

ABCF

UPDATE

QUARTERLY PUBLICATION OF THE ABCF



Spring 2005 "Any movement that does not support their political internees is a sham movement." - O. Lutalo Issue #42

Update Includes

Gary Freeman
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 Turkish Hunger
 Strikers
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 Rivera
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 Richard Williams
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 Russell Shoats
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 Mumia
 •
 Sundiata Acoli
 •
 Chapter Reports



**\$1,000,000
REWARD**

for information leading to the safe return of
Joanne Chesimard

A.K.A. Assata Shakur

Wanted for Escaping on November 8, 1979, while serving a Life
Term for the Murder of a New Jersey State Trooper.

DESCRIPTION

Joanne Deborah Byron Chesimard
A.K.A. Assata Shakur

Sex & Race: Female, Black
 D.O.B.: 7/16/47
 P.O.B.: New York City, NY
 Height: 5'6"
 Weight: 130 to 160 lbs.
 Hair: Black/Variety Styles
 Complexion: Medium Brown
 Scars: Round scar left knee; bullet wounds
 on left shoulder and underside of right arm
 SS#: 051-38-5131
 SBI#: 3356408A
 FBI#: 11102J7
 FPC: AAAAAA0711AAAAA0410

Subject has documented her presence in Havana, Cuba through various media outlets since the mid 1980's. Subject alters her appearance with various contemporary and ethnic hairstyles. Subject may conceal facial features utilizing African tribal clothing.

F.B.I. Joint Terrorism Task Force, Newark Division:

(973) 792-3000

New Jersey State Police, Fugitive Unit:

(609) 882-2000

ARMED AND DANGEROUS

WHAT IS THE ANARCHIST BLACK CROSS FEDERATION?

The origins of the Anarchist Black Cross (ABC) date prior to the Russian Revolution of 1905. It was an off-shoot of the Political Red Cross, known in its earlier stages as the Anarchist Red Cross (ARC). It was formed to organize aid for Anarchist and Social Revolutionary Political Prisoners and their families. In the early 1920's, the ABC organized armed resistance against political raids by the Cossack and Red armies.

In its early decades, the organization had chapters throughout Europe and North America. These chapters worked together to provide assistance to prisoners only in Russia. Soon other groups, such as the Lettish Anarchist Red Cross, emerged to provide aid in other areas beside Russia. Armed with the ideas of *mutual aid* and *sol-*

idarity, these groups worked tirelessly to provide support to those who have suffered because of the political beliefs back home.

In 1919, the organization's name changed to the Anarchist Black Cross to avoid confusion with the International Red Cross. Through the 1920's until 1958, the organization worked under various other names but provided the same level of support as the other groups working as Anarchist Black Cross. The organization expanded its aid to places like Greece, Italy, and Spain.

In 1958, the organization collapsed but reemerged in 1967 in London, England. Once again ABC chapters spread throughout the globe providing support for imprisoned comrades. Sadly, by the end of the 1970's only a handful of ABC chapters still existed.

In the 80's, the ABC began to gain popularity again in the US and Europe. Since then the ABC's name has been kept alive by a number of completely autonomous groups scattered throughout the globe and has grown to support a wide variety of prison issues.

In May of 1995, a small group of ABC collectives merged into a Federation whose aim was to focus on the overall support and defense of Political Prisoners. Various groups have since merged in numerous networks throughout the globe working on various prison issues. The Anarchist Black Cross Federation (ABCF) has continued its mission to focus on the aid and support of Political Prisoners. We take the position that PP/POW's demand our top priority. We strive to continue with the same dedication and solidarity to our fallen comrades as those before us have shown.

Introduction:

"Crucially important to maintaining the anarchist integrity of this organization is the fact that Branch Groups and Support Groups are freely autonomous to take on whatever initiatives they can to further the Unity of Purpose of the ABCF. So long as these initiatives do not contradict any preexisting agreements (Tactical Unity) that have been made by the ABCF, it is not necessary for all groups to approve of and/or agree with programs, projects or work of other ABCF collectives." [from the ABCF Constitution and Structure]

The following definitions are used to describe the below terms whenever they appear in the ABCF Update or any other ABCF literature.

