

1. Would you be interested in submitting materials to train attendees?

Yes!

(a) Would you like your name and contact information included?

Yes!

(b) Would you like a short biography about you included?

Yes!

James Crawford (Mutope Duguma) D-05596: I have been incarcerated in CDCR for 29 years; I am a *New Afrikan* practitioner who is involved in Righting the Wrongs of Injustices as it relates to *New Afrikans* and oppressed People where ever they exist in the world, working as a prison activist inside the landmines of prisons.

Clyde Jackson (Abasi Ganda) C-33559: I have been incarcerated for 34 years. I am a *New Afrikan* practitioner who is committed to the growth and development of all oppressed People of the world, persistently working as a progressive agent inside the landmines of prisons.

2. This training is aimed to focus on practical skills development for activist, legal workers, and lawyers to understand the nitty-gritty methods and best practices for supporting and advocating for people inside prisons.

(a) *What skills should people work on developing?*

1. Knowing your rights, as it relates to: CDCR policies, lawyers, visitors, correspondence, Etc., people are routinely denied their rights as public citizens. Know what's in your power to do, by law, when dealing, in any capacity, with CDCR, because you have rights. Study the [CCR Title 15](#) or the [State of California Department of Corrections and Rehabilitation Adult Institutions, Programs, and Parole Operations Manual](#) (D.O.M) When corresponding, do not jeopardize your correspondence by *not* knowing what's *not* allowed by CDCR. You can inform yourself in 2 ways: By asking a prisoner to send you the correspondence rules and policies that govern mail; or you can read them yourself by getting a [CCR Title 15](#) or [D.O.M](#)

When writing letters to officials, it should always be in a ranking order e.g. if you are writing the warden of a particular prison for whatever, you want to use CC: copies to his/her superiors, this way you put all the officials on notice based on what he/she is doing or not doing! Also, all

letters to officials should be in abundance when dealing with crucial issues. It's suggested that no lesser than 100 independent mailings should be delivered, this way, they all can see the magnitude and sincerity of the problem.

When organizing there should be (3) major factors followed: Policies, Protocol, and Procedures. We call this the "Triple P's". Once everyone is organized around the Triple P's there should be delegates designated to carry out certain tasks inside the organization.

Legislative work: Legislative work is extensive. I would first want to educate the people (i.e. *common folks*) to the Legislative Body (i.e. politicians) and for folks to know each politicians responsibility is to the people as public servants. Any policies and laws introduced in the interest of the people/prisoners should always serve the interest of the people or prisoners. By weighing the pros and cons of each proposed law, before it is introduced first, once it has gone through the crucible there should be a mass campaign against the politicians as to why they are negating their responsibility and by pointing out the politician's job/service-incompetence, while waiting in the rear to introduce the proposed bill.

Legislative work should also center on educating the tax payers (i.e. upper/middle class citizens) to the many contradictions that exist around bad policies/laws. We can get an intellectual informed group to seek the citizens out and educate them to the bad policies/laws that are economically eroding the State. These are contradictions that have to be dealt with; we get a head start by doing the legislative work ourselves.

(b) *Becoming familiar with Prisoner Rights?*

I have previously mentioned the governing prison rights prisoners have are based on CCR Title 15/ D.O.M., Rules and Policies, but there are State and Federal Constitutional Rights as well. Most of these Rights prisoners do not even know about, but due to our ongoing work in and out of prisons; many are becoming more and more aware of their Rights. Inside the score demands those rights were clearly stipulated, but because they were not laid out legally many people do not see them.

Right to adequate food, Right to adequate medical care, Right to recreation, Right not to be subjected to torture by being held in solitary confinement indefinitely, or Right not to be held under oppressive prison conditions until you debrief, and a Right to be afforded access to educational programs, these Rights can all be supported by Constitutional Law.

- (c) *We plan to teach participants about Basic Rights (Conditions, Medical, Staff Conduct Etc.) and potential Remedies within and external to CDCR. What should participants know about?*

Prison Conditions are based on State and Federal Laws that means that prisoners have a Right to receive a wholesome caloric nutritional diet ranging from 28-3000 calories a day. One Breakfast meal served hot, one cold lunch, and one dinner meal served hot. Under no circumstances are meals negotiable, nor can be refused as punishment.

