other institutional programs on this day should not be misinterpreted as an act of rebellion. Rather, it is an expression of dignity and respect by remembering those who could no longer live with the pain of incarceration.

Aug. 10 is a re-writing of the script, where no one plays prisoner. Our spoken lines are the tragedies which occur within Canada's prisons, every day, year after year.

---

Ron Dube, formerly of Guelph, is serving 25 years in CBI prison for murder. Since entering prison he has become a pastor with the Congregational Christian Church.

---

As I write this I am looking at a sheet of paper that says, "Names of Inmate Deaths in Federal Institutions, 1983-04-01 to 1993-06-30 ." This list contains more than 400 names of those who have died in prison during that period.  
editor

---

## PRISON and MULTI-CULTURALISM

Change is a constant in nature, and change occurring in the prison populations during the recent decades has seen a different type of prison population emerging. It has grown in size, and in the diversity of its ethnic makeup. It is now a multi-cultural society we see in prison.

This has created some tension due to the differing cultural background of the various ethnic groups and the situation of the 'prison environment'....the constant "closeness" in proximity under which we live. People and groups cannot avoid each other, and so it is necessary that there be a better understanding of the tensions that arise, and an effort made to iron out differences so that we can live together with some degree of harmony.

It is also a fact that as a group there are better things to be involved in than arguing or fighting amongst ourselves - even though there may be some (on both sides of the fence) who would espouse such activities. But there are things that could be accomplished that would lead to a better existence for most of us - and give to many a greater understanding of human nature - if we pulled together to some moderate degree.

There are the problems of cell facilities (double bunking), health care, and food - our general living conditions and services provided by the prison. But very little gets accomplished due, in large part, to the population being fractionalized into sub-groups - with each sub-group caring only for the concerns of its own group members.

If the majority of prisoners avoided the creation of problems due to this fractionalization, and did a little bit towards working together, we might actually be able to accomplish a number of constructive changes and improvements in the living conditions, and in the ways we have of existing together in this place, and doing so to some advantage to every reasoning person

Editor

---

## INSIDE THE BAY

**Fighting The Causes Of Crime!! (not likely)**

The following information is reworded (accurately) from an article in the Hamilton Spectator, July, 1994.

Recently the Federal Government formed a National Crime Prevention Council. This is a government initiative to fight crime by preventing it. Formation of the council was announced in Ottawa by Justice Minister Allan Rock and Solicitor General Herb Gray.

The Council is comprised of 25 members, including; criminologists, social workers, business leaders, police, psychiatrists, and a former journalist. Its purpose is to examine the underlying causes of crime and suggest cost effective ways of reducing it, plus develop a "road map for action which will help create a safer society."

The ministers have said that the measures taken to increase penalties for criminals must be balanced with a broad prevention strategy that gets at the roots of crime and finds ways to reduce the opportunities to commit offenses.

**Editor's comment:**

On a quick, mind-dead reading basis, this seems to be a good idea. A special council has been appointed to look, seemingly, into ways of making things better for society.

But is that really the case in this particular instance?

Using this particular newspaper article to figure that out makes it rather clear that this is little more than another line of propaganda meant to appease the largely unthinking mass of people who may read it (and heave a sigh of relief if they believe it), or the muddled thinking of people who might better serve the public by delving a little deeper into societys real problems.

It is said that the 'underlying causes of crime' will be looked into. A paragraph later the real purpose becomes more evident when you read about the search for 'cost effective ways of reducing opportunities to commit crimes'.

If someone is seeking a short term solution to appease some irrate citizens then accomplishing this "reducing of opportunities" might easily fool some. Those that are fooled can feel a bit better because there will be a use for bigger and better locks, guns, police forces, alarm systems, etc., etc.

But if there are those out there who care about changing things for the better in the long term then maybe they should look deeper into the reasons for crime. Surely there must be some who are aware that the system itself is largely the main feature in the making of criminals. The economic, philosophical, and educational systems are some of the main culprits.

To find ways of reducing opportunities is practically meaningless - for whenever you make one type of crime more difficult to commit you simply force an individual so inclined to go about finding different ways to commit the crime....or to commit a different type of crime.

