

New Deputy Warden

There'll be a few changes in the top brass at Westmorland next month.

Michael Flanagan, currently the Assistant Warden for Corrections Programs at Springhill, begins his new duties as Deputy Warden here on December First.

Flanagan has been in his current position for the last nine years. Before that he worked at Dorchester as a Case Management supervisor. He also has experience as a CMO and as a teacher at Dorchester.

Flanagan is a native of Prince Edward Island with degrees in Arts and Education from St. Dunstan's. Eldon Cormier has been acting deputy. In December, Cormier will move to his previous position as Manager

of Unit 'A'. Terry Hatcher will move from Unit A to Springhill where he has a developmental assignment in unit and case management.

INSIDE THE WHISTLE

- cartoons
- humour
- calendar
- poetry
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- opinion

The Whistle falls sadly short in its sports coverage. Perhaps YOU could become our

SPORTS REPORTER

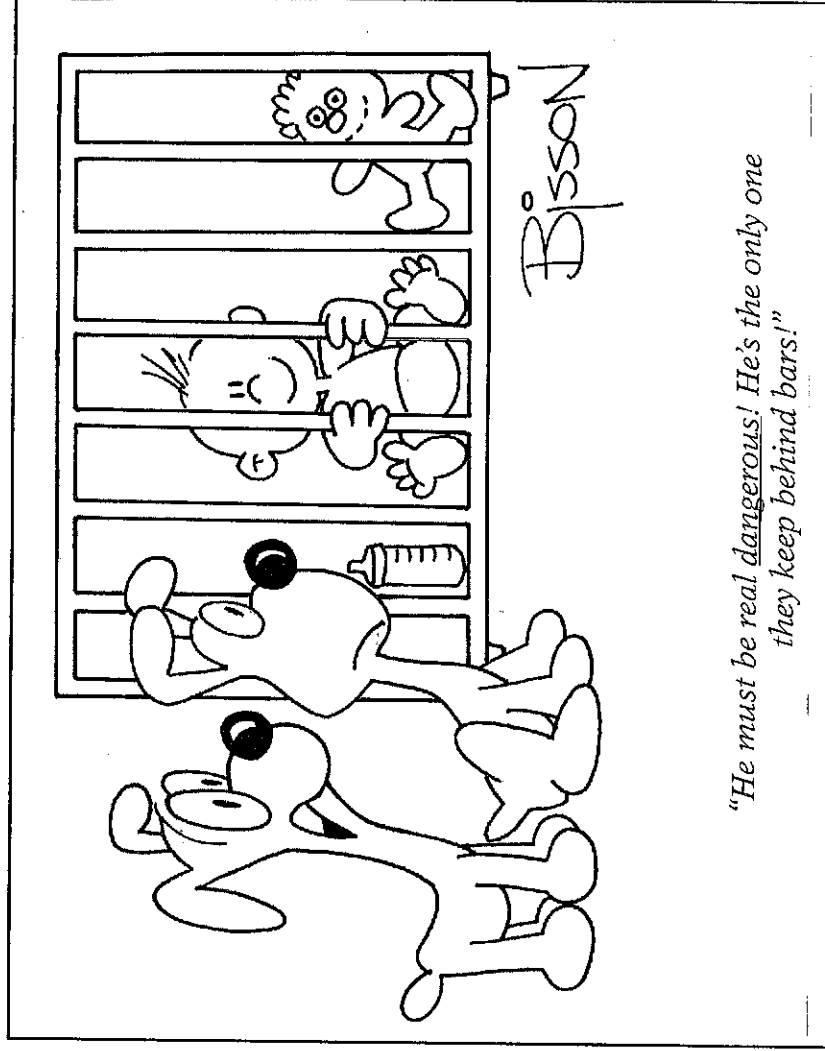
Remembrance Day - 'A First'

Inmate veterans, former servicemen and Legion members remembered Canada's war dead on November 11th.

It's believed to be the first time there's been a Remembrance Day ceremony held at the prison.

14 inmates marched. Reg Jessome was the parade commander. Ken Foster was responsible for the colors while Ralph Higgins carried the flag.

(See MARCH - Pg 3)



"He must be real dangerous! He's the only one they keep behind bars!"

 Welcome to the first published edition of *The Westmorland Whistle*. Our plans are to make *The Whistle* become your voice; a guide to many of the events and issues important to inmates in the institution. We hope *The Whistle* (which we'd like to publish every two weeks) will have something of interest to everyone. *The Whistle* replaces *The Keep Chronicles*, which ended publication more than a year ago.
 Why *The Whistle*? Maybe because the name suggests the train we hear time after time, day after day, month after month. Maybe because many of us are here because someone whistled on us. Maybe the 'W' sound fits nicely with 'Westmorland'. Maybe John Dryden (1631-1700) best expressed our philosophy when he wrote:
 "He trudged along unknowing what he sought,
 And whistled as he went, for lack of thought."