Medical treatment should be provided by Right of State and Federal Law, afforded to each prisoner, in need of such care. The prison medical staff tends to use a sinister procedure in order to deny prisoners Basic Rights. It is important to know that each prisoner can receive adequate medical care by understanding how CDCR uses a medical testing protocol in order to deny prisoners adequate medical treatment. See enclosed document on how to file a *Medical 602 Appeal* type this up and use this as an educating tool on, "How to get prisoners adequate medical treatment".

Staff conduct is the crux of all the problems. Inside of institutionalized racism (I-R), staff characteristics were clearly indentified. One does not have to be white to be affected, meaning you do not have to be a certain race to carry out I-R. All you have to be is an employee. Therefore, understanding that each staff is affected by I-R gives us a clear advantage. Just in case, for clarity, the *Five Characteristics of Institutional Racism* are: Obscurantism, Irrationalism, In-humanism, Racism, and Chauvinism. By understanding these characteristics, which prison staff are either consciously or unconsciously indoctrinated into, we have the advantage.

All staff are responsible (no matter what their rank) for each and every prisoner held in CDCR's custody. This means by Right, anything that happens to a prisoner, good or bad, prison staff are responsible for. Therefore, prison staff under no circumstances can be relieved from their obligations to the prisoners. Inciting prisoners into racial conflicts, misconduct, internal strife (i.e. groups) Etc., Etc., as seen in Corcoran and elsewhere. Remember, the root cause of all staff conduct is based on economic incentives to which they would be paid. Therefore, we have to work with our friends over at *Californians United for a Responsible Budget (CURB)*, in order to see and know when, where, and how they aim to improve on their economic interests. There is no other reason than protecting their bottom line for why they do what they do. This is how you monitor their interests from the outside. I'll provide more in the future on staff conduct and how to end such behavior.

One of the ways to resolve the unjust food contradiction is to know the numbers as it relates to contractors, who provide food to prisons. This way you can compare the numbers with what prisoners are actually being

fed. For example, there are 3,232 Prisoners at *Pelican Bay State Prison* (P.B.S.P), therefore, each and everyone of them based on the States standardized menu should receive (i.e. 6oz's of beans X 3,232 prisoners). Now, these numbers are based on the menu, that serving for that month should be added with the food purchase should come out over the amount to feed a large number of prisoners. This we do with everything purchased and everything issued as it relates to the standardized menu.

Prison Conditions: Are based on the Right to living in a sanitized environment, e.g. yard, food trays, showers, cells, day room, Etc., Etc., these are prisoners Basic Rights.

(d) *What forms or documents or policies should people be familiar with?*

The D.O.M and CCR Title 15 and each prison has their own O.P. to which each warden establishes in each prison. These are documents that prisoners and NLG personnel should familiarize themselves with, because they govern all prison activities. Inside the CCR Title 15 there exists a citizen's complaint for citizens in society to file when your rights as citizens are violated by CDCR officials. (See scare tactics pgs 2-3)

(e) *Why plan to teach participants, the nuts and bolts of confidentiality, correspondence, visits, records requests, and re-entry. What should participants know about these topics?*

All confidential mail should be sealed from top to bottom. If you look at some mail, you'll see that you can take a butter knife and plow the bottom seal in order to open the envelope, read its contents, and use shellac glue to seal it back up. If you do not seal all angles, then expect it top be opened, something you should always consider anyway. All confidential mail should have a legal aspect to it, no matter what it is. In relation to the correspondence, never speak about other prisoners unless you are sending in an article from a publisher. All correspondence should be in compliance with the prison D.O.M and CCR Title 15 under "General Mail Policy". You have a Constitutional Right, as do the prisoners, to send and receive mail from each and every prisoner, no matter how critical you are of CDCR.

Address the mail with the appropriate address, Cell no., #, name, and CDCR number. Most prisoners that do legal work and prison activist work make it a habit to keep mail ledgers of in and out going mail. In order to establish an efficient correspondence with a prisoner, it is best to establish a weekly or monthly timeline with the prospective prisoner. This way you two can keep an idea as to when to expect mail from each other, or maintaining a steady ledger, which is more difficult for people in

society. The timeline will protect you from CDCR officials withholding, trashing, or confiscating mail done illegally without your knowledge.