Is everyone afraid to state an obvious "truth"; that our present social system has holes in it that require alteration....that our reasons for being and living in the manner we do are somewhat shallow, selfish, elitist, and self-defeating!!!!

Understand this clearly; "so long as there is reason to commit crimes, crimes will be committed."

---

## HEALTH CARE IN PRISON

The editor has spoken briefly with someone in the Health Care department and will be doing so again at greater length in an effort to obtain whatever information is possible about the services of that department - and those services no longer available. Questions have arisen as to "why the perceived deterioration of services to date" and "what about new information concerning additional cuts in service", as spoken of by the Deputy Commissioner, Ontario Region.

From personal experience with the Health Care Dept., and the experiences of others I am familiar with, I believe it reasonable to write the following.

Medical services in prison have deteriorated drastically during the last decade...and, according to the Deputy Commissioner, Ont. Region, there is about to occur a "dramatic reduction in health-care services."

It would not be uncommon, at this time, for a prisoner with an illness to come to believe that if you're not bleeding profusely you will not receive any "meaningful" medical treatment. This may not 'always' be a fact, but it is definitely the impression of many prisoners, many of whom are capable of seeing what would be considered as 'obvious' medical problems that needed attention.

In speaking with a member of the hospital staff I found that particular individual candid and personable. But when it gets right down to the nitty-gritty it is undoubtedly true that even when members of the hospital staff want to be fair, they cannot actually be so to any reasonable degree. It is a fact that they are on one side of a high fence and we, the prisoners, are on another - and it appears unlikely that this high fence will get any shorter in the near future. The Health Services Department and the prisoner are, in effect, in opposition to each other. They view things from a different perspective: the prisoner often being seen as an alien species...without intelligence or any realistic concept of 'health'....who merits no more than some cursory inspection and treatment.

The doctor does not even bother to examine a patient with a possible dangerous lung illness (dangerous to the prisoner and other) - like lingering lung problems. At the same time the medical department refuses to take responsibility for medical diets (and 'not' religious or preferential diets). A dietician, with what I perceive as dubious qualifications, comes into the prison and makes a bold-faced farce of the situation by proclaiming that the greasy prison diet is wholesome and beneficial - and by telling prisoners that if they have medical problems with particular types of food and its preparation they should eat more white bread. (Fortunately the food service department is making an effort to reduce the excessive amounts of grease in much of the food items.)

Now there is to be a "dramatic" reduction in prison health-care services - as stated by the Deputy Commissioner of Ontario, Andrew Graham.

What does this actually mean?

It's not exactly a 'great' situation at the present time. What is it going to be like when additional policies in service reduction come into force?

health care in prison cont.

In considering the problem it appears to me that it is rather useless attempting any dialogue in order to try remedying the situation to some moderate degree. The reason for this being quite obvious; the prison and medical administrations must already, of necessity, be fully aware of how things stand in this area. Since there is an outright effort to push this health-care reduction in a continuing negative direction it appears certain they are doing so purposefully and with some lack of regard for those they maintain as prisoners.

Correcting the situation we find ourselves in appears unlikely. The grievance system is meaningless (in fact this system is so negative that it doesn't even arise as a viable consideration), the courts take years and loads of money to aid in correcting anything. The public! Now that's a real joke: the public is unaware of how these things work, and due to all the fake-out media crap, probably cares not the slightest.

It is easy to understand the public position. They are constantly bombarded with media garbage (falsehoods, innuendo, misinformation, and pap that is meant to make them feel better). Add to that the fact that things are tough economically for many people and it is quite understandable that they have a negative attitude about prisons and their inhabitants

So why is this article being written?

Because a situation exists and it should be aired.

Editor

Recently I was subject to some minor surgery at the Hotel Dieu Hospital in downtown Kingston. Upon my return to the prison I was housed in the prison hospital overnight. Throughout the entire procedure I was treated with respect.

This should perhaps have softened my views of the health-care centre. But although I can appreciate the way I was handled it doesn't alter the way that things must be perceived on an overall basis. It is not so much the individual as it is the "system." A system cold and impersonal. Even the hospital cell is impersonal, barren, and cold. (and with all the unused inmate labour available in the prison why on earth isn't some needed fixing of items in these cells made?????)