CALENDAR

Events to November 18th

SATURDAYS: Roman Catholic Mass 1:30 pm.
Chapel Comm. Centre

SUNDAYS: Protestant Service 2:00 pm.
Chapel

Native Brotherhood 3:00 pm.
Comm. Centre

AA (Inuit Group) 7:00 pm.
Comm. Centre

MONDAYS: AA Big Book Study 6:00 pm.
School

Discovery Group (Prof) 7:00 pm.
(Bible study & music) Chapel

TUESDAYS: Scripture Reflection 6:00 pm.
(RC) Chapel
AA (French) 7:30 pm.
Comm. Centre

WEDNESDAY: Narcotics Anon. 7:00 pm.
Comm. Centre

Bible Study 6:00 pm.
(Jehovah Witness) Chapel

THURSDAYS: Bible Study 7:00 pm
(Non-Denomination) Comm. Centre

FRIDAYS: Old Timers 6:00 pm.
(35 years +) Comm. Centre
Alcoholics Anon. 7:00 pm.
Dining Room

ERRORS OR OMISSIONS?
 - PLEASE TELL US *****

 "So absolutely good is the truth, truth never hurts the teller."

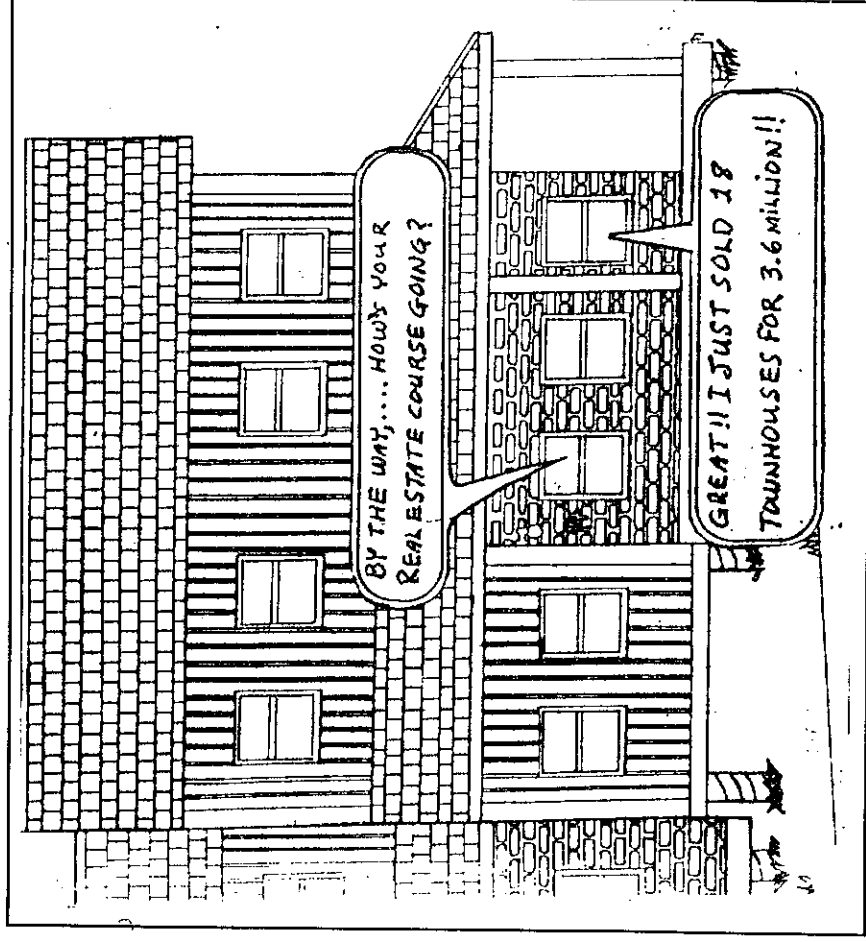
- Robert Browning
(1812 - 1889)

"Truth is the secret of eloquence and of virtue, the basis of all moral authority, it is the highest summit of art and of life."

- Henri Frederic Amiel
(1821-1881)



"The judge gave my lawyer five years before he even got around to me!"



March (from Page One)

Owen Rafuse, a veteran of the Korean War, and Ed Weaver, who served in World War Two, laid the wreath.

Bugler for the ceremony was Bernie Archer, the Protestant chaplain.