A summary of illegal practices by prison officials:

1. Prison officials will disregard your rights, especially seeking to obstruct a valued correspondence, by blatantly not informing either party.
2. Prison officials scrutinize all correspondence and keep a database of all incoming and outgoing mail. New correspondence must stay conscious of disruptive games by the CDCR (P.O.), so keep track of one's mail and do not be discouraged if no timely response arrives. You can certify your mail if you feel it necessary.
3. Prison officials (i.e. P.O.) will intentionally send you mail back without notification, or may not even leave the institution and you would never know, due to not being able to inquire about your correspondence. This allows P.O. to secretly confiscate your mail.
4. The P.O. uses a "return to sender" in order to stop your mail from reaching its destination, subsequently it is returned to you stating, "The mail cannot be delivered to said address". Albeit the address is accurate, thereby obstructing your correspondence.
5. P.O./Floor Officer will deliberately trash or lose your mail or send it back to you, censoring mail disagreeable to them by way of being critical of the system, Local, State and Federal.
6. P.O. will deliberately withhold your outgoing mail anytime someone writes based on urgency... Their interest is to compromise that request or urgency.
7. P.O. will alter the address/numbers of new correspondence, a deliberate sabotage for a return to sender to you.
8. P.O. will alter your incoming mail by changing your address as if the sender incorrectly addressed it. Hold it for 10-15 days, then tell you to, "inform your correspondent to use the correct address".

9. P.O. will confiscate incoming mail and withhold the address so that you will never know who wrote to you and state, "It is a threat to *penological interests*" when in reality it does not conflict with rules of the prison. The intent is to discourage your correspondence.
10. P.O. will contact your correspondent and intimidate them by denigrating your character, using falsehood in an attempt to discourage and convince the correspondent of being involved with a "bad person".
11. P.O. will use *prison informers* (i.e. "Snitches") to write a prisoner at the prison's request, implying that a prisoner is a gang member involved in criminal activity, to see if a prisoner will respond to said mail, in order to entrap a prisoner. (See scare tactics enclosed. Also PBSP mail handlers article which you can get from Pennylove)

Visits: Visits are privileges that are at times easily revoked. Therefore, understanding that all calls and phones, either legally or not, are being monitored, as well as are visits being video taped. Therefore, one has to be very conscious of what they say and how it is said. Most prisoners already know how this word game is played out. So, they will warn you in advance in order to provide you insight to what you have spoken to, so that your words may not be misconstrued. Never appear to be intimidated by prison officials, by threats of losing your visitations for whatever reason. Declare your innocence and get the staff members name and file a citizen's complaint against that officer, because usually they'll insinuate you're doing something illegal in order to scare you away from visiting your prospective visitor.

Keep in mind that any tickets or past convictions, no matter how minor, will be used to try and deny you of visits, but this does not mean you cannot visit. All you have to do is write the warden and if they say no, then you go up the chain explaining your situation as to why you should be allowed to visit. There is no limit as to how many prisoners you can visit, whether it is one prisoner or all. Request a visiting packet from each prison which explains their rules and regulations.

All *records requests* have to go through the prison litigation officer in order to get the requested records. Additionally, you have get approval from said prisoner.

Re-entry is extensive; we believe that prisoners should start their re-entry program while they are still in prison, by taking advantage of all the educational opportunities before them now, and reading and researching governmental aide programs that can help them once they get out of prison. Those of you on the outside can assist in facilitating government aide programs, food stamps, Etc., such as jobs/educational opportunities, temporary housing... Prisoners should have educated ex-felons social groups such as, All Of Us Or None, Legal Services for Prisoners with Children, Prison Activist Resource Center Etc., to engage them on how to navigate inside the free society. Self-created job opportunities should be encouraged. There are a lot of services out there with people who have the means to pay them for their services e.g. Oakland Hills has a dry bush/weeds problem during the summer time to which fire are ignited. This can be gutted out for a fee, because this is an ongoing problem every summer. All Re-Entry's should be indoctrinated towards making a contribution back to their community and society. \

- (f) *What common mistakes do activists, legal workers, or attorneys make in trying to support people on the inside? How do you advise we correct these mistakes?*

Many come with preconceived thoughts of prisoners for whatever reasons. I would suggest everyone be judged on their conduct...

I am so glad you asked this question because it shows that you're willing to correct your mistakes and that speaks to your character. Thank you...