---

### Adversity and Life

In your lifetime you may be viewed as a loser.  
 But if in surviving through the adversities of life  
 .....and walking steadily onward through  
 those times of pain, loss, and defeat,  
 and those moments of warmth and pleasure  
 along the way.....  
 You can continue to maintain some balance  
 and a portion of humour.  
 You have become a winner in the game of life.

R.T.

---



## Disappointed

In the last 35 years I've seen the convict slip to inmate, slip to the whatever it is we have here now.

For those who don't know the difference there was a time in these places you had NOTHING. You got .09 cents a day for canteen and all there was to buy was British Consoules tobacco.

You were locked in your cell 18 hours a day and if you spoke out loud you got beat up. Cons stuck together, cons fought to get things changed and many many of them spent years in solitary; that's baby doll pajamas, reduced diets, and no mattress, no books, no nothing for months on end. Some paid with their lives but things got changed, and the convict was elevated to the inmate.

Now the inmate was a mixture of those who had paid the price and those who reaped the rewards of those who paid the price.

Somewhere the scum sucker rose....probably with the introduction of Protective Custody and MAMA said.

Whatever, but now we have a class of people that thinks friends are a commodity to be robbed, sold and generally used for some advantage. Me, me, me, is the attitude, and because of a lack of brain power - a touch of insight, the sense of comaradery - us old fools that have paid the price have to wonder what the hell for.

Had we known, or could we turn it around, I would be the first to do so just to watch the 90% patients in here squirm and whine and call for mommy.

Few in here will lift a finger for anyone unless to point it. Few in here are aware of anything but their rude and minlature worlds.

I was never ashamed of the fact I had been in jail, but I am now. If you don't like this article notice my name at the bottom. I may be old but I've faced, fought, suffered and overcome much more than your poison pens can do.

R. MacBeth

---

BITTERS: Then and Now.....

Then - when I woke up everything stood up.

Now - when I wake up the only thing standing is my hair - at least I got hair, Jake!

Then - when I noticed someone was circumslized I thought, " must be a health thing or maybe he's Jewish."

Now - I think, "must have punched his sister in the teeth."

Then - it was one for all and all for one.

Now - it's, "lets all get one."

Then - it was brush your teeth and comb your hair.

Now - it's wash your plate and comb your ears.

Then - it was sex and drugs and rock and roll.

Now - it's gall stones, bellie rolls, geritol, and "turn the lights out hon, you're making me sick."

## INSIDE THE BAY

## My 1994 Exceptional People's Olympiad

I won't pretend I know all of what happened at this 18th annuyal event. I was the coordinator of the races. I had more time to roam about than did the other guys in the race crew, but even so, I stuck pretty close to the track. My partner (read woman) was part of the crew of outside coordinators. Between the two of us we took in a lot of this year's olympiad.

I'm glad Jimmy Hertrich asked me to help with the races, because I got to work with some good guys, some of whom I would otherwise probably not have gotten to know. Walter Page and Bruce Latta stick out in this regard. These two stick out anyway, Bruce with his red hair and Walt with no hair at all! Seriously though, Walt did a great job recording all the times of the female athletes running the 50 and 100 meter races. Sometimes it was a bit confusing with people not showing up on time, or being registered in the wrong race. Walt was calm throughout. He'd just walk up the track and have a wee conference with Christian Hachez, who was in charge of getting the athletes organized and the races started, then walk back to the finish line and let the timers and ribbon presenters know what was happening next. All of these guys worked well together. Bruce, who I've seen around the joint for a couple of years, showed up on Saturday morning looking for work. It was a good thing he did, because a couple of guys in our crew didn't show. Bruce worked with Bernie Whelan's crew of timers on the male races. Bernie did an outstanding job too, as did Rick Kowalchuk and Charlie Boomer as the organizers and starters of the male races and Doug Pauls as the recorder. Our whole crew did well. Even our spare, Jimmy M., who did nothing, did it well. (woof, woof)

The bags the olympiad put together for the athletes were a big hit. Therasa Ann, my partner, was down at the university when the athletes and their chaperones rolled into town on Friday. The athletes raved about their runners and track suits and watches and just about everything else they pulled out of their bags. Therasa Ann said it was like Christman time for them. So all you guys who kicked in a few bucks toward the cause, whenever someone from the olympiad office came around with a clipboard, give yourselves a pat on the back.