Sister Gemma LeBlanc acted as M-C while Fen Gray and Cecil Cosman read scriptures.

Coke - White Death

by Floyd MacDonald

A recent report by Doctor Jean Gray, of Halifax, suggests the effects of cocaine abuse are much more severe than previously thought. In the past, most attention paid to coke has looked at the social disruption it causes especially crime and violence.

Dr. Gray says almost every organ in the body is affected because cocaine causes the constriction of blood vessels.

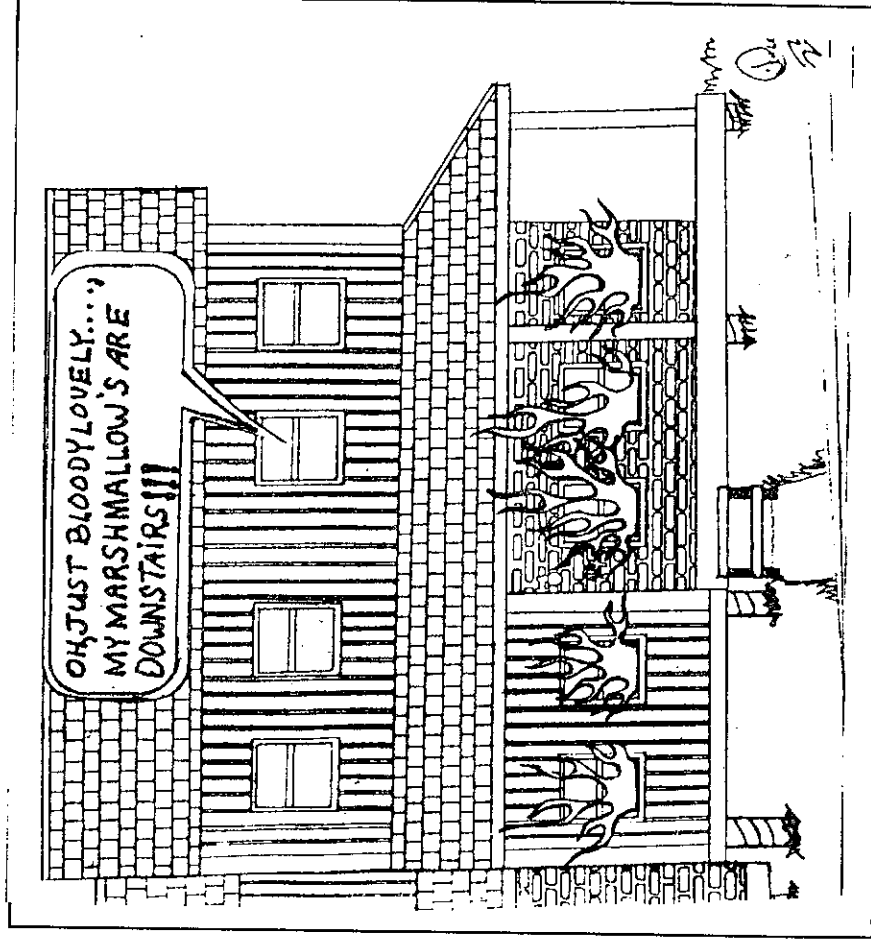
For athletes, coke-related heart disease is a leading cause of death. Heart attacks, irregular heart beats, and skyrocketing blood pressures are common even among young

athletes. Cocaine also affects the brain, leading to possible convulsions and often to strokes.

Dr. Gray also cites lung problems, liver damage and dangers to pregnant women.

"When angry, count to four. When very angry, swear."

- Mark Twain's version of anger management



DOES IT EVER GIVE UP!



Gallant: 'Backwards Dart Player of Month'

Most New Brunswickers recognize that the Shediac area in general (and Barachois in particular) can only be described as a backwards part of the province.

So that, of course, makes Ray Gallant, a backwards dart player. However, Ray gained his latest title while trying to open play in a

recent dart game.

As Ray threw his dart, the dart's flight fell off. The dart then flipped over in mid-flight and stuck into the board. Backwards.

Unusual enough. More impressive because the dart was lodged into the 'double 20' slot... making it a legal opening shot.

EDITORIAL

One difficulty all editorial writers face is the problem of what to write about.

There are days and weeks when no issue jumps forward demanding that an opinion be taken.

For a prison newsletter, the issue of 'What subject?' is further complicated by the very real issue of 'What subject will be allowed in print'.

So, this week, I've decided to tackle what should be a safe topic.

The editorial this week will be on 'Winter'.

Let me begin by noting that, generally, I'm against winter. It lasts too long (like a sentence handed down by a judge with a grudge).

