Having served more than a decade in federal penitentiaries, I have seen many things change for the worse. Below, is a list of recommendations that a number of us at Beaver Creek Minimums who meet regularly to discuss how we can atone for our actions with our victims and communities compiled during one of our meetings. However, before getting to this list, we wish to emphasize that given the time we spend behind bars and our will to succeed, there is such a wasted opportunity for educational training, including post-secondary trades. If offered in a more expansive way, it would make all the difference in the world. It is also important for us to have the chance to make money, to send funds home to help out and to have some resources upon release. The lack of incentive pay for working for CORCAN really hurts. I hope the Liberals make good on their promise to help make us better citizens.

Here are our ideas for change:

- Put in place opportunities to gain employable skills that reflect today’s jobs
- Offer more trades and work training
- Streamline the grievance process
- Ensure consistency with respect to how parole officers apply policies
- Ensure that program assignments can be available and completed before major decisions like parole hearings (see the Auditor General’s recent report on not preparing male prisoners for reintegration)
- Reintroduce accelerated parole review for first-time, non-violent prisoners
- Reinstate rules limiting double bunking and address crowding
- Encourage family support by making it easier to visit prisoners
- Lift the 2002 computer moratorium and allow personal computers as is being recommended by the Office of the Correctional Investigator of Canada
- Repeal the pardon legislation passed by the previous government
- Review pay cuts related to prisoner accountability issues
• Increase the possibility of release through Escorted Temporary Absences and Unescorted Temporary Absences
• Make funds and courses available for post-secondary education
• Reinstate incentive pay for CORCAN assignments
• Increase the grocery allotment
• Reinstate Old Age Security for prisoners to promote their safe reintegration
• Abolish phone charges for people who do not use the phone