Fred Sweet and John Miller held up their end well, as usual - Fred as crowd control coordinator and John as refreshments coordinator. I've worked on both crews in the past, so I have a tendency to scan these operations just to see who's doing what and how it's going. Crowd control is done well when you don't notice the crew doing it. Taking care of the refreshments is done well when nobody goes without a coffee or a cold drink when they want one. Both crews worked up to those standards.

As is usual with an event this size, there were some problems. Next year we'll have to make sure guest come into the yard by a different route, because some degenerates in the protective custody part of the seg insulted people walking by, particularly women. No suprise there. Some degenerates in the population did the same in the yard. If this joint ever gets integrated we can kiss this event goodbye. Having said that, I add that these incidents are disturing, but generally minor. I'd like to see guests advised to report any inappropriate behavior on the part of the prisoners to the nearest guy on the crowd control crew. I know it's a tricky situation. Maybe we'll just have to live with it.

Getting back to the bright side of things, I was happy that Willis got chosen as Godbrother of the Year, especially because of the bullshit that was sort of waiting for a place to happen. Willis rose above all of that. In doing so he set an example for everyone. At the same time he insured that the exceptional person he was teamed up with and the other athletes around them experienced the best of what the olympiad hopes to create. Willi, it was a pleasure seeing you do your thing out there. Hope your present difficulites are soon resolved.

I must admit I didn't stay for the entire closing ceremony. The sun got to me and Therasa Ann, so we left at around three o'clock. The trophies Jimmy and the inside and outside coordinators handed out this year certainly pleased the athletes. We've always had a lot of trophies and plaques to give out, but never before as many as this year.

All in all, I'd say the 18th Exceptional People's Olympiad was a huge success. The weather held, the food was great, the events ran smoothly, and the athletes had a great time. I hope everyone who kicked in to help make it a success are as satisfied with the way it came off as I am.

Herr Square

---

CANADA DAY TOURNAMENT WINNERS

Tennis----- Gaudet  
 Handball----- Stan Lucier  
 Bocci (singles)----- Marchesan  
 Bocci (doubles)----- Tan - Wong  
 Horseshoes----- Bonl - Lalonde  
 Volleyball----- 4 Block  
 Baseball----- 3 Block  
 Soccer----- 1 Block

\*\*\*\*\*

CBI SOCCER STANDINGS

	G.P.	W	T	L	GOALS +	GOALS-	PTS.
UPSETTERS	8	5	3	0	19	7	13
AMIGO'S	9	5	1	3	29	15	11
DESTROYERS	8	5	0	3	19	8	10
ASHANTI CTRS.	8	4	2	2	13	8	10
PERSIANS	7	1	2	4	13	34	4
DRAGONS	10	0	2	8	6	36	2

\*\*\*\*\*

## INSIDE THE BAY

## 18th Annual EXCEPTIONAL PEOPLES OLYMPIAD

Saturday, July 23, saw the opening ceremonies and preliminary events of the 18th annual Exceptional Peoples Olympiad.

The morning began with an overcast sky, and it was hot. But fortunately there was a strong breeze to help minimize the heat and enable the athletes to compete under reasonable conditions.

When the athletes and guests had arrived there was a ceremonial walk around the track, led by the Salvation Army band. After which everyone was seated in the stands of the ball diamond and the guests were introduced. This part of the program was quickly completed and the games began in earnest.

The preliminary races and other events went along with only minor hitches, and by noontime any minor glitches had been ironed out and everything was running smoothly.

During the noonhour lunch a magic show was performed by four members of Imaginify Productions, and featuring Steven Lynn of Elmvalle, Ont. The performance was enjoyed by all those present - especially those athletes who took front row seats on the grass and got to participate as volunteers in many of the acts.

After lunch the events continued until all of the preliminaries were completed. These included 50 and 100 metre races in each of three classes for women and men. Other events included the high jump, running long jump, standing long jump, frisbee throw, ball throw and bocce ball.

