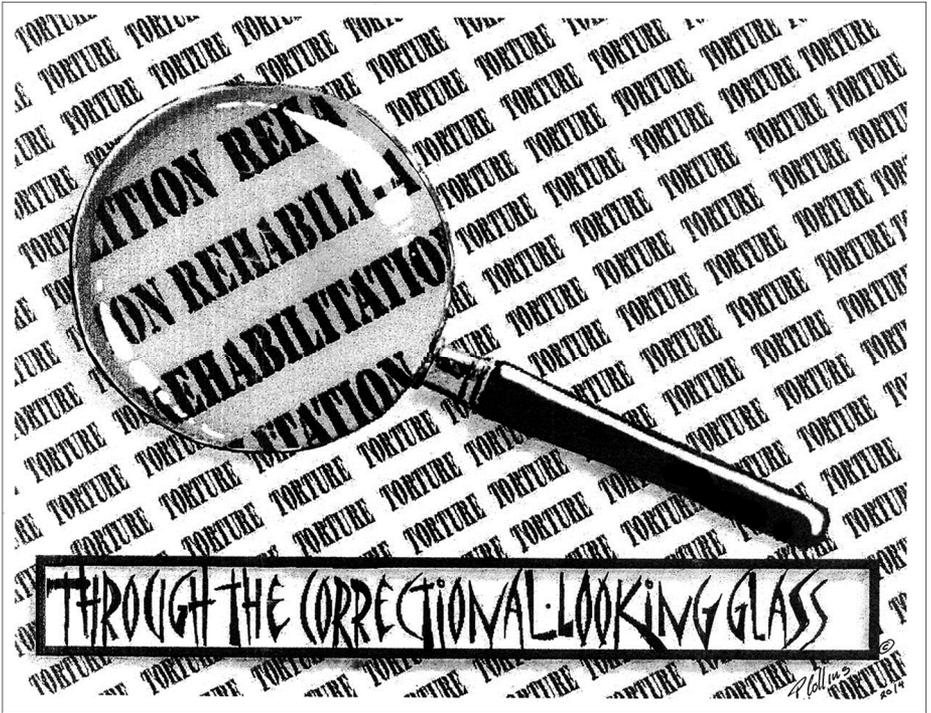


CLASS ACTION !



ISSUE #3 FALL 2016

Editor's Note ...



It is Fall & Issue #3 of 'Class Action News'.

This magazine is by & for the Prisoner Class in Canada.

This magazine serves as a safe, constructive space for creative expression and literacy development. It features art, poetry, stories, news, observations, concerns, and anything of interest to share.

Health & Harm Reduction info will always be promoted – Please Be Safe!

Quality & Quantity:

Content is for all readers so no religious items.

Artwork: Black pen (tat-style) works the best.

Cover Artist will receive a \$25 donation.

Writings: only short poems, news, stories, ...

Items selected are those that fit nicely & leave space for others (½ page = 350 words max).

For author protection, story credits will all be 'Anonymous' unless otherwise requested.

'Class Action News' is produced 4 times per year. It is free for prisoners in Canada.

If you are on the outside or part of an organization, please consider a donation.

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"Fair dealing for the purpose of research, private study, education, parody, satire, criticism, review, and news reporting does not infringe copyright."

Letters ...

Here at SPSC they are banning magazines & newspapers because they don't come from Chapters or Indigo.

This includes 'Class Action News' (CAN) because it comes from a small publisher.

'Journal of Prisoners on Prisons' (JPP) and 'Out of Bounds' are also banned now.

How can prisoner voices be muted so easily?

These magazines give helpful information on topics that concern inmates & healthcare issues for all.

Only by talking about problems can anything be changed to make them better.

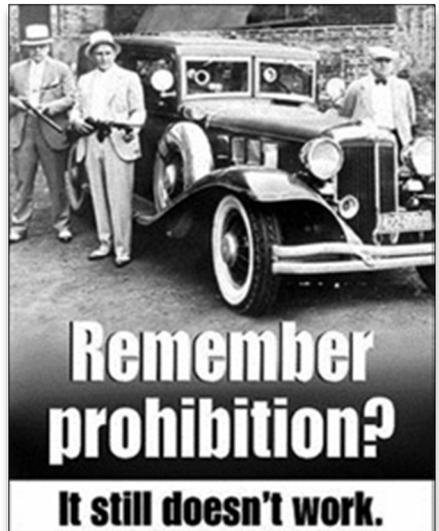
I believe this is why SPSC bans these publications so that prisoners' rights can be withheld & shut down.

- Anonymous



Cover Art: Pete Collins

Page 7: James Hough



Judge certifies class-action lawsuit launched by former inmates of London, Ont. jail

A class-action lawsuit launched by former inmates of a London, Ont., detention centre over the conditions of the facility has been given the green light to proceed.

Superior Court Justice A. Duncan Grace certified the lawsuit against the Ontario government on Tuesday, rejecting a number of the arguments the province made against the legal action.

"Certifying the proceeding will promote access to justice," Grace wrote in his ruling. "In my view, a class action is the most fair, efficient and manageable method of advancing the claim."

The lawsuit, launched in 2013, is being brought on behalf of all people incarcerated at the Elgin-Middlesex Detention Centre between Jan. 1, 2010 and Aug. 25, 2013.

The representative plaintiffs in the lawsuit - Glenn Johnson and Michael Smith - allege the detention centre was violent and overcrowded, and claim their Charter rights were violated during their time in the facility.

Johnson alleged in his statement of claim that he endured threats, assaults, inadequate medical attention and overcrowding between May and December of 2012.

Smith alleged he was threatened and assaulted while at the facility in July 2012.

Both noted that they accepted prisons are stressful and difficult places to live in, but alleged in their statement of claim that the Ontario government failed to ensure basic, minimum standards for humane treatment of prisoners were maintained.

Province argues against action

The province had argued that the claims did not raise enough common issues for a class action, but Grace disagreed.

"The plaintiffs do not suggest a correctional institution is a vacation destination. Nor does the statement of claim contemplate a review of operations on an inmate by inmate or day to day basis," he wrote.

"The plaintiffs maintain that Ontario was obligated to exercise reasonable care in implementing policies designed to prevent inmates from suffering physical and psychological harm while in the province's care

and control and that there was a systemic failure to do so."

Grace also noted that the province had "attacked every aspect" of the plaintiffs' motion for certification.

"At this preliminary stage it appears to me the plaintiffs are challenging operational implementation of Ontario's policies and not the policies themselves," Grace wrote. "The plaintiffs allege Ontario developed policies and procedures to protect the health and safety of inmates but failed to exercise reasonable care in their implementation."

The lawsuit's original statement of claim sought damages of more than \$300 million, as well as a declaration that the conditions in the detention centre violate certain Charter rights and freedoms.

After the suit was certified, a lawyer for the plaintiffs said it was too early to quantify the claims of the class members if the action was successful, but noted that the amount would be "significant."

The detention centre at the heart of the case opened in 1977 and is a maximum security remand facility.

Last year, the province announced it was building a 112-bed facility on the grounds of the detention centre to address capacity issues and improve safety for inmates and staff.

Overcrowding in Ontario's jails has been a growing concern in recent years, particularly as it appears to have been accompanied by a rise in cellblock violence.

Diana Mehta
The Canadian Press
Aug 24, 2016



Prisoners' class-action suit close to reality

For 10 days in January 2010, Kent Institution outside Agassiz was in tense lockdown as anxious guards searched the region's only maximum-security prison for a zip gun.