Political Prisoner (PP): A person incarcerated for actions carried out in support of legitimate struggles for self determination or for opposing the illegal policies of the government and/or its political subdivisions. [Special International Tribunal on the Violation of Human Rights of PP/POW's in U.S. Prisons and Jails, Dec. '90]

Prisoner of War (POW): Those combatants struggling against colonial and alien domination and racist regimes captured as prisoners are to be accorded the status of prisoner of war and their treatment should be in accordance with the provisions of the Geneva Conventions Relative to the Treatment of Prisoners of War of 12 August, 1949 (General Assembly resolution 3103)

Sending Submissions & Subscriptions to the ABCF Update

The Update is a publication of the Anarchist Black Cross Federation (ABCF). Its purpose is the promotion of the ABCF and the building of a support network for PP's/POW's. Work reports are eligible only from ABCF collectives and should consist of activities ABCF collectives are doing in support of the ABCF, PP/POW's, and rebuilding the movements they are from. Letters from PP/POW's, news or notes on PP/POW's and related items are also acceptable and are greatly encouraged.

Deadline for the Summer issue is August 27th 2005. All submissions should be sent to Los Angeles ABC. All work reports, letters, and news/notes to be printed, must be received on time and sent to Los Angeles ABC.

Subscriptions are \$15 per year, bulk subscriptions (20 copies each issue) are \$25 dollars per year. Prisoners subscription is twelve .37 cent stamps per year. For subscriptions, send well hidden cash, checks/money orders made out to Matthew Hart.

Los Angeles Anarchist Black Cross has the right to edit or alter any submission as long as it does not change the content or meaning of the article or work report. If there are any issues regarding the editing or altering of articles published in the ABCF Update, please contact the Los Angeles chapter regarding this issue.

The ABCF is:

PRISONER'S COMMITTEE

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Auburn, NY 13024

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P.O Box 42129
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19101

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**MONTREAL
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P.O. Box 42053
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BLA POW Needs Help

Joseph "Joe-Joe" Bowen has spent most of his time in prison, in and out of control units, solitary confinement, and other means of isolation from the general prison population. He is presently writing and filing a federal writ to get himself out of solitary confinement. This writ is very important because it will also set a precedent for a few other revolutionaries who are trying to get into general population as well. Joe-Joe is the first one of the "soldiers in this hole" to file a writ, if his writ is rejected, the others will still have a chance.

Joe-Joe is asking for assistance in helping to pay for the \$250 cost of the writ. He can receive money orders made out to Joseph Bowen. If you do not wish to send money into the prison but would like to help our brother, you can send a personal check (payable to "Tim Fasnacht").. All cash/check contributions should be sent to Philadelphia ABCF:

Joseph Bowen

AM-4272

1 Kelley Dr.

Coal Township, Pa 17866-1021

Richard Picariello Harassed

Former Political Prisoner, Richard Picariello, 55, is presently facing a court battle because of an arrest for leafleting and being present during a demonstration against Bush last spring.

Picariello was once a member of the Fred Hampton Unit of the People's Army, a guerrilla organization that engaged in an offensive campaign in the Northeast. In 1978, Picariello was sent to prison for campaigns targeting Logan Airport, two National Guard trucks and a courthouse in Boston. Picariello was released in the 1990's.

Since his release from federal prison, he has been involved in various groups, and has arrests for minor offenses. On July 22, 1997 Richard Picariello was harassed, beaten up and arrested by MIT cops for trespassing on alleged MIT "private property".

In recent years, Picariello has allied with ANSWER (Act Now to Stop the War and End Racism). It was with his involvement with ANSWER activities where he was arrested once again. Boston activists claim the charges are a fabrication for the purpose of intimidating the activist community in Boston. Up to seven hearings in court have taken place without the prosecution providing any reason for even bringing charges.