1. Whenever you're dealing with prisoners, understand you're dealing with individuals. Although these individuals may have close ties, they're all still individuals. On numerous occasions activists and lawyers were dismissing prisoners, not on their terms, but on the word of other prisoners. This was very bad because the prisoners knew it and the activists and lawyers were responsible for it, all because your service should always be about the struggle or the cause at hand.

If a prisoner, or you, runs into a contradiction, then you, and the prisoner, resolve that contradiction, no different than if you were before one another. It's never personal, but you will be called out from time to time and that should be mutual where there is a need to do so. We all are emotional creatures therefore emotions will arise from time to time. Do not make any promises to prisoners even if you have the best intentions to carry it out... Use words like, "don't hold me to it, but if I can, I will do it! I have a big

caseload and pressing priorities”. Or, outright say, “I am not going to be able to do that”. I visited so many people over the last three years and all were so anxious to help in anyway possible and this was done with just about everyone and you could hear the disappointment as time went on.

In order to avoid this be as honest as you can no matter how bad you want to help. But, this does not negate the objectives at hand you’re there for at all. Whatever you and a prisoner are trying to achieve stay the course. Too many good projects were abandoned that should have been seen through or should have never been raised in the first place. We protect ourselves from this by collectively agreeing to projects...Especially those that will advance our cause, and once they are agreed to then we carry them out to the end. But, if anyone believes that they will not be carried out to the end, then it should be shelved at all costs. People, as I have said, are emotional creatures, therefore emotions will always naturally appear, no matter how disciplined you are they will surface. This is not a bad thing, but we all have to be conscious of the roles we play in these affairs.

If you’re doing something that has nothing to do with the issue at hand, in respect to prison activist/legal work, then that is between you and the prisoner an under no circumstances should it be injected into the affairs that are most important, nor should it be the business of anyone else (i.e. other prisoners) unless it has a direct connection to *our* cause. Under no circumstance should prisoners be allowed to speak about other prisoner’s business, or vice versa.

Lawyers especially, have *attorney client privilege* that has to be respected and any prisoner who attempts to break this protocol should be told immediately, “I cannot discuss my other clients” no matter who they are by the attorney or prison activist. It’s how we protect the integrity of our communications across the board. Ann, can attest to this, because she and I were almost compromised by this very thing, as well as others. She and I had one beautiful visit and as soon as someone entered into what we had discussed with, “Why this and that?...” All the negativity arose. This is why no prisoner should be able to question an attorney or activist as to what they are doing with other prisoners.

I told Azodeh on her first visit to survive in this business you have to treat everyone as an equal, no matter who they are... If we are about social justice, then our social politics have to be associated

around the principals of egalitarianism. We are all good now, and that's because I confronted all players head on, but everyone is not that honest. So, in order to avoid such contradictions we need to have protocols in order to safeguard all involved.

This doesn't mean that meaningful friendships are forbidden, we all should be encouraged to that end, but those of us who are working day and night to change our plight, whereas serious time and commitment has been invested in our struggle, need to ensure that we are always progressing and never digressing. Activist and lawyers, Etc., Etc., make the mistake of practicing *Idolism*, if you wish to have a reason for idolizing a prisoner, then it should be judged on their work ethic and commitment to *our* struggle... I personally oppose it in any capacity, but if it has to be applied then do so, but do so on the grounds of one's service. Activist/lawyers Etc., have to realize that *your word is law*, when you give it, value it. We all, men and women, can handle being told "no". Too many say yes when they mean no.

Communication literally jeopardized us during the hunger strike, it was very bad, so much so that we missed a great opportunity (in my personal opinion) to instantly end long term solitary confinement altogether.

When we were in "New Folsom" after being separated from our 4 reps in PBSP-Ad-Seg., which was a wise move by CDCR, because it separated the reps and kept the diehard hunger strikers in the blind and the lawyers visiting us in New Folsom didn't or couldn't convey fast enough, our state of affairs, which caused all kinds of confusion amongst us... Because the officials in New Folsom were begging us to end the hunger strike, it was about to be very costly for CDCR once we started to fill up the hospitals... Which was our plan from the get go...

But, the communication was so bad it was hindering our progressive movement. Now this doesn't mean the right decisions weren't made, because honestly we all we all probably would have died in another 4-5 days. But, we didn't want the hunger strike to end... Because we saw the *bigwigs* in Sacramento sweating it out. But, we need to have strong communication lines throughout our whole collective...