As they went from cell to cell, heavily armed and armoured tactical officers - a pilot unit deployed only at Kent - accompanied the guards and intimidated even compliant prisoners.

The prison was searched, with all inmates being made to strip naked in the yard as the tactical team provided "lethal overwatch."

Inmates were docile and offered no violent resistance, but the tactical team threatened them with assault rifles, according to the country's correctional investigator.

"They pointed live, charged firearms at the bodies and heads directly at inmates who were compliant, many of whom were already shackled," Howard Sapers said at the time.

"What doesn't make sense is the degree to which they used violence and they used firearms to deal with that situation."

It was a terribly egregious example of abuse of prisoners, in his view.

"These events should concern Canadians as the issues and questions raised in this report are disturbing," Sapers concluded in a scathing report.

"They cannot simply be explained as a 'deviation from policy,' contrary to the perspective of (the Correctional Service Canada). Rather, what happened at Kent Institution amounts to an abuse of correctional power and authority, systemic breakdowns in management authority and oversight, gaps in use of force review and reporting procedures, deterioration in dynamic security practices and principles, and violations of human rights law and policy. These are significant deficiencies that increasingly call into question the effectiveness of CSC's internal use of force review process."

Of course, like much that was critical of the Harper administration's penal policies, the issue disappeared.

But, after six years of obfuscation and delay, a landmark class-action lawsuit on behalf of those prisoners is close to being certified and the correctional service may be called to account.

"My present view is that this matter is likely suitable for certification as a class action, albeit in revised form, but there are two matters on which I will have to hear submissions before a final determination is made," B.C. Supreme Court Justice Murray Blok ruled.

He suggested the lawyers refine the pleadings and common issues and come back to him for certification, the first step for the prisoners in their fight for redress.

In addition to the various deprivations of imprisonment, the suit alleges the inmates were subjected to verbal and physical threats by tactical team members (including the pointing of firearms), they were not provided with necessary medications and the strip searches were conducted without adequate privacy barriers and in some cases with female officers present.

They claim unlawful imprisonment; negligence (against prison staff, administrators and tactical team members); misfeasance in public office; intentional infliction of mental suffering; negligent infliction of mental suffering; assault and violations of their charter rights.

Ottawa opposed the class action, claiming individual officers should not have their conduct scrutinized outside of the internal grievance process and that the correctional service has already amended its use of force and reporting policies and altered the structure of the response teams.

It has also claimed the class action would require the sharing of personal information of inmates with each other, which could pose a risk to the security of individual prisoners and their families.

"It's a green light," happy Abbotsford lawyer Tonia Grace said. "But it has taken us a long time to get to this point."

The federal government has not yet filed a defence to the allegations contained in the suit.

Ian Mulgrew
Vancouver Sun
Jun 3, 2016

If you think you're too small to make a difference, you've obviously never been in bed with a mosquito.

- Michelle Walker

Ontario inmates file class-action lawsuit for relentless lockdowns

As many as 200,000 current and former Ontario inmates could be headed for a massive payday if allegations contained in a new lawsuit against the provincial government hold up in court.

For years, short-staffed provincial prisons have been confining thousands of inmates to their cells for days on end because they lack the adequate number of correctional officers to handle Ontario's full inmate population.

On Monday, a group of those inmates filed a class-action lawsuit, arguing that these relentless lockdowns at Ontario prisons have caused "tremendous physical and psychological damages to inmates across the Province," according to the suit.

None of the allegations has been tested in court.

"It would be inappropriate for the ministry to comment on a matter before the courts," said Andrew Morrison, a spokesman for the Ministry of Community Safety and Correctional Services.

One of the plaintiffs, Samir Abdelgadir, spent fully half of his four years of pretrial custody at Maplehurst Correctional Complex on lockdown, according to the suit.

Lockdowns limit an inmate's access to showers, family visits, telephones, meetings with lawyers, medical appointments and prisoner programming.

For Mr. Abdelgadir, it also meant being cut off from Friday Muslim prayer congregations.

He was eventually found not guilty and released.

The lawsuit states that he now takes medication for depression as a result of the lockdowns.

The lawsuit alleges that these conditions constitute a breach of the inmates' Charter rights, a violation of the Crown's duty to protect inmates and negligence.

"These are conditions that are, in some ways, even worse than solitary confinement," said Jonathan Ptak, one of the lawyers advancing the suit for Koskie Minsky LLP.

"In solitary confinement, you don't have to deal with another prisoner in your midst. When confined with another prisoners or two prisoners for 24 hours a day for up to a week

or more at a time, that can have detrimental effects."

The suit is open to nearly all inmates who have spent time in an Ontario facility since 2002, the year Ontario judges first began criticizing in their sentencing decisions the practice of preventing inmates from leaving cells to compensate for low staffing levels.

Mr. Ptak said the total number of people in the class could reach 200,000.

In May, a judge awarded two inmates \$85,000 in damages for excessive lockdowns at Maplehurst. In his decision, Superior Court Justice Douglas Gray said the treatment of the prisoners "was so excessive as to outrage standards of decency; was disproportionate; and was degrading."

The duo had logged a total of four years in custody – half of it on lockdown – working out to roughly \$21,250 for every year behind bars. Scale that up to thousands, tens of thousands, or even hundreds of thousands of inmates, and the total payout could be colossal.

"We're talking about an extremely large claim," Mr. Ptak said.

"The reason we're bringing this is not just compensation, it's about reforming the system. People are shocked that these conditions exist in the system. It's needs to be changed."

Patrick White
Globe and Mail
Aug 15, 2016

PRISONERS JUSTICE DAY

☞ In Remembrance ☞

There are more than 200 Unnatural
Prisoner Deaths in Canada.
- Each and Every Year -

We maintain a PJD 'In Remembrance' page on our website for Prisoners who have died in Federal and Provincial Prisons, Remands, Lock-ups and Parole in Canada.

If you wish to have someone remembered there, send us a note or email and we will honour your request.

PJD@PrisonFreePress.org

BC prisoners get addiction therapy after settlement in Charter challenge

Prisoners struggling with opiate addictions in British Columbia jails have gained the same right to medical treatment as people outside the corrections system.

B.C. Corrections has implemented a new policy after four men who alleged they were denied opiate replacement therapy launched a charter challenge last month.

The men, who are addicted to opiates and range in age from their 20s to late 40s, are now under the care of doctors after a settlement that will also give other prisoners access to timely therapy.

"We know, regrettably, there are drugs in provincial and federal institutions," their lawyer Adrienne Smith said Friday. "The fentanyl epidemic doesn't stop at the prison gate."

"This is a step in the right direction to keep people well, particularly when they're at a good place being able to ask for medical support."

The new policy comes as the province's medical health officer Dr. Perry Kendall declared Thursday that B.C. is facing a public health emergency involving overdoses involving drugs such as the opioid-based pain killer fentanyl.

Dr. M-J Milloy, of the B.C. Centre for Excellence in HIV/AIDS, said that under Canadian law, health care must be equivalent for people inside and outside corrections facilities.

"Anything that moves us closer to that being the reality ... is a good thing," said the infectious-disease epidemiologist.

Opioid addicts who have been released from prison are at greater risk of suffering a fatal overdose, Milloy said. A Washington state-based study in *The New England Journal of Medicine* found opioid dependent people were 12 times more likely to face that risk in the two weeks following release, he said.