The case Against Picariello is still unresolved, so we will keep everyone informed as the case proceeds.

Italian ABC Members in Jail

In May, there have been over 100 raids all across Italy resulting in at least ten people being remanded into custody. The activists were detained for allegedly being involved in the letter-bombing campaign for which convicted ALF activist Sergio Maria Stefani along with Marco Ferruzzi, Simone del Moro and David Santini have already been charged with. Some of those who were recently arrested are connected to the Italian Anarchist Black Cross. The Italian ABC are accused of circulating a press release, from the underground group FAInformal, which claimed responsibility for some of the bombings. The Italian authorities are declaring the newsletter bulletin of the Italian Anarchist Black Cross to be an illegal publication! Following the police raids the mailing list of Italian Anarchist Black Cross and web-site have been seized by the police.

Oscar Lopez Rivera Moved

On April 12th, Puerto Rican Political Prisoner Oscar Lopez Rivera was moved from the Federal Correctional Institution in Terre Haute, Indiana to the U.S. Penitentiary in Terre Haute.

According to a letter ProLibertad received from Oscar Lopez Rivera, the Penitentiary is larger than the Federal Correctional Institution; the Penitentiary is also behind walls.

In his last prison, Oscar could see the trees, had access to the birds, and to a nice running track. In the new prison, all the units are separated from each other; in order to go from unit to another he has to go outside and walk from building to building.

According to Oscar, on his first day there, he had to walk in the rain to get to the commissary to eat; he arrived soaking wet. Oscar also commented that the new prison is like a military camp because they have to wear a Khaki uniform and boots all of the time.

Oscar has also commented that there is not enough space provided for artists to work. According to Oscar, there is plenty of space, but that the artists are relegated to a small area, where they are, "on top of each other." He is going to be sending us information soon about how we can support him and the other artists.

If you want to write to Oscar, please send him a letter or postcard to:

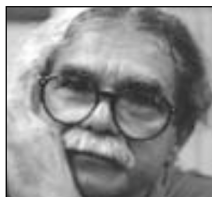
Oscar Lopez Rivera

#87651-024

U.S. Penitentiary

P.O. Box 12015

Terre Haute, IN 47801



'Magdeburg 3': Second Trial

On November 27, 2002 in Magdeburg, Germany, Marco Heinrichs and Daniel Winter were arrested and charged with "membership of a terrorist association". Five months later, another individual, Carsten, was arrested and indicted on the same charges.

The three were suspected of having committed several fire bombings in Magdeburg, including a fire bombing at the Daimler-Chrysler company on August 21, 2001, an attack against several vehicles of the communication company Telekom, as well as attacks against the office of the local prosecutors office and a car of the border police.

These actions were carried out under several different names (Revolutionary Action Carlo Giuliani, Commando: Liberation of all political prisoners, and Commando Global Resistance.)

The trial against the three began in the summer of 2003, after a year in prison. In December 2003, Marco was convicted to 2-5 years plus all the costs of the trial. Daniel received a 2 years sentence and Carsten was acquitted.

This year the revision trials against Marco and Daniel started. In February, Marco's conviction was confirmed, he will have to go in prison for 2-5 years (minus the one year he already did). On April 5 2005, the new trial against Daniel started.

New Issue of 4strugglemag

Issue #4 Out Now! Writings by Political Prisoners and edited by Jaan Laaman. Available online at: www.4strugglemag.org.

Articles by Jaan Laaman, Bill Dunne, Mumia Abu-Jamal, Ali Khalid Abdullah, Jeff Luers.

4strugglemag can be read online at <http://www.4strugglemag.org>. Paper copies are available (four dollars, free to prisoners) by emailing montrealabcf@gmail.com or writing:

4strugglemag
P.O. Box 42053
Succ. Jeanne Mance
Montreal QC
H2W 2T3 Canada

Veronza Still Not Free!