Saturday evening saw the athletes attending a barbecue and then a dance party from 7:30 to 10:30 at Queens University's MacNeil Hall. A five person Kingston band, The Excelerators, provided the music. The athletes were housed for the night at Queens through arrangements with Queens and the Olympiad organizers.

Sunday morning soon saw the sun shining brightly as a few makeup heats were held to accomodate a number of the athletes who had not been able to compete on Saturday. The finals of the events were begun immediately following this, and by noontime had been completed.

Again the food during the lunch period was very good, thanks in large part to Masih Bigdall and Pierre Bergeron. Thanks also to four volunteer servers, Julie, Lily, Jane, and Julie. Entertainment was by the band of the previous evening, The Excelerators - with many of the athletes dancing enthusiastically to the music.

After dinner the fun events were started. These events...the three legged race and the wheel-barrow race...were particularly enjoyed by the entrants and their godbrothers.

Afterwards the final ceremonies were begun: awards were made, and thank yous were given to all those involved in the Olympiad organization and activities.

In varied ways all those involved in the Olympiad preparation and Olympiad day events were a part of an exciting weekend for the athletes.

Editor

---

## Odds and Ends (from the Editor)

Eddie died recently. It is said that he was left sick in his cell for three days. He never went to sick parade to pick up his medication - and apparently nobody in the hospital thought this unusual. In the end several prisoners had to carry Eddie by stretcher to the hospital.

One is left to wonder why he was not released to go home or to an outside medical facility at an earlier time. Certainly the prison and hospital administrations were aware of the situation.

Was any serious consideration given to such an action! It would appear unlikely.

---

## Life-25

In a recent article in the Ottawa Sun (by Sean Durkan) the Commissioner of CSC, John Edwards, says 'some first degree killers deserve a break on their life sentences.' He is quoted as saying that 'he has some sympathy' for the recent move by Warren Allmand, Chairman of the Commons Justice Committee, in introducing a private members bill calling for the minimum sentence for first degree murder to be lowered from 25 years with no parole eligibility to 15 years with no parole eligibility.

Edwards told the Sun, "I am a little bit like Warren Allmand when I read it is terrible for someone to be considered for release after "only" 15 years. Fifteen years is a hell of a long time.

To date Section 745 of the Criminal Code has allowed approximately 3 dozen cases to be reviewed. In 75% of those cases some form of early release recommendation has resulted - the majority in Quebec.

Edwards accepts the reviews, "as long as the court has all the information as to what sort of person this person has become."

---

## Quotes:

Commissioner Edwards made a number of other statements of meaningful content, like: "already 25 % of inmates are double-bunked, and though this is manageable so far, the trend is causing deep concern", and, "sending someone to jail for more than three or four years probably has little value in rehabilitation, but it may have very real value in taking someone very dangerous off the street." Then there's the statement that, "a year-long program of random urine analysis of prison inmates has revealed that 13% of inmates are using drugs of some form, and that this is 3 times higher than in the U.S."

Some statements are hard to argue with because they are left open to interpretation. But when it comes to statistics everyone should be aware that whoever uses and quotes statistics is doing so from a position of being able to arrive at a number of conclusions, and generally conclusions that will back up their own theories. In a sense we, here in Canada, live out in the 'sticks'. The availability of drugs in most U.S. areas of confinement would be far greater than in Canada. Yet we are led to believe in the above quote that somehow we in Canadian prisons are heavy drug users in comparison with prisoners in the U.S. prisons where drugs would be available much easier and in far greater quantity.

---

## INSIDE THE BAY

odds and ends cont.

## Cops:

In prison there are often periods of physical inactivity. This is especially so for those not involved in sports. Reading a novel, viewing a movie and watching television programs that are action oriented is often the primary method used to work off accumulated tensions and frustrations.

Recently, in clicking through the channels I have come across a show called "Cops." As the title implies, the show is about cops and their activities on patrol. Noticing the extreme aggressiveness of the police as they are portrayed in this program I decided to view several more episodes.

Having done so I began to wonder why it is that the police forces of North America are not up in arms over the way they are depicted. Hardly an incident of arrest goes by without the police routinely mis-treating the suspects they go about chasing, tackling, throwing around, assaulting, and arresting. Since they are consistently portrayed as being overly aggressive, violent, and in general downright nasty it seems logical they would complain.