B.C. Corrections' current policy follows the same guidelines for administering suboxone or methadone treatment to opioid addicts as set out by the College of Physicians and Surgeons of B.C.

That means any addicted prisoner seeking help can request therapy during an appointment with a jail doctor.

Suboxone, which is now listed in the policy as the first line of treatment for prisoners, can be dissolved under the tongue in tablet form.

Methadone is administered as a liquid that's usually mixed with orange juice.

An application for injunction and notice of civil claim was filed on March 18 as the four prisoners sought therapeutic prescriptions but alleged they were repeatedly told they were required to be in custody for at least three months before being eligible for treatment.

B.C. Corrections spokeswoman Cindy Rose said in a statement that methadone has been available in jails since 2002 and Suboxone since 2010.

Rose declined to discuss the process leading to the settlement or the terms, and said B.C. Corrections was working on updating the opiate addiction treatment policy before the prisoners' legal challenge.

"B.C. Corrections will continue to offer treatment in conjunction with substance abuse management programs," she said, adding that the department is pleased that the matter has been settled.

B.C.'s Ministry of Public Safety has said there is no minimum time or length of custodial sentence to start treatment but did not explain why the four prisoners were refused therapy.

The ministry did not immediately respond to a request for comment on Friday.

Milloy said there is evidence that opioid-addictions therapy not only prevents overdoses, but protects against HIV infections and helps people living with HIV stay on their drugs.

"There's an awful lot of benefits tied up into one relatively inexpensive medication," he said.

One of Smith's clients, Shawn Gillam, overdosed on illicit drugs at North Fraser Pretrial Centre in Port Coquitlam after repeatedly being refused treatment, according to his affidavit.

"There are lots of drugs in this jail," he said.

"I've seen MDMA, acid, heroin, cocaine and oxs. I don't want to overdose again."

Smith said 33-year-old Gillam "will be safer now."

Tamsyn Burgmann
The Canadian Press
Apr 15, 2016

My silences have not protected me.

Your silence will not protect you.

- Audre Lorde

Former OCDC inmates launching lawsuit over 'degrading treatment'

Two former inmates at the Ottawa-Carleton Detention Centre are planning to sue the province over poor conditions at the jail, including overcrowding, indefinite segregation, spoiled food and frequent lockdowns prompted by staff shortages.

Their lawyer, Paul Champ, is inviting other current and former inmates to join the class-action lawsuit over persistent problems at the jail.

"It's really just a dismal existence," Champ said on CBC's Ottawa Morning.

Conditions were already under scrutiny when the fact that inmates at the overcrowded jail were sleeping in shower stalls was revealed this spring.

Community Safety and Correctional Services Minister Yasir Naqvi responded by launching a task force to come up with a plan to deal with overcrowding, as well as health and safety concerns at the jail, by June 1. The jail's superintendent was also replaced.

In April, 71 OCDC inmates were transferred to correctional facilities hundreds of kilometres away to alleviate overcrowding but the move also prompted concerns that cases would be delayed as inmates would have limited access to their lawyers in Ottawa.

'Completely intolerable and unacceptable'

Champ said inmates who have endured the poor conditions deserve compensation because the province neglected its jails for "over a decade." He added that 65 per cent of the inmates at the OCDC have not been convicted of a crime, and are either being held on a pre-trial remand or are immigration detainees.

Eight-by-10-foot cells designed for one person are instead sleeping three, a practice known as "triple bunking," with one inmate forced to spend the night on the floor, Champ said.

"When those kinds of conditions become normalized, when triple bunking is happening every day, when people are sleeping beside a toilet every day - we think that's completely intolerable and unacceptable, and I think the courts will agree that that is cruel and degrading treatment," he said. Broken showers can leave inmates without an opportunity to bathe for days or even weeks at a time, he said.

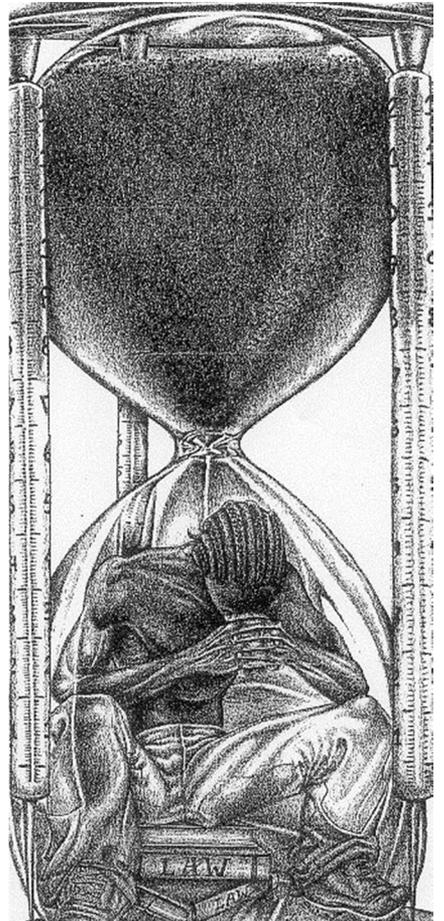
"The maintenance standards there are ridiculous. The plumbing isn't working. It's cold in winter," he said.

"Basically, the province has been saving money on the backs of prisoners. They have been cramming people into that facility and maybe there are short-term saving there for the province but I think they're really overlooking the long-term human costs."

A spokesman for the Ministry of Community Safety and Correctional Services denied a request for an interview about the Ottawa jail.

"It would be inappropriate to comment on this matter at this time," Andrew Morrison wrote in an email.

Chloé Fedio
CBC News
May 26, 2016



Federal government facing two lawsuits over inmate deaths

The families of two women who died in federal custody at a Nova Scotia prison last year are suing the federal government, arguing in part that the Correctional Service of Canada aggravated their health issues by prescribing stints in solitary confinement rather than visits to a doctor's office.

The lawsuits - filed in the Nova Scotia Supreme Court - offer rare, if one-sided, accounts of fatal experiences behind the walls of a federal women's prison.

"I think it's sad that these families, after the death of a loved one, sometimes have their sadness aggravated by the way they are treated by CSC," said Frances Shapiro Munn, the Ottawa lawyer for both families.

None of the allegations have been proven in court. CSC spokeswoman Lori Halfper said it would be inappropriate "to comment on matters before the courts," but added that the agency took prompt action to "analyze our response to these deaths in custody and to make improvements."

Veronica Park, a 38-year-old mother of one, began her stay at Nova Institution for Women in Truro, N.S., on Aug. 14, 2014. According to her family's lawsuit, she coped with her mental-health issues and extended separation from her 18-year-old son by inhaling prescription drugs obtained from other inmates. Prison staff dealt with her issues by sending her to segregation at least three times (for a total of 22 days), cutting off family visits and reclassifying her from medium to maximum security. Together these actions triggered "numerous psychological disorders, including depression," the lawsuit states.

On April 23, 2015, Ms. Park visited the prison clinic twice with a sore throat, cough, body aches and shortness of breath. Nurses declared her lungs clear, gave her a respiratory puffer and sent her on her way. The next day, prison staff found her gasping for air and she was rushed to hospital, where she was diagnosed with a serious case of pneumonia. Her condition proved too advanced, and Ms. Park was dead by 4:30 p.m. Later tests found she had contracted the antibiotic-resistant staph infection MRSA earlier in the month, the lawsuit states.