On March 21, 2005, a hearing examiner recommended, for the second time, that Veronza be granted Mandatory Parole after serving a full 30-year term in federal prison, in addition to nearly one year of illegal detention beyond his sentence. His new release date was set for May 8, 2005.

As you may recall, in April 2004 Veronza's parole date was arbitrarily rescinded by the U.S. Parole Commission without a hearing. The Commission, however, was forced by court order to hold a hearing within sixty days so that his parole eligibility could be determined on its merits. At that hearing, as in the most recent hearing, the examiner recommended parole which was then scheduled for February 18th. However, at the very last minute (literally 15 minutes before he was to walk out of prison), the Commission rescinded Veronza's parole certificate pending a Reconsideration Hearing to take into account "new information." The supposed "new information" had been submitted by the Grand Lodge of the Fraternal Order of Police via its regional office in Richmond, Virginia. The FOP claimed that family members of the officer killed had not been properly informed of the parole hearing and that, if set free, Veronza would be a threat to the lives of all police officers. This was clearly not "new evidence;" but rather

the FOP's spin on the perils of granting Veronza parole.

At this latest hearing, the examiner made the finding that there had been neither frequent nor serious violations of prison rules, nor was there evidence to support that Veronza would violate federal or local laws if granted parole. The claim of the FOP that, if released on parole, he would be a threat to society was found to be without merit. Based on these findings, the examiner made the ruling that Veronza is entitled to Mandatory Parole beginning on May 8, 2005.

It is important to remember that this decision would be effective if and only if the U.S. Parole Commission- a national body comprised of five Bush appointees (two of whom were appointed in the last few weeks)- accepts and adopts the conclusions of the examiner on these issues. Usually the findings of an examiner in these matters are reviewed by a single Commissioner. This will not occur with respect to the findings and recommendation handed down in Veronza's recent hearing. Instead, the Commission has taken the extraordinary step of asserting what is called "original jurisdiction" over his case. This means that the hearing examiner's conclusion that Veronza is entitled to be released on Mandatory Parole must be

reviewed by all five Parole Commissioners who will make the ultimate decision.

It is agreed by all who are familiar with the workings of the U.S. Parole Commission that such actions are highly unusual and, indeed, unprecedented. Bower's lead attorney, Mr. Alan Chaset, a nationally-prominent expert on federal sentencing issues with over thirty years of experience, has never seen this occur before.

Update: The U.S. Parole Commission has recently announced Veronza's release date for June 21st, 2005. We ask people to keep in mind the previous date issued for his release. Let us hope for his freedom!

Please visit Veronza's web site :

<http://veronza.org>



Veronza Bowers in the 1970's

Statement to the Human Rights Conference on Torture

by *Sundiata Acoli*

Greetings IHRI Conference!

First I want to congratulate the Keynote Speaker and Honorable Congresswoman, Sister Cynthia McKinney, on her triumphant return to Congress. But more so I want to personally thank her as being the only Congressional official who had courage or concern enough to make a determined effort toward my release when i was rounded up on September 11, 2001, and held **incommunicado** from my family, my attorneys and the entire outside world. Meanwhile prison officials torturously interrogated me, looking for **any** connection on my part to the destruction of the WTC or the later spread of anthrax thru the postal system. They openly threatened to hold me in total isolation for the rest of my life and their implied threat was to seek the death penalty.

So torture is nothing new to u.s. PP/POWs, nor to everyday people of color and others oppressed in the ghettos, barrios, reservations, towns and cities thru out amerika. They don't call the Bronx's 44th Precinct, "Fort Apache," for nothing; or because they serve "tea and cookies" there. They call it "Fort Apache" because they whip heads there, bust lips, knock out

teeth, blacken eyes, break ribs and even rape and kill there .. and it goes on to one degree or another in every police station across country, big or small.