But there is no complaint! Why not?

Is there some ulterior motive behind the silence of the police concerning this type of show? Do the various police agencies actually condone what it says? Is it, perhaps, because this show is useful to the police as a vehicle to get the public used to the continued aggressiveness and increasingly violent actions of police forces?

Does the news media agree with this type of right-wing policy? I do know this much, 'I have heard no obvious comments or complaints by them.'

---

## Food Service:

The newspaper editor has received permission from the Food Service Administrator to view the kitchen operation at length, and speak with anyone working in that area.

On the two occasions I have thus far spent in the kitchen it was possible to gain some information about the food preparation, prison workers, and steward views. But due to the recent lock-downs the visits have been delayed momentarily.

After discussing a number of matters with the kitchen staff relating to the excessive amounts of grease in much of the food it became noticeable that there was a sharp decrease in the grease content over the following weeks. The pizza and pancakes of July 20, 21 were actually non-greasy, although the pancakes remain grossly bland in taste.

This says that the kitchen 'can' put out food that is more edible. Hopefully they can continue to do so, since it makes for a much healthier meal, and a more enjoyable one.

Also noticed how much more smoothly the line runs on hamburger day when the tomatoes and onions are put on the trays rather than being set up in the dining hall to clog up everything and create a muddle - the whole operation runs much more cleanly when the kitchen uses this better method of operating.

It should be noted that one of the reasons for kitchen workers such as cooks, bakers, and food preparers being sometimes careless, or simply slacking off and doing a half-assed job, is the lack of 'perks' for the most 'essential' of these workers. Being double-bunked, and even double-bunked with a worker on a different shift, certainly is not conducive to having any big reason to put out any great effort. What major incentive is there available to make up for this serious error in operation? Certainly not the pay scale.

---

odds and ends cont.

**Budget Cuts:**

The gist of the following information was taken from the May issue of the CSC's Ontario Region newspaper, and came from the office of Ontario Deputy Commissioner Andrew Graham.

Government cuts are hitting home - increased taxes, fewer services, and delays. The CSC is one of the few departments that has seen some relief from the overall Federal cuts - but some reductions have been made.

The overall budget is to be reduced by about 8% over the next five years, while at the same time there will be funds available for expanding capacity and fix a lot of what are perceived as weaknesses in infrastructure.

These budget cuts are being processed under the title of Operational Review. Some of the items being reviewed are; reducing service standards for prisoners, reducing health-care standards 'dramatically', reducing energy costs, and reducing construction cost through the use of double-bunking. There was also the suggestion that there would be no staff cuts, although there was also the suggestion that overtime should be discouraged as a money saving device.

In a recent meeting with a newspaper publisher it was learned that the largest number of public comments his paper is now receiving concerns what the caller sees as the wasting of public money. The publisher went on to describe the public spirit as 'mean'. Credibility for prisoners, prison programs, and standards is a scarce commodity.

(editor's comment) Not much in the way of money for anything except building new offices for staff members, and attempting to upgrade the security aspects of the prison to match those of a maximum security institution.

---

**Lockdown:**

On Monday, July 25, a week-long lockdown was instituted at CBI. During the lockdown outside visiting was continued, although the outside visiting area was kept closed (due, 'they' said, to broken security cameras). Meals were fed twice daily in the cells for several days, after which the dining hall was used on a rotational basis. The last several days included exercise periods on the yard and in the gym - again, on a rotational basis.

The regular prison routine, other than access to the dining hall, was resumed on Tuesday, August 2nd.

If sympathy for occurrences such as lockdowns are warranted, those sympathies should be aimed at those double-bunked. They exist under adverse conditions on a regular basis, with crowded living space, lack of any real privacy, open-front and noisy cell conditions, and in general, over-crowding.

We in the single cells, in most instances, are rather fortunate.

Another lockdown occurred on Tuesday, August 10. A lockdown that lasted for two days while a weapons search was conducted. From a personal and reasoning point of view I believe these lockdowns to be counter-productive to maintaining any kind of reasonable atmosphere in the prison. A large part of the problem here at CBI is the size of the population and the difficulties it creates in this type and style of prison. Unfortunately, I believe, it is not going to get better.