For the Park family, the heartache was only just beginning. "My mom was perfectly healthy and she dropped dead the day after we buried my baby sister," said Patricia Park, Veronica's sister. "It's been a nightmare."

The Parks, who are asking for \$2-million in damages, spent months trying to acquire details about Veronica's death from CSC. Some arrived via an access-to-information request, but other details continue to be withheld.

"When they asked for more info, they were told it was protected," said Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, who has worked with the Park family in their quest for answers. "It is outrageous." Three months later, Nova was rocked by another death.

Camille Strickland-Murphy, 22, the subject of the second lawsuit, began her sentence at Nova on Nov. 10, 2014. During a previous stint at the prison, she endured at least two inmate beatings - including one assault that left her with serious head trauma causing seizures, fainting spells, headaches and dizziness. The family alleges that rather than try to diagnose her head injury and treat a variety of complicated psychiatric conditions, CSC staff preferred to place her in solitary confinement, and it lists seven different admissions to segregation totalling 23 days.

She also "engaged in numerous incidents of self-harm and twice attempted suicide," the claim states. "Camille's incidents of self-harm included head banging, attempting to strangle herself in her cell and setting herself on fire." In February, 2015, she cut her neck and face with a razor blade. A month later, she lit her own leg on fire. Despite being urged by social workers to keep Ms. Strickland-Murphy in the mental-health unit, CSC elevated her security status from medium to maximum, the lawsuit claims. On July 20, 2015, she attempted suicide by hanging. She was found unconscious and rushed to hospital. Upon her return, CSC determined she was a low risk for suicide and, eight days after her previous attempt, she was found lying in her cell with a plastic bag over her face and a shoelace around her neck, the family alleges. She was pronounced dead just after 7 p.m.

The family is seeking \$2.5 million in damages, alleging "negligence caused Camille's death by prioritizing a security-focused environment at Nova over meeting Camille's deteriorating

mental health and increasing mental-health needs.”

Both suits make claims of false imprisonment, negligence and violations of Charter of Rights sections guaranteeing equal protection, security of the person, and protection from cruel and unusual punishment. They also state that CSC's decision to withhold information was an act of bad faith warranting damages.

Patrick White
Globe and Mail
Aug 03, 2016

Stop transfer of immigration detainees to provincial jails

More than 100 lawyers, legal scholars and specialists are calling on the Ontario government to cancel an agreement that allows the Canada Border Services Agency (CBSA) to transfer immigration detainees to provincial jails, whom they say are exposed to "profoundly disturbing" conditions.

In an open letter to Yasir Naqvi, Ontario Community Safety and Correctional Services Minister, the legal professionals say they are "alarmed" by the practice. They say it raises "very serious" human rights and concerns about the rule of law.

"We are gravely concerned that there are no public laws or regulations governing when and in what circumstances an immigration detainee can be transferred to, and incarcerated in, a provincial jail," the letter reads. "We call on the Government of Ontario to bring an end to this harmful practice immediately."

The letter follows a growing outcry over the transfer of detainees with physical and mental health problems to jails. Fifteen people have died in immigration detention while in CBSA custody since 2000.

Detainees are transferred by the CBSA from immigration holding centres to provincial jails when they are considered high risk. That includes detainees who have criminal backgrounds, outstanding charges, a history of violence, are an escape risk, or pose a danger to themselves or others.

The agency can also transfer detainees with serious physical and mental health problems who cannot get adequate medical care at holding centres.

The letter urges the minister to cancel the federal-provincial agreement, signed in October 2014, that allows transfers to continue, and during the notice period of one year, to stop accepting the transfer of any detainees with physical and mental health problems.

The letter says one third of the 7,300 immigration detainees held by the CBSA in 2013 were transferred to provincial jails in Canada. It says decisions to transfer detainees appear to be made on an ad hoc basis and detainees are denied basic legal rights given to criminal inmates.

"Immigration detainees are rarely given any notice that they are going to be transferred to a jail; are provided with no disclosure of any evidence used to inform the transfer decision; and receive no written reasons for why the transfer occurred," the letter reads.

"On one day, a detainee who has no criminal history or charge may be with her family in low security immigration holding centre, and the next she could be wearing a prison jumpsuit and be behind bars in a maximum security prison, based on the decision of a single officer whom she may have never met."

It says detainees are exposed to conditions that may include solitary confinement and situations where the jails are locked down.

"Prisons are part of the criminal justice system. Their principal function is to hold those charged with and convicted of criminal wrongdoing. Individuals held for immigration purposes should not be transferred to, and detained in, these institutions."

The letter notes that the federal Immigration and Refugee Protection Act governs detention, but the federal-provincial agreement means incarceration of detainees has become a provincial matter.

Lawyers who signed the letter include Samer Muscati, director of the International Human Rights Program at the University of Toronto, Anthony Navaneelan, staff lawyer at the refugee law office of Legal Aid Ontario, Sukanya Pillay, executive director of the Canadian Civil Liberties Association, and Maureen Silcoff, president of the Jewish Refugee Action Network. Naqvi was not available for comment.

Muriel Draaisma
CBC News
May 26, 2016

How High, How Wide?

*My prison window is not large
Five inches high, six inches wide,
Perhaps seven.
Yet it is large enough to show
The whole unfettered to and fro
Of heaven.
How high, how wide is heaven?
Five inches high, six inches wide,
Perhaps seven.*

- Joe Wallace

Voice Unheard

*We the wrongfully convicted are the voice
unheard
Our family lost faith in us innocents in prison
Our voice shrivels when no one responds to our
pleas
We are the voice unheard
Our pleas fall on deaf ears & mute mouths &
blind eyes
We become invisible to the free world
We have been judged, juried & emotionally
executed by our own peers
We scream innocence but no one hears cause
We are the voice unheard
Our voice has vanished*

- Unheard, Unseen Man

Time and Time Again

*I'd like to put the past behind me
I'm trying to start anew
But functioning in the real world
I find so hard to do
I've spent many years behind bars
A type of complacency has set in
I guess I'm institutionalized
I've paid dearly for my sins
I'd like to break the cycle
Amend the error of my ways
I'd give anything to keep my freedom
Hell knows I've seen better days
I'll keep trying to beat the system
Where I'm a number, not a name
Maybe I'll succeed this time
If not, I'm the only one to blame*

- Smitty

Untitled

*A war rages behind these walls
Feelings & fears that cage us
Enrage us
Wanting to be free
Dying to be me*

- Fallen Angel

Bucket

*Up in this cell, the Bucket from hell
I'll finish my time, & I'll be just fine
Fuck the phone call, don't need fuck all
Fuck the letter, I'll make myself better*

*In my cell alone, every day just one
Me, myself & I, is all I need to get by
Man-up, buck-up, solid & straight up
I'll do my own shit, & finish this bit*

*Then when I walk, people gonna talk
But I got my bros, & everyone knows
It's all good, just as it should
Life goes on, the same old song*

- Angela Duchene

Prison de Métal

*Pris dans une prison de métal
Une larme de sang coule sur ma goue
Mental séquestré
La rage tel un bouclier
Voir la vie d'un autre coté
Ici le mal prend son pied
Les poings pour parler
Et le sang qui fait pleuré
Prisonnier d'une réalité
Seul la mort peut nous libéré
Sentir la vie toute les nuits
Vivre sous la pluie
Nuage gris
Soupir de nostalgie ...*

- Pascal Normand

*We must trust our own thinking.
Trust where we're going.
And get the job done.
- Wilma Mankiller*

Grand Valley Institution inmate dies after being found unresponsive in cell

A 30-year-old inmate at Grand Valley Institution for Women in Kitchener, Ont., has died after she was found unresponsive in her cell on Monday evening.