Abu Ghraib is not an aberration. Most u.s. prisoners instantly recognized amerika's fingerprints all over Ghraib; they match its prints in u.s. police stations, jails and prisons. The Ghraib perversions trace a straight line back home to White amerika's psychotic obsessions with the genitals of Blacks it lynched. The same perverted grins seen at Ghraib can be found in the faces and photos of White lynch mobs in the u.s. swarmed around Black bodies hung from trees. It's a perversion born in this country's racial-sexual degradation of its Black slaves and others of color since its beginning, and the lies told since then to cover it up. That same "cover-up" mindset also keeps most of the amerikan press silent about the many Iraqi women and children, young boys and girls, who were also raped, and probably still are being raped, at Abu Ghraib. Photographic proof exists and *The San Francisco Bayview* newspaper has it. For those adults who have legitimate need for such proof, the photos are available upon e-mail request

for them at editor@sfbayview.com.

Now for some of my personal experiences with torture:

In 1969 NY cops kicked in my door for two other Panthers, Sekou Odinga and Kuwasi Balagoon, and without saying a word beat and stomped me unmercifully. Then they took me to the 32nd Precinct, Harlem, and threw me in the holding tank with Joan Bird, another Harlem Panther, whose lip was so busted and swollen, and eyes so blackened and swollen shut that i barely recognized her. She said that at one point during her beating they hung her out of the 3rd-floor window by the ankles, made sexual taunts and threatened to drop her if she didn't tell the whereabouts of Sekou and Kuwasi. They didn't find them and after holding us in jail for a month they released us.

In 1970 during the New York Panther-21 trial we defendants were assaulted numerous times while cuffed, by Riker's Island jail guards who transported us back and forth to court each day.

In 1973, after my arrest in the New Jersey Turnpike case, i was held in strict isolation at Middlesex County Jail, NJ. Because of my placement there, and even

tho i was allowed no visitors except my lawyer, the jail implemented harsh visiting rules on all visitors which caused the prisoners to protest by refusing to lock in their cells. New Jersey state troopers came in with shotguns, shot prisoners in the face and torso with bean-bags that broke noses, blackened eyes and bruised ribs, shot tear-gas that choked, blinded and burned, and drove prisoners back into their cells. i was already under 24/7-lockdown so they simply shot teargas into my cell, turned the water off and heat on, in mid-summer, which left me and similar prisoners to wallow in pain from the sweat-reactivated tear gas which we had no means to wash off.

In 1976 at Trenton State Prison (TSP), NJ, I and other Management Control Unit (MCU) prisoners were subjected to two-hours of gunfire by Jersey state troopers raking the Unit back and forth, trying to shoot into our cells. John Andaliwa Clark was killed by a double-ought shotgun blast to the chest and another prisoner, "Gunner," who came out with his hands in the air was shot by an M-14 rifle aimed at his head but tore thru his elbow instead. i and numerous other MCU prisoners were hit by shrapnel from bullets that ricocheted off the bars into our cells.

In 1977, MCU guards suddenly began demands to probe the anus of random MCU prisoners during their normal strip-search of us each time we were taken out or returned to our cells. And of course, we refused to submit willingly to such a degrading and asinine demand. All who resisted were jumped by the guards, beaten, wrestled to the floor and anus probed, then charged with assault on the guards which carried an additional 7-year sentence upon conviction. To avoid further anus probes, for the next seven months we refused all family visits, attorney visits, doctor, dental visits or anything else that required us to leave our cells. Prison officials then instituted a policy of "random" mandatory cell-changes so that they could continue to subject selected prisoners to "random" beatings, abuse and forced anal probes under the guise of changing our cells. The situation became so volatile and our families,

attorneys and friends were so alarmed that a federal judge stepped in, forbade the prison to continue anal-probes, declared that a metal detector was just as effective as a search tool and that it be used instead of the anal probe and then summarily dismissed all assault charges that had been filed against us MCU prisoners.