And, in this part of the country, winter isn't clean, crisp and cold.

Winter at the tip of the Bay of Fundy is dirty weather in the truest sense... howling winds with rain, sleet, and snow are in store for us all during the

next few months

So, we all should plan to hunker down in our condos and huts and hope the next few months

go quickly. For most of us however, they probably won't.

Shivering in our fl y w e i g h t overcoats, we will find the time becomes longer as the days grow shorter.

Cabin fever, that well-known malady of life in northern Canada, will become more apparent as friends get more and more on the nerves of each other; as some inmates resent the thought of spending Christmas away from families; as some staff grow almost (but not quite) envious of inmates who avoid the VISA bills run up in the name of Christ's birthday.

Tough months are ahead. Dreary, dismal, dreadful months filled with d e e p e n i n g , deadening drudgery aimed at developing the deprivating divisions which disable us.

Me, I find it depressing. Let us try to be tolerant during our torments.

PRIVACY

Many inmates and staff have good reasons why they don't want their names in *The Whistle*.

These reasons are enforced by the Privacy Act.

At the same time, *The Whistle* wants to mention names in our stories.

Most times, we'll simply ask your permission.

But, for sports stories, we probably won't ask.

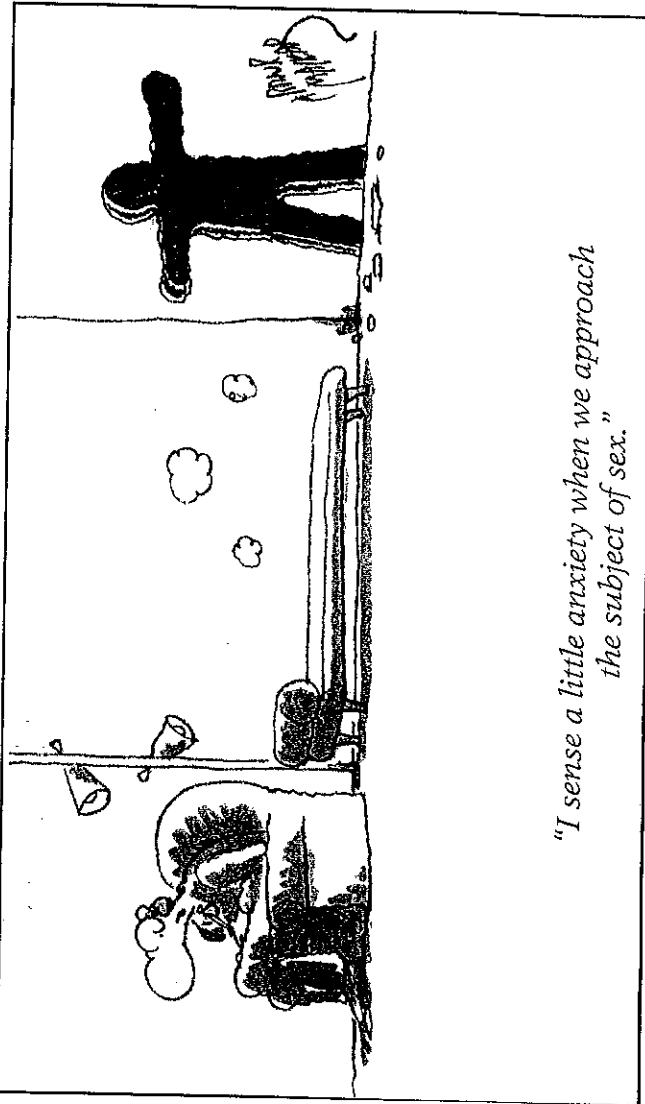
So, if you know you don't want your name in *The Whistle* for any reason, please tell us.

NOW!

Contact: John Steeves at the Library or at ADP.



A fanatic is one who can't change his mind and won't change the subject - Winston Churchill



"I sense a little anxiety when we approach the subject of sex."

WRITING MY VICTIM

I'm sitting here in Westmorland,
With seemingly nothing to do.
It's times like this, my victim,
When my thoughts wander to you.

I think of all the pain,
That I have brought your way,
By the wrongs I have done you,
On that long ago day.

The details we won't go into,
You know the wrongs I did,
The fault's mine. Not yours, lass,
For you were just a kid.

The shame, an inward pain,
I brought your way, you see,
Was from my stinking thinking,
For which now I'm sorry.

While here at old Westmorland,
I got into a program friend,
Where I was forced to look
At the hidden me within.

The me I saw there lurking,
Wasn't a nice guy to know.
Yet he's the guy, dear victim,
Whom to you I would show.