According to a statement from Corrections Canada, Terry Baker was found by staff, who started performing CPR immediately and called emergency services.

"We don't have a lot of information; the fact that she was in segregation is of significant concern," Kim Pate, with the Canadian Association of Elizabeth Fry Societies, told CBC News.

Pate said that regional advocates for the society had expressed concerns about Baker, citing "significant mental health issues."

Pate said Baker had been in segregation and had attempted suicide on Monday night. Baker had been on suicide watch at some point during the past few weeks, according to Pate.

"We know that she was in restraints a number of times; we suspect there were uses of force, but we don't know that for certain and we have asked the correctional investigator to also look into it," said Pate.

Baker was taken to St. Mary's Hospital in Kitchener, but was pronounced dead at 12:06 p.m. Wednesday.

"Terry was a very sweet, gentle young woman except when it came to herself. She had been very self-destructive and self-harming for a number of years," said Pate. "She's someone who, when I last saw her in Saskatchewan, she was actually doing quite well. She was involved in a dog therapy program.

"From our perspective, [this] underscores exactly why we have the position of no women in segregation, particularly those with mental health issues," said Pate.

Echoes of Ashley Smith

"We've known [Baker] since she came into the system through the youth system, very similar to too many women, including Ashley Smith. And for many years, we have been extremely concerned that she needs to be out of the system," said Pate.

Smith was 19 when died in a segregated prison cell in the same facility in 2007. An Ontario coroner's jury ruled that Smith's self-inflicted death in her cell was a homicide.

According to the Corrections statement, Baker had been serving a sentence for first-degree murder since January 2006. Her next of kin have been notified.

Police and the coroner have also been notified.

CBC News
Jul 06, 2016

My Second Chance

*Before I didn't even know me
Always drunk & too blind to see
Now here I sit in a cell
A prisoner of my own hell*

*I was full of anger & denial
The judge of my own trial
Didn't realize all the hurts I had
I thought, fuck it & stayed mad*

*Here I sit at GVI pen
Looking at women who will sit here for the next ten
I realized I had changes to make
I now see the new road of life I have to take*

*This would be my ultimate test
See if I can put those hurts to rest
I'm determined & very prepared
All my life I didn't realize that people really cared*

*Family, staff, inmates & friends
All helping my heart slowly mend
I'm glad I opened my eyes & seen
How deep, broken & confused I had been*

*I finally have the ability to go forward
A future to which I look toward
Today I can proudly say
From here on out, nothing will stand in my way*

- Michelle Richer

One isn't necessarily born with courage, but one is born with potential.

Without courage, we cannot practice any other virtue with consistency.

We can't be kind, true, merciful, generous, or honest.

- Maya Angelou

How a self-represented inmate fought and won release from solitary

They say solitary confinement is a prison within a prison. If so, Matthew Hamm just engineered one of the more impressive prison breaks of our time.

He left no knotted bedsheets, no tunnels dug by soup spoon. Rather, Mr. Hamm sprung himself and two other men from Edmonton Institution's notorious "hole" using a judicial writ dating back to the time of the Magna Carta and legal knowledge sharpened over years bouncing among the country's federal prisons.

Earlier this month, Alberta Court of Queen's Bench Justice J.B. Veit largely agreed with Mr. Hamm's legal argument that the Correctional Service of Canada unlawfully placed him and three other inmates in solitary confinement, and ordered their immediate release to a less restrictive ward.

It was a rare victory for a self-represented inmate and raises questions about how a 37-year-old convict with multiple mental-health diagnoses managed to out-flank the \$2.5-billion-a-year prison agency. The answer rests with a judge's patience and Mr. Hamm's determination to overcome personal and institutional hurdles.

"I do have serious mental-health issues, but I'm high-functioning," Mr. Hamm said by phone from prison, where he is now in a mental-health ward.

"One day I spoke in court for five straight hours. At times, I probably sounded manic to the judge, but she always allowed me to continue."

He had learned the details of habeas corpus law – the medieval writ stating "no man shall be arrested or imprisoned ... except by the lawful judgment of his peers or by the law of the land" – two years earlier, when a Saskatchewan prison bumped him from a mental-health ward to segregation. Today, the writ allows a judicial review of prison actions that further erode an inmate's residual liberties. Before Mr. Hamm could argue against the transfer before a judge, the prison removed him from solitary, rendering his application moot.

On Jun. 28, 2016, he got a chance for another legal challenge when guards moved him and several other inmates from a mental-health unit to an isolation unit, assuring them it was an

unofficial and temporary admission to segregation.

"They started off giving us extra time out," he said, "but by the second week, we were locked up 23 hours a day. We were in the hole. We said, 'This is bullcrap, we're in here for no reason.'"

Soon, a reason emerged. Officials claimed a confidential informant had come forward saying Mr. Hamm and four others were planning to attack several guards.

The inmates knew the information was bogus. The informant recanted his story in writing, noting he had concocted the allegations because staff had offered to transfer him from segregation and provide him a television.

"They made him an offer he couldn't refuse, I guess," Mr. Hamm said. "We showed this evidence [to staff]. They didn't seem to care."

With only two months remaining until his sentence ends in the fall, he opted to battle the prison in court, despite the potential for repercussions.

After he made his legal filings, his life became harder. Correctional officers confiscated a bag of canteen food stored in his cell. When they returned it eight days later, he opened it to discover he was no longer alone in the isolation cell.

"There were maggots everywhere," he said. "They scattered all over the cell and I had to walk around killing them by hand with toilet paper. I finally got them all, but the floor was sticky with dead maggot juice."

At other times, his court filings were held up at the prison, a complaint noted by the judge. Five days before the first court hearing, guards took away Mr. Hamm's clothing, forced him to dress in a smock and placed him on suicide watch, another action noted by the judge. Mr. Hamm said he did nothing to warrant the invasive attention.

The hearing stretched to three-and-a-half days, during which Mr. Hamm argued his segregation was unlawful on several grounds: the confidential informant was unreliable, prison authorities failed to follow the principles of procedural fairness and fundamental justice by withholding information the inmates needed to counter the accusations, and the prison authorities failed to consider the mental health and aboriginal background of the inmates.

Mr. Hamm was sitting in his segregation cell when the judge's decision was delivered on the morning of Aug. 10, a day known as Prisoners' Justice Day in jails across the country. By then, he had spent nearly half his life incarcerated for various non-violent offences. Judgments had rarely gone his way. This day would be different. "It took a while to really sink in," he said of reading the 44-page decision. "It was so thorough and so scathing towards the institution. She agreed with every single one of my arguments."

In short, the judge called the prison's actions unreasonable and ordered officials to release the men from segregation immediately. A CSC spokeswoman said the agency is reviewing the decision. "We will not be able to offer comment until that process is complete," Lori Halfper said.

"My fight is not done," Mr. Hamm declared over the phone. "Now I have to file in federal court to have these allegations stripped from our files. Getting out of solitary is just a Band-Aid on a festering open wound. Not everyone has the ability to bring an action like this or the motivation. I'm doing it for them."