In 1983, at USP Marion, IL, a federal penitentiary, guards locked down the prison and went on a six-month rampage, roaming the prison and beating prisoners at will and randomly subjecting some to forced anal probes. During that period i was sent to "the hole" whose floor and walls were covered with feces thrown by prisoners who had been beaten and anal probed. It was mid-summer, the heat was intense, the smell incredible, the windows were closed and i was confined sixty-days there without fresh air or relief.

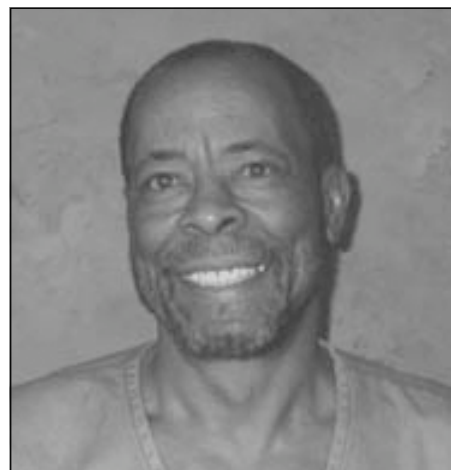
Later in the summer of '83 i was taken by bus in chains to testify at Sekou Odinga's trial in New York where he and other comrades were charged with robbery of a Brinks armored truck and with liberating Assata Shakur from prison. After i dressed-out for the bus ride, the guard put a black-box over my handcuffs which is supposedly for high security prisoners. Any prisoner who's ever worn it will tell you that after a half-hour the box gnaws into your wrists and sets them on fire with pain. i had to endure the three-day bus ride with the black-box gnawing into my wrists all day, plus no smoking was permitted on the bus nor at any of its stopovers along the way, which in itself was also torture to me with a then thirty-year cigarette habit. At MCC-NY, the City's federal jail, they put me in isolation wearing only a T-shirt, pants and shower shoes, then turned the air-condition to near-freezing level so that i had no choice but to do push-ups day and night to keep warm. After three days of freezing and going without cigarettes, i testified in Sekou's defense and was immediately put back on the bus, cuffed in the black-box, for another agonizing three-day trip back to Marion, IL.

In 1988, at USP Leavenworth, KS., as happened on several occasions during my

sojourn in prison, i was caught-up as a innocent bystander during a major prison disturbance. In such situations bystanders and participants alike suffer the same abuse by the intervening guards. This time it happened in the yard when a gang-war broke out between the Texas- Syndicate and the EMEs: two Mexican street organizations. In the ensuing melee, Rene, leader of the Syndicate, was stabbed to death and both groups sustained numerous stab wounds. Tower gunfire stopped the carnage as guards moved in to teargas and handcuff everyone, including me and other bystanders, facedown on the blistering summer-asphalt, then lifted us by the cuffs and threw us in the dilapidated and condemned "Building-63" without food or water until the whole thing was sorted out days later.

And last, in 2001, September 11th, at USP Allenwood, PA., i was rounded up, held *incommunicado* and tortured four months with interrogations about the WTC and the spread of anthrax before being released back into prison population due to the efforts of Congresswoman Cynthia McKinney, my attorneys and many other concerned peoples.

Sundiata Acoli
USP Allenwood
White Deer, PA
April 21, 2005



When the Prison Nation Goes Int'l

by **Mumia Abu-Jamal**

Thanks for your kind invitation to join the 'Attica to Abu Ghraib' Conference; *Ona Move!*

When we think about the atrocities of Attica, and the abominations at Abu Ghraib, we are sometimes caught searching for a common denominator. What could it be, we wonder, as we look at the brutal state assault on both prisoners and staff at Attica, and the human rights viola-

tions, and yes - torture - that marked American behavior at Abu Ghraib prison in Iraq?

The commonalities, however, are more than first meets the eye. Of course, they are both prisons (but that's obvious). They both came to public consciousness through the actions of people who were prison guards. And they both were, initially, defended by the State by a flood of lies.

What matters really least, is that they occurred in different countries. They both happened in the same empire.