We were left far too many times wondering what was going on and I saw the four reps and everyone else become extremely frustrated trying to figure out what was happening with you all on your end.

The communication lines should always be strong knowing that every Sunday Sista Soul would allow phone calls to come through to her radio show from activist/lawyers. She welcomed you all. Legal letters, whatever we can do to maintain strong communication lines we should do, especially when we need to inform the prison population.

We should have done this on that new regulation to stop incoming publications Etc.,... In order to carry out a collective action toward putting this proposal of a bad rule to rest. There should be some designated personnel in order to correspond with all emerging information. Now, in my perspective, on what needs to be improved on does not negate the superb job you all have been doing in any way whatsoever.

(2) *See footnote F: It is important because each and every one of us is connected in some way or another and the world is growing very small by the minute and how we treat one another is going to define how we are able to evolve in the future. We see and hear the divisive social politics by the demagogy who get paid by corporate *Amerika* to propagate rhetoric that is designed to play on the differences of womankind throughout this country. The service no matter how small one's contribution to social justice being improved on, is crucial to bridging the gap between the oppressed and non-oppressed.

By working to end the horrible conditions in and out of prisons to which human beings are made to suffer at the hand of mankind speaks to the love one has for Self and Humanity. The programs will allow each volunteer to improve on their service and personally be connected to the People who are adversely affected by the mistreatment sanctioned by the State. We all have a moral duty to one another to be aware of the gross injustices that are occurring throughout the country and world in our name. Once we become conscious of the many horrible realities womankind are facing, then we need to act in the most effective ways possible in order to challenge these contradictions and the NLG provides an avenue for how you can do just that, through it many programs.

If you're a citizen and see the injustices and want to help or contribute in some way that is within your capacity to do so, then join the pen-pal program offering correspondence with an incarcerated prisoner. If you are a social justice advocate or prison activist/lawyer who wants to contribute to the change that is being championed, then contribute your expertise to legal visits with

prisoners. Your service is the nuts and bolts of the struggle, without you the grave imbalance will continue to exist.

To advocate for the oppressed-imprisoned is to advocate for yourself as well, because prisons are for *Amerikans* and you are *Amerikan* and that means any one of us can end up on the wrong side of the wall. So, by fighting for a just system and opposing one that is corrupt and subjects its citizens to torture, only means we all have a role to play. We can never sit idly by while we see people reduced to oppressed social conditions that are geared toward destruction. By participating in the advocacy network program, advocating for thousands of prisoners held in solitary confinement units throughout the State, only ensures that the next generation will not suffer the same fate... We need all volunteers and all volunteers need us; we are one in the same, human beings.

(3) Other information that should be included in the training?

That nothing is achieved without serious effort and each and every trainee needs to understand that structure is not about getting experience, but instead about doing the dirty work that too many of us because it is hard and sometimes bring about retaliation our system. And, tough skin, heart, and understanding are of necessity if one is to survive this task they journeyed upon, it's all ugly, but hard work bring about beautiful results; As our PHSS has so vividly witnessed.

So each trainee needs to realize that struggle is just that: Struggle. And, demand a very selfless practice when you don't want to get up early in the morning; think of that struggle. When you feel worn out by the constant hearing of pain and suffering of so many; think of struggle. When you have your own trails and tribulations interfering with your efforts; think of that struggle. We call it a struggle, because it empowers us to survive.

(4) Any other comments?

I've heard how so many of our volunteers had to move on because of the need to sustain themselves financially. I believe all our efforts should be tied to an economic interest that will allow all of you to sustain our NLG's Etc.,... Financial needs and its personnel. We live in a capitalist country and none of our work can be carried out successfully where the financial needs of our supporters are not being met. No prisoners are to profit financially other than the service being provided to our causes. But we have to tap into the

wealth of the prison population in order to achieve our financial objective. I personally believe, every aspect of the prison populace have to be exploited toward securing all volunteer efforts. We use all our talents behind these walls to do just that, I'll elaborate in depth later.

****Footnote: ? (F) Why is it important for people to volunteer with programs present at the training-human rights Pen-Pal Program offering correspondence, California Prison Focus-offering legal visits to Corcoran and PB-SHU's and the Advocacy Network Program advocating for People in solitary confinement?*