Patrick White
Globe and Mail - Aug 26, 2016

Correctional Service Canada must be more transparent about prison deaths

A report from prison ombudsman Howard Sapers paints a picture of an insensitive agency that too often skirts public scrutiny.

When a person dies behind bars, the government has a clear moral duty to be sensitive and transparent with the loved ones left behind. Yet a recent report from prison ombudsman Howard Sapers suggests Correctional Service Canada (CSC) is consistently failing to fulfill that duty.

Sapers' report, *In the Dark*, paints a picture of an insensitive agency that too often obscures the truth around the circumstances of prison deaths, skirting public scrutiny and compounding the anguish of grieving loved ones in the process.

It is required by law that when an inmate dies from non-natural causes, an investigation be conducted and a report issued. But in several cases, Sapers found CSC redacted portions of

reports, altering or obscuring their meaning. Of particular concern was a tendency to black out details that might implicate correctional officers for failing to follow policy or worse.

The examples Sapers provides are deeply troubling. In one report about a death that occurred between 2013 and 2015, any mention of the fact that the prisoner in question had threatened to kill himself was excised from the report. But this was information essential for evaluating the conduct of the correctional officers involved. Another family whose loved one died during the same period received an 88-page report that had 44 pages blacked out. It's not just at the report stage that the agency is apparently secretive. "CSC withholds as much information as possible at all points — from notification of death through the investigative process," Sapers said.

And, according to the report, when it does communicate with families, it often does so inhumanely. In one case a family member arrived to view the body of his loved one at an appointed time, but was informed the inmate had already been cremated. Later, without warning, the prison couriered the ashes to the family. "Sending someone in the mail ... it's just not right," a family member told Sapers' office. While some of the agency's redactions are no doubt legitimate, such as those that protect the privacy of a prisoner's cellmate, Sapers found that many appeared to be a misuse of the access to information and privacy laws. That harms not just the families of those who die in government custody, but also the public.

CSC has the discretion, Sapers notes, to release information in the public interest. That ought to be the default. In recent years, prison deaths tied to Canada's cruel overuse of solitary confinement have finally started to come to light. The problem, and others like it, must not be allowed to recede into the shadows. Those affected by our penal policies have little public voice. It is on issues like the humane treatment of prisoners, whose plight might easily be ignored, where government opacity can be most damaging.

Ottawa should take a close look at Sapers' recommendations for reform and act quickly to fix this unjust, anti-democratic practice.

Editorial
Toronto Star - Aug 8, 2016

Chronic delays undermine public faith in justice system

The delays plaguing the justice system have become a crisis that could result in the release of thousands of criminals, say the senators behind a new report that explores how long it takes for cases to wind their way through the courts.

"It needs to be remedied immediately," Sen. George Baker said Friday in Ottawa as the standing Senate committee on legal and constitutional affairs released its interim report on a problem they say is eroding public confidence in the criminal justice system.

"We now have a crisis situation in this country in which you are going to see tens of thousands of persons who are guilty of serious crimes in this country released," said Baker, a Senate Liberal.

"They will not go to jail for what they're convicted of, simply because we have not made the proper changes in procedures relating to court operations."

The Supreme Court of Canada issued a potentially ground-breaking decision last month when it set out a new framework for determining whether a criminal trial has been unreasonably delayed, citing a "culture of complacency" for contributing to the problem.

The Charter of Rights and Freedoms says someone charged with an offence has the right to have their case tried within a reasonable amount of time. In a 5-4 decision, the high court defined that period as 18 months for provincial courts and 30 months for superior courts.

The ruling came with a transitional measure for cases already in the system, although a dissenting minority opinion argued the new time limits could lead to thousands of prosecutions being tossed out.

Asked whether such a possibility could force the federal government to act more quickly on reducing delays, Conservative Sen. Denise Batters said: "I hope they do."

The 15-page report describes the complex factors behind delays, which it notes persist despite overall crime rates having been on the decline since the early 1990s.

"The innocent are left in limbo. The persons who committed crimes are left unprosecuted and Canadians are left frustrated. They are so

frustrated that they condemn our court process," Baker said.

And the senators say a shortage of judges - including 44 federally appointed positions that remain empty - is an important factor in the delays.

They called on the Liberal government to fill the vacancies immediately and develop a more effective judicial appointments system.

Justice Minister Jody Wilson-Raybould said the Liberal government is committed to increasing diversity on the bench and would be sharing the details of a new judicial appointments process - similar to the one announced last week for the Supreme Court - in the near future.

"We are committed to ensuring that Canadians can look to the justices we appoint to the bench and see their faces and life experiences reflected there," Wilson-Raybould said in a speech Friday to the annual legal conference of the Canadian Bar Association.

"That said, I am very sensitive to the pressures that courts throughout the country are currently experiencing due to judicial vacancies," she said, noting the federal government had already made 15 judicial appointments in June.

Senate Opposition leader Claude Carignan said he would rather see vacancies filled now through the existing system of advisory committees and the candidates they have already identified.

The report recommends a number of ways to improve the issue of delays.

Getting better at case flow management would have a big impact, the report said, highlighting ideas such as no longer requiring the accused to show up for every single court appearance, no matter how brief.

So would the increased use of technology, such as electronic monitoring devices to reduce the number of people who need to be incarcerated in remand centres.

The report also recommends the use of restorative justice and therapeutic or alternative courts, citing the value of police discretion in whether people dealing with mental health issues and addictions needs to be arrested instead of referred to programs where they can get help.

The final report is expected next spring.

Joanna Smith

The Canadian Press - Aug 12, 2016

Ontario spent \$44M to prepare for jail strike that never happened

Ontario spent more than \$44 million preparing for a strike by Correctional Services that never happened, The Canadian Press has learned.

The Liberal government has publicly said it spent \$8.5 million on training and renovating spaces in the province's jails in the event that managers had to run the facilities on a 24-hour basis during a strike.

But an itemized list of strike preparation expenditures requested by The Canadian Press through the Freedom of Information Act shows the estimated total is actually \$44,380,472.45. Nearly \$32 million of that was spent on one-time expenses, including accommodations for managers and private security.

Less than a third of the total was spent on items that were ultimately repurposed for regular use in correctional facilities, such as \$3.2 million worth of food and beverages, \$1.1 million for beds, mattresses and partitions, \$866,000 in medical supplies and equipment, and \$776,000 in safety and security equipment.

A three-year deal reached Jan. 9 with 6,000 correctional and probation officers averted a threatened strike, but by that time correctional managers and managers from across the public service had already been brought in to the jails. The document pegs the cost of redeploying 2,000 managers at about \$6.7 million.

About \$15.8 million was spent on trailers placed on the jail grounds where managers would live during a strike. Another \$500,000 was spent on storage trailers for "cook-chill" meals and \$286,000 went to "storage rental costs."

A further \$2.4 million was spent on a logistics co-ordination supplier and \$2.2 million on "loading and unloading costs."

More than \$660,000 spent on security services that went "to provide security guards at the institutions, who were responsible for monitoring the perimeter and providing escorts," said Lauren Souch, a spokeswoman for Correctional Services Minister David Orazietti.

Another \$494,000 was spent on training those managers, including de-escalation, offender programs and services, "culture and gender responsiveness," health and safety, inmate discipline, fire safety and emergency protocols.

More than \$8 million was spent on infrastructure, and about \$5.5 million of that went to permanent upgrades, such as electrical improvements, programming spaces and washroom improvements. The rest went to supporting installation and non-permanent site improvements, such as hooking up the temporary trailers to electricity, gas and sewage. Souch said it would have been "irresponsible" to compromise the health and safety of the more than 8,000 inmates and 50,000 people on probation across the province in the event of a strike.