---

## INSIDE THE BAY

## POETS CORNER

## A Rose Is A Rose Is A Rose

In a Rochdale garden grew a psychedelic Rose,  
lived what he believed and believed what he lived  
and never believed in status quo.

One toke over the line  
and his freedom went up in smoke,  
importing one pound too many got him impounded.

Marijuana leads to heroin says 'Reefer Madness'  
but after fifteen years of prison madness  
a grey petalled Rose still blooms.

Once upon a time a violent crime made the front page,  
Freddy took a life - killed his wife  
and got locked in a cage to calm his rage.

Through the magic of rehabilitation  
parole erased the past with the stroke of a pen  
and everyone lived happily ever after - NOT!

Freddy came home sporting a life sentence  
became a thorn to a Rose,  
Freddy told a tall tale and grew a tail.

Two people dead and Freddy is playing golf  
and a Rose is a flower child with a debt to pay,  
marijuana is against the law.

R. Dube  
Feb. 4th, 1993

## Life

Life is what you are capable of making it.  
If you have the will to survive  
then survive you will.

If the will to live well is there  
you are more likely to do so.

But if you do not 'help yourself'  
your chances of not surviving at all  
will be increased.

The will to survive, and to live well  
are a part of the individual.

But not all people are born with equal capabilities  
to achieve, survive, and live well.

There are always those who will be taken advantage  
of by those with the capacity to do so.

Like wild animals we tear at the throats  
of those below us on the ladder.

We go about making our lives better by walking  
on the bodies and sensibilities of  
those around us.

We are grown only in body...

In mind and emotion we are like young children;  
immature, erratic and greedy.

We live our lives uncaring about others of  
our own species....or any other.

How can we survive as a species of being,  
and why should we?

If there is an intelligent force in this place  
we call our universe they might  
easily believe that such a malignant  
growth as we represent is best destroyed.

But then perhaps in time nature itself might  
accomplish this destruction.

cwb



Greetings fellow inmates! Welcome to the first column called Info-edge - found only in the pages of Inside The Bay. Info-edge is written by the prisoner information coordinator (P.I.S.coord.) here at C.B.I. in order to help assist inmates with their every day inquiries. Anything from finding out how to go about applying for a social insurance number, to checking their personnel files through the access to information act.

Finally a column for any inmates to use to get their questions answered. I guess you could call it a Question & Answer, Dear Abby type column, but used strictly for the inmates needs.

Here's the first question from J.B. from right here at the Bay. "Dear Info-edge, I have found that my finances are not the same as my own calculations. How would I go about finding out where my money has gone? (J.B., C.B.I.)"

Well, J.B., all you have to do is head down to the P.I.S. office on open nights and ask the staff in there for a print-out of your deductions from the financial deductions list. This should explain the where abouts of your missing finances.

Dear Info-edge, Yo, I would like to know how I would go about finding out what C.S.C. has about me on case management? (A.W., C.B.I.)

A.W., all you have to do is pick up a access to information form on your block or at the P.I.S. office and fill out the proper codes for the information you would like. The code book is available at the library and again at the P.I.S. office.

Thank you for your requests and letters and if you, the reader, have any questions or comments about Info-edge, then write or send your requests to:

Info-edge  
c/o Prisoners Information Service  
P.O. Box 6700  
Kingston, Ont.  
K7L 5P8

Note: Inmates from Collins Bay may make out their request and place it in the Prisoners Information Service box on the strip. Thank you, P.I.S. Coordinator.



Steve Lynn

## INSIDE THE BAY

## C.B.I. COMPUTER CLUB

## TIPS and BITS:

Borland International, Inc., American computer software and programming languages company was founded in 1983 by Philippe Kahn. Borland markets programming languages and computer software such as Turbo Pascal, Paradox, dBase, and Quattro Pro. It has a particular interest in object-oriented programming technology, which improves its ability to design new components for existing products as well as to create new products. Borland's strategy is to design software around a common database that provides easy access to different elements such as spreadsheets, forms, or reports. In 1991 Borland acquired Ashton-Tate Corporation, a computer software company with a strong international base, making Borland a major force in the personal computer database market. Borland is now owned by Wordperfect Corporation.