The shadow-side within me
Would burst forth then in lust,
I couldn't seem to control it,
I did what I thought I must.

In trying to keep my shadow-side,
Hidden from the world's sight,
I'd fantasize I was with you,
Then I'd act out; which wasn't right.

I truly am sorry, dear victim,
And to you I apologize,
I ask for your forgiveness.
I've been a brute in your eyes.

Some day, dear victim, I'm trusting
I'll hear you say, "I forgive you."
'Cuz forgiveness I am asking for
It's often hard to do.

Try to remember, we're all human
Each sins in his own way.
What I did to you is sinful,
Please forgive me, I Pray

Found in a Psychiatrist's Restaurant

Menu:	
Repressed Duck	25.00
Filet of Sole Searching	24.50
Shrimp Basket Case	24.00
Self-Expresso	3.00
Bonare Split Personality	6.50
Strawberry Shortcomings	4.00

Addled Thoughts of the Deranged

by Steeves

- does anyone know why
the Inmate Committee has
two 'dorm' reps who don't
live in the dorm?

- as Christmas
approaches, some people
are wondering exactly
what 'wassailing' means.
Just remember that doing
it here will land you
behind the wall.

- what did the inmate
mean when he commented
"At least they're
confused"?

- the warden may have an
'open door' policy but just
try getting down his
corridor without a pass

- is it true that
the Old Timers are now
using more paper than the
bureaucracy?

- how many people think
that "Phantom of the
Prison" would be a better
name for The Whistle?

- there's a rumor that a
restaurant for Jehovah's
Witnesses is opening in
B a k e r - c o u n t r y ,
Newfoundland

- it's easy to miss the
man who told his fellow
inmates, "You're all here
because of stupidity. I'm
here because of an error
in judgment."

- perhaps the anger
management instructor
will be appointed to
referee Old Timers' ball
hockey

Lonesome Whistle

*In the wee hours of the morning
When everything is still,
I can hear that lonesome whistle
As it travels up the hill.*

*It's the freight train headed northward,
Like the "Maritime Express"
And it fills my mind with memories,
Yet it saddens, I confess.*

*As I sit here in this prison,
I think of long ago
When freedom was accepted
As a privilege, not a foe.*

*If you take away one's freedom
You take away his life.
There's no greater way to punish
The prisoner and his wife.*

*The wind it's always blowing
Way up here on the hill,
It haunts my very being,
To my heart it brings a chill.*

*As we live in fear of living
And think only of parole,
The tension is horrific,
It's hard to keep control.*

*As I stand and watch the sunset
There's a longing in my heart,
For the things I took for granted
That no longer play a part.*

*With the visits there comes sorrow
For we know how soon they'll leave
As we face our dull tomorrow
Will our sadness be perceived?*

*There's a multitude of question
But the answers seem to flee,
How did this ever happen
To a person such as me?*

*I can point my finger one way,
Try and blame somebody else,
When I get down to the bottom
I can only find myself.*

FEDERAL ELECTION 93

WE WANT YOU TO REMAIN SILENT



PROCRASTINATORS UNITE!

by Eric Tapley

So you have trouble getting out of bed before noon.

Your parole application still isn't filled out. And you've been wearing the same pair of underwear for three weeks.

Maybe you tend to put things off.

So what!

The PC group, for Procrastinators Club, being planned for Westmorland may be for you.

Marching to the beat of a different drum (if the drummer ever shows up), PC members like Christmas shopping in late December. After all, that's early for next year.

Some non-prison members believe in waiting until the fifth year of a political term before calling an election.

Anyway, the PC's here plan to organize as soon as they get around to it.

AVP - New Slogan for an Old Problem

AVP - the Quaker-sponsored Alternatives to Violence Project - is planning another workshop at Westmorland for late January.

Inmates and civilians who attended the first AVP seminar in September met on Sunday to plans for the conference.

It will be a course to train leaders in AVP for future seminars in eastern Canada.

Some local plans for AVP were thrown off course when the AVP co-ordinator left unexpectedly.

Alton Smith has been named as the new co-ordinator.

Anyone interested in AVP should contact Alton.

BOOZE & BRAINS New Thoughts

(The Globe & Mail)

Danish scientists have come up with new thoughts about the long-held view that drinking destroys brain cells.

In a nutshell, their answer is both "Yes" and "No".

The scientists say their research indicates that booze does NOT destroy brain cells in the area of 'higher reasoning' in the brain. But there is evidence of serious damage to the area of the brain which controls memory.

Anyone interested can read the entire article posted outside Doug Steeves' office.

Motto of A
Relapsed
Alcoholic

STEPS HAVE BEEN TAKEN.