What marked the differences between them is the critical element of time, and even this quality does not speak well of things to come. For, as time is the difference, yet it tells us how far things have fallen; how the 30 years between Attica and Abu Ghraib have marked a coarsening of

American character, and a brutishness of imperial defenders.

Attica opened up an era of prison reform across much of the nation, and fueled the movement to attempt to eradicate the most depraved elements of the nation's repressive prison systems.

Abu Ghraib was met by quasi-official justifications, government obfuscation, and the incredible spectacle of right-wing pundits likening the torture and human rights abuses there to 'college pranks.' The humiliation of naked Arab men was compared to the field displays of cheerleading squads!

There is, of course, another monstrous difference: the architects of Abu Ghraib, and high-level defenders of torture, have been rewarded by higher, and more prestigious posts in government!

In a nutshell, torture pays!

We have not spoken of the pivotal American issue of race.

Without prisoners actively advocating Black liberation, there would have been no Attica.

The tortured, maimed, and humiliated prisoners at Abu Ghraib were targeted by the U.S. Army because they were seeking to intimidate and eliminate people who were trying to fight to free their country from foreign occupiers. In other words, they were fighting for their own national liberation. In an empire which picks puppets for other nations, this is not acceptable. It wasn't acceptable under the Roman Empire, the British Empire, nor its North American successor empire, the American Empire.

To this latest global incarnation of the White Nation, Arabs are but sand niggers, to be beaten into submission and obedience. It is the refusal to accept this status that is fueling what the U.S. media calls 'the insurgency.'

There is another element that arises from the evidence: American cruelty. Big Black, the late veteran of Attica, told stories of the torture and beatings that he endured, as he was naked, and held under gunpoint. It is an eerie precursor of the treatment of Arab prisoners at Abu Ghraib.

Nor is it mere coincidence that some of the most brutal, most vicious actors at Abu Ghraib were U.S. Reserves, who, in their civilian lives, were prison guards. How else could they learn it?

One of the most infamous was from SCI-Greene, in Southwestern Pennsylvania, named Charles Graner. Recently his ex-wife came forward to tell of the terrors to which she was exposed daily. She said Graner promised to cut her into little pieces, and that no one would ever find her body.

Welcome to U.S. 'corrections' as the Prison Nation goes Global.

Bashir Hameed Receives Open-Heart Surgery

On May 4th, Bashir Hameed underwent open-heart surgery after having being admitted to Albany Medical Center 5 days earlier. Bashir received a triple bypass because of 3 clogged arteries discovered by the doctors.

Bashir Hameed is one of the "Queens Two" Political Prisoners, past members of the Black Panther Party convicted of the murder of two police officers in Queens, NY in 1981. It took a full three trials to convict them, because juries wouldn't agree to find them guilty of murder in the first two trials. In the third trial, prosecution managed to exclude most of the Black jurors in order to win the case.

Bashir's health has been an issue since early January when he began suffering from chest pains. After complaining of health problems, he was reassigned from yard crew to the gymnasium. Since then, he began to receive constant harassment and badgering by guards for not reporting to the yard despite his reassignment.

Bashir was then put on keeplock status, confined to cell for 23 hours, for allegedly disobeying a direct order to report to the yard, and was also served with a misbehavior report. Despite several attempts to address the issue with the superintendent, the harassment still continued.

Bashir's health complications still continued and since early January Bashir had to go to the Albany Medical Center on two occasions for stress tests. He was advised by the facility doctor not to lift over 10 lbs.

On April 29, the York family (Bashir's relative) received a call from Sullivan Correctional Facility where fellow inmates informed them he had been taken to the hospital. Bashir was admitted due to cardiac problems. When the family called to inquire, they were told that he was at the prison and could receive visits the next day. When Ms. York and her daughter arrived at the prison on Saturday the prison officials would not release any information and the family was not allowed to see Bashir.