"It was only prudent to have contingency plans in place to ensure safety of our institutions and the public in the event of a labour disruption in our correctional facilities," she said in a statement.

"Every effort was made to ensure costs to taxpayers were minimized while ensuring the highest standards of public safety and security. Additionally, all contingency planning decisions were assessed with the lens of how investments could be repurposed and integrated into daily operations and long-term improvements to our facilities."

There was certainly a need to prepare to keep people safe, said NDP critic Jennifer French, but many of these expenses seem like "wanton spending."

"If they have that kind of money to spend it could have been better spent strengthening a failing system," she said.

The corrections deal included agreeing to interest arbitration for future contracts, meaning there won't be another strike threat in the next round of bargaining, the government noted.

Wage issues were sent to an arbitrator, and correctional officers will be getting 4.4 per cent raises next year after an arbitrator ruled their salaries had fallen behind those of their federal counterparts and police officers. Probation officers will get 3.4 per cent raises.

Allison Jones
The Canadian Press
Jul 12, 2016

Write what should not be forgotten.
- Isabel Allende

Howard Sapers urges legal limits on prison segregation

Canada's prison watchdog is calling for tighter legal restrictions and greater oversight over solitary confinement as two more cases of suicide in segregation hit the spotlight.

Howard Sapers, Canada's correctional investigator, said he is "very concerned" that the circumstances around these deaths in custody had similar elements as those flagged years ago in the high-profile inquest into the death of teen prisoner Ashley Smith.

"Simply leaving it to the Correctional Service of Canada (CSC) within the existing legal and policy framework is not producing an adequate response," he told CBC News.

An inquest into the suicide death of 37-year-old Christopher Roy at British Columbia's Matsqui Institution began Monday — just weeks after 30-year-old Terry Baker took her own life at Grand Valley Institution for Women in Kitchener, Ont.

That's the same facility where Smith died in a segregated prison cell in 2007. A coroner's jury ruled that her self-inflicted choking death was a homicide and made 104 recommendations to prevent similar deaths in future. A homicide finding by a coroner's jury means the jury members found other people contributed to Smith's death, but the finding doesn't attach any criminal blame or liability.

While some changes in policy, procedure and training have been made since then, Sapers said they don't go far enough. What "troubles" him is that he expects findings from the Roy inquest won't be much different than what was discovered in past reviews, investigations and inquests.

"These are real improvements, but the improvements have not led to a decrease in the number of placements in segregation, nor have they increased the safety of placing vulnerable people into segregation," he said.

Protecting vulnerable prisoners

Sapers is calling for:

- Legislated hard caps on the length of time someone can spend in segregation.
- A prohibition against the use of segregation for vulnerable persons, including those with known serious mental health issues or a history of self-harm or injury.

- More accountability and oversight, including an external review of continued segregation placements.

Some critics and prisoners' advocates have called for a total ban on segregation. The B.C. Civil Liberties Association and John Howard Society of Canada have filed a constitutional challenge against the practice, arguing it amounts to cruel and unusual punishment to keep an inmate isolated for prolonged and indefinite periods.

In ministerial mandate letters last fall, Prime Minister Justin Trudeau tasked key cabinet ministers with implementing recommendations from the Smith inquest, including better treatment for mentally ill inmates and tighter restrictions around the use of segregation.

A spokesman for Public Safety Minister Ralph Goodale, who oversees Canada's prison system, said the government is making progress but promises to do more. Scott Bardsley said a framework developed by CSC in 2015 that strengthens rules and decision-making around placement and review has led to a "significant decrease" in the number of inmates in segregation.

There was a 34 per cent decrease in the number of people in segregation in federal prisons last year. In March, there were 691 inmates in administrative segregation, compared to 454 in December, Bardsley said. There was also a 52 per cent decrease in the number of inmates in administrative segregation for 60 days or less.

"The government recognizes that the challenges raised by these issues are complex and require careful consideration," Bardsley said. "We can and must do better. We will continue to strengthen the review process to ensure that alternatives to administrative segregation are considered for all offenders."

Kathleen Harris
CBC News
Jul 20, 2016

Fighting crime by building more jails is like fighting cancer by building more cemeteries.

- Paul Kelly

Supreme Court strikes down 2 Conservative sentencing reforms

The Supreme Court of Canada has ruled that two key "tough on crime" measures brought in by the previous Conservative government are unconstitutional.

In the first case, the court ruled 6-3 that a mandatory minimum sentence of one year in prison for a drug offence violates the Charter of Rights and Freedoms. It centres on Joseph Ryan Lloyd, a man with drug addictions in Vancouver's Downtown Eastside, who was convicted of trafficking after police caught him in 2013 with less than 10 grams of heroin, crack cocaine and crystal methamphetamine.

The court ruled the sentence cast too wide a net over a wide range of potential conduct, catching not only the serious drug trafficking that is its proper aim, but also conduct that is "much less blameworthy."

"If Parliament hopes to maintain mandatory minimum sentences for offences that cast a wide net, it should consider narrowing their reach so that they only catch offenders that merit that mandatory minimum sentence," the decision reads. "In the alternative, Parliament could provide for judicial discretion to allow for a lesser sentence where the mandatory minimum would be grossly disproportionate and would constitute cruel and unusual punishment."

The dissenting view argued that the law as drafted was narrow enough, and that it did not amount to cruel and unusual punishment.

Omnibus bill

The sentence imposed stemmed from the so-called "omnibus crime bill" brought in by the Stephen Harper government in 2012. The Safe Streets and Communities Act, also known as C10, made sweeping changes to Canada's criminal justice system, including mandatory minimum sentences for non-violent drug offenders.

On Friday, Prime Minister Justin Trudeau said the Liberal approach to criminal justice is to protect public safety while respecting rights. He said mandatory minimums are appropriate in some conditions, and noted that past Liberal governments have imposed them for certain crimes like murder. "At the same time, there is a general sense, reinforced by the Supreme Court decision, that mandatory minimums

brought in by the previous government in a number of cases went too far," he said after an event in Waterloo, Ont.

A mandate letter from Trudeau to Justice Minister Jody Wilson-Raybould called for an overhaul of the measures brought in by the Conservatives. "You should conduct a review of the changes in our criminal justice system and sentencing reforms over the past decade with a mandate to assess the changes, ensure that we are increasing the safety of our communities, getting value for money, addressing gaps and ensuring that current provisions are aligned with the objectives of the criminal justice system," the letter reads.

Conservative deputy justice critic Michael Cooper said he hopes the Liberals don't use today's decisions as a licence to roll back other Conservative measures that were brought in to hold "violent, hard-core" criminals to account. He said he's disappointed by the high court's decision to overturn measures meant to keep streets safe. "Canadians lose confidence in the criminal justice system when the sentence doesn't fit the crime," he told CBC News.

Credit for time served

In the other case, the Supreme Court was unanimous in ruling that a person who is denied bail because of prior convictions should be able to receive credit for time served before sentencing.

Normally, a person denied bail can get 1.5 days of credit for each day spent in pre-sentence custody, reflecting what are often harsh conditions with a lack of access to programs.

Under sentencing reforms introduced by the Conservatives in 2009, a person denied bail because of a previous conviction is not eligible for enhanced credit.