Hewlett-Packard Company primarily designs, manufactures, and services electronic products and systems for computation, analysis, and measurement. HP produces both single-user computers, personal computers, and multiple-user systems, such as minicomputers, as well as software, peripherals (including printers, plotters, and scanners, and network products.

HP competes heavily in the desktop laser-printer market. The company collaborated with Canon, Inc., to introduce the first affordable high-quality desktop laser printer in 1984 with great success. Although more than 60 Asian versions of the printer were on the market by 1989, HP continued to introduce technological improvements and lower prices. By 1992 the \$13-billion company controlled 60 percent of the global laser-printer market; the company's closest competitor, IBM, retained an 11 percent share of that market. HP also dominates the ink-jet printer market by using a lower-cost technology than its competitors do.

CBI Computer Club Chairman  
Hugh Ford

---

**Encarta:**

Encarta is featured on a compact disc and encompasses more than 650 megabytes of information. This is equivalent to 650 million-byte floppy discs. It includes 4 separate encyclopedias, thousands of photos and illustrations, and a spellchecker. It is equivalent to 40 telephone books of information.

This compact disc, with its huge memory capability and its Encarta program, is excellent for educational purposes, for writing short reports or long research papers, and for the general interest of its users.

---

MARRIAGE of INMATES: GUIDELINES for CHAPLAINS

The purpose of guidelines for Chaplains is to address the issues surrounding the marriage of inmates and the institutional policies and procedures regarding such marriages.

There is a distinct difference between the intent in a civil marriage as compared to the vows exchanged in a religious marriage.

Chaplains hope to maintain this distinction of intent with respect to religious ceremonies and relinquish to the Administration of the Institution and the Provincial Authority the entire responsibility for the civil ceremony.

Marriage is a natural right with legal consequences and it is the role of the Provinces to protect that natural right. Couples who express a desire to marry approach the Provincial Authority, secure a licence, and have their vows heard in the presence of witnesses.

There is a difference between religious marriage and civil marriage. Clergy as distinct from the Provincial Authority view marriage as a sacred rite of their faith community. They are bound by the laws of their faith community to uphold the sanctity of marriage.

From our perspective as Chaplains, it is up to the Institutional Authority to decide the particulars of a civil marriage.

We suggest that marriages without religious intent that are performed where the Provincial Authority has been summoned, be located in an area other than the Chapel. In these cases Chaplains need not be involved in the pre-arrangements for the marriage or the ceremony, but may be involved in marriage preparation if the couple so desire.

In those cases where clergy agree to officiate in a religious marriage ceremony in the Institution the appropriate location for the ceremony is the Chapel.

We strongly assert the necessity of marriage preparation for those who seek to enter into marriage, whether civil or religious. Couples whose marriage has been solemnized by the Provincial Authority may request a blessing of their union at any time by their faith community.

This information is taken from a document dated December, 1989, and written for Chaplains of the Ontario Region, CSC.

\*\*\*\*\*

WEDDING CAKES AND FLORALS

Wedding Cakes: Audrey Howarth of the Citizens Advisory Committee will pick up wedding cakes. Cakes should be pre-paid, and can be ordered from the following bakeries:

House of Deserts	Swiss Pastries	A & P
724 Bath Rd. (Weston Plaza)	83 Princess St.	Frontenac Mall
384-3675	542-6312	(across from CBI)
		544-9317

Flowers should be ordered from florist of your choice, per-paid, and delivered to CBI. Several flower shops near CBI are listed:

Victorian Florals	The Flower Shop	Teleflora
Donna Rideout	Pearl Poffley	Judy Rini
343 Portsmouth Ave.	724 Bath Rd.	300 Bath Rd.
546-6639	384-3940	547-4882

\*\*\*\*\*

## **Inside The Bay**

**If you are a recipient of this prison Newspaper and would like to submit comments on the articles within or submit articles, poems, short stories, etc. to be published please forward to the address below.**

**Inside The Bay  
c/o Charles Boomer  
Editor  
Box 6700  
Kingston, Ont.  
K7L 5P8**