'Ineffective, costly and unjust'

The B.C. Civil Liberties Association, which acted as an intervener in both cases, applauded the rulings. Staff lawyer Laura Track called mandatory minimum sentences "ineffective, costly and unjust."

"Judges must be able to weigh all of the evidence and decide on a fair sentence that fits the crime," she said in a release. "Mandatory minimums take away judges' ability to do just that."

Kathleen Harris

CBC News - Apr 15, 2016

Important Hep C Update!

New treatments with excellent success rates are now available!

These are in pill form and have little or no side effects. The downside is the cost of course: \$1000+ per pill.

Harvoni: \$60,000 - 8 weeks (Genotype 1, low viral load, never-treated)

Harvoni: \$90,000 - 12 weeks (Genotype 1)

Sovaldi: \$55,000++ perhaps with other drugs for Genotypes other than Genotype 1

Federal Prisons: you may be able to start your treatment while inside.

Provincial Prisons: Depending on the province, you may have to wait till you get out.

- When released, get right on welfare or disability.
- Federal health care programs like NIHB & IFH may cover costs.
- Go to a Clinic and get your blood work done so you can get into a Treatment Program at no cost to you.

Important: most prisons, provincial drug plans, and private plans restrict the new drugs to people who have chronic hep C plus scarring of the liver (stage F2 or higher fibrosis). Both never-treated & people for whom Peg-Interferon & Ribavarin did not work are eligible for the newer treatments. For people with hep C and no liver scarring or light scarring (less than F2 fibrosis), it's still Peg-Interferon & Ribavarin. Get your liver tested! New tests have replaced biopsies: Fibre-test (blood) & Fibro-test (imaging).

HEP C = 18-30% in prison

HIV = 1-5% in prison

Do Not Share or Re-Use:
needles, ink, ink holders, rigs, ...

... well, anything in contact
with blood !!!

BLEACH DOES NOT KILL HEP C

Hep C & Eating Well Inside

Your liver is your body's processing and power plant - everything you consume filters through it. If you have hep C, eating well can slow its progression in your liver.

We have some general tips on healthy eating for hep C inside. A diet low in fat, sugar, cholesterol, and sodium, but high in complex carbohydrates and sufficient protein is recommended.

- If you can, talk to health care and see if you qualify for a low-fat, low-cholesterol, or high-protein diet.

- Order peanut butter or protein bars from canteen. Watch your protein bar intake as they often contain lots of processed sugar.

- Eat protein like meats, peanut butter, beans, nuts, and cheese. Your body needs protein to fight infection and heal damaged liver cells. Protein helps you build and maintain muscle. But eat high-fat protein sources like meat, peanut butter and cheese in moderation.

- Eat carbohydrates. You need carbs to give you energy. Try to avoid high-sugar foods like candy, and go for complex carbs like pasta, potatoes, bread, fruits & vegetables.

- Eat all your vegetables - whatever you can get. You get vital nutrients from fruits and vegetables.

- Drink water. Coffee and cola can dehydrate you. Flush your system with some water.

- Cut back on fatty and salty foods if you can, including deep-fried foods. They make your liver work overtime.

- Cut down or stop drinking. Alcohol is very hard on your liver.

- Try to exercise a bit every day. Walk or jog around the yard. Lift weights to keep your muscles strong or get the blood flowing with push-ups and sit-ups.

- Watch your health. Put in a health care request if you get swelling or pain in the right side of your torso.

- Educate yourself about hepatitis C.

* If you have advanced liver disease or another condition like diabetes that requires a special diet, try to talk to a health professional before making changes to your diet.

A Child of an Incarcerated Parent

The Reality

- Every year over 150,000 adults are remanded into custody which results in approximately 180,000 innocent children who suffer from the traumatic effect of parental incarceration in Canada
- Over 5000 children are impacted by parental imprisonment in the GTA
- The number of children affected by parental incarceration only increases with the passing of the Crime Bill C-10

The Need

- Despite the growing prevalence of these innocent victims the resources available are minimal
- The cost and lack of accessibility to correctional facilities restrict child-parent visits. Consequently, some children can never visit their incarcerated parents

The Impact

- Children of incarcerated parents grieve the loss of their parent
- These children are four times more likely to be in conflict with the law
- Social stigma of incarceration causes some families to avoid discussing the absence of a parent

Research suggests that parental incarceration has a detrimental impact on children. These innocent children suffer the traumatic experience of being separated from their parent. Following parental imprisonment, children are faced with a myriad of challenges including:

- feelings of shame, grief, guilt, abandonment, anger
- lowered self-esteem
- economic instability
- social stigma and isolation
- disconnection from parent
- insecurity in familial and peer relationships
- school absenteeism, poor school performance
- difficulty in coping with future stress/ trauma
- compromised trust in others including law enforcement



F.E.A.T. - Family Visitation

F.E.A.T. for Children of Incarcerated Parents was founded in 2011 to support the needs of the over 15,000 children in the Greater Toronto Area that have a parent in the criminal justice system.

F.E.A.T.'s Family Visitation Program provides weekend transportation from Toronto to correctional facilities in Southern Ontario for children and families to visit imprisoned loved ones.

During our trips, F.E.A.T provides free snacks and refreshments, offers a variety of games and activities, and plays movies.

Our bus is a place where youth and families have a chance to talk about their experiences of having a loved one inside and receive support from mentors and other riders.

Our Family Visitation Program is free for anyone 18 years old and younger. If you are interested in participating in our program, please call or email F.E.A.T. to register today.

For more information or to book a seat on the bus please contact Jessica or Derek Reid by email at info@featforchildren.org or by phone at 416-505-5333.



PRISON RADIO

- Montreal - CKUT 90.3 FM
PRS - 2nd Thurs 5-6 pm, 4th Fri 11-Noon
- Guelph - CFRU 93.3 FM
Prison Radio - Thurs 10-11 am
Call-in 519-837-2378
- Vancouver - CO-OP 100.5 FM
Stark Raven - 1st Mon 7-8 pm
- Kingston - CFRC 101.9 FM
CPR - Prison Radio - Wed 7-8 pm

CPR: This program features content produced by CFRC volunteers and by other campus and community radio broadcasters, including CKUT Montreal's Prison Radio & Vancouver Co-op Radio's Stark Raven programs.

The last Wednesday of each month, CPR features 'Calls From Home', sharing letters, emails, voice messages and music requests by and for prisoners and their loved ones.

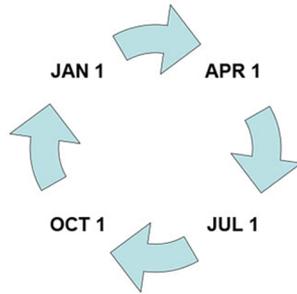
Prisoners and their loved ones are invited to contribute music requests, messages and suggestions for the program.

Write: CPR c/o CFRC, Lwr Carruthers Hall,
Queen's University,
Kingston, ON, K7L 3N6

Email: CFRCprisonradio@riseup.net
Call: 1-800-440-5219 to record a message or music request to be broadcast on-air.

Prisoners Justice Day is: August 10

- CLASS ACTION! NEWS -



- MAILOUT DATES -

Issue #3 - Fall 2016

Class Action News

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Deadline: Dec 1, 2016

Mail-out: Jan 1, 2017

If you don't like the news ...

... make some of your own !!!

Whatcha got in there that needs to get out ?

... Hmm ...?

Art, Poems, Stories, News, Whatever !