After staying at the prison all day attempting to get information, the family was told that Bashir was being taken to the hospital, but the prison officials would not say which one. Thankfully, a local person told the family of two local hospitals where they might take Bashir. After contacting the hospital, the family was informed that Bashir was there, but no further information was given until another of Bashir's relatives, who works in the medical field, was able to talk to the guard posted outside of Bashir's room. The guard informed her that Bashir

was conscious and aware of the conversation he was having. It was only then that they found out he was there for chest pains. On Sunday the family again drove up to Albany Medical Center where they were allowed to visit for 15 minutes.

The family was informed that Bashir would be having open-heart surgery. The procedure took about seven hours.

Bashir returned to Sullivan on May 9th after being released from Albany Medical Facility. It is reported that he was doing well. Despite earlier incidents, Bashir's family was able to get his medical records.

Please Send your regards to Bashir at the following Address:

**Bashir Hameed (#82A6313)
Sullivan Correctional Facility
PO Box 116
Fallsburg, New York
12722-0116**



Assata the Target of the Bush Administration

by Verbal Walker

JoAnne Chesimard, widely known as Assata Shakur, has a \$1 million bounty on her head for her capture issued by the government. This comes 30 years after she

escaped a maximum-security jail and found political sanctuary in Cuba. For those not familiar with Tupac's godmother's past, Shakur was a member of the

Black Panther Party and was involved in a highly controversial shootout in New Jersey that left two dead and two incarcerated.

The announcement ironically comes on the 32nd anniversary of the incident. Artists such as Paris, Chuck D and Common have made songs supporting Shakur and her noble cause. The fateful incident involved a supposed routine pullover of Assata, Zayd Shakur and Sundiata Acoli's vehicle for a broken taillight. Temperatures escalated and various versions of the story have been told but in the end Zayd Shakur and Trooper Werner Foerster were left dead while Officer Harper and Assata were injured. Authorities state that Shakur murdered Foerster executioner style even though she herself was severely wounded being shot twice. She ended up convicted and spent 6 years in the maximum-security

wing of the Clinton Correctional Facility for Women in New Jersey. She escaped in 1979 and found asylum in Cuba.

Many believe that she was set up for her involvement in the Black Panther Party and became one of many political prisoners. The 57 year old still maintains her innocence.

"She is now 120 pounds of money," State Police Superintendent Rick Fuentes said to the NJ Star-Ledger. "[This new initiative] is going to exert pressures that weren't in place nationally and internationally before. And we're going to follow up to make sure everybody is aware of this both inside and outside of Cuba."



Hands Off Assata Campaign

What Is The Hands Off Assata Campaign?

The Hands Off Assata Campaign is a coming together of organizations and individuals who are outraged by the heightened attempts by the Congress of the United States and the State of New Jersey to illegally force a return of Assata Shakur from Cuba to the United States.

We are shocked by the actions of New Jersey's Governor Christine Todd-Whitman, who has issued a \$1,000,000 bounty/reward on head of Assata Shakur. Doing such a thing is tantamount to a call to "soldiers of fortune" to kidnap and kill Ms. Shakur and for them to engage in international espionage against the sovereign nation of Cuba. We are shocked by the activities of the United States House of Representatives, which in September 1998 passed House Resolution 254, calling on the Cuban Government to extradite Assata Shakur. Given that there is no binding extradition treaty between Cuba and the United States, such a request is outside the context of international law. In addition, we call on the Congress of the United States to hold public hearings on the past and current impact of FBI's Counter Intelligence Program known as COINTELPRO. And finally we are calling on the United States end its hostility towards the tiny nation of Cuba by normalizing relations with the Island and ending the US economic blockade.

Assata Shakur: Radical, Woman, Exile, Mother

ASSATA SHAKUR is an African-American woman. She is a social justice activist, a poet, a mother and a grandmother. She has lived in Cuba since the early 1980s. During the heady days of the 1960s and 1970s, she found herself a victim of both racial profiling and political targeting. After being spotted on the New

Jersey turnpike on May 2, 1973, because she is black, it was discovered that she and her two companions were known members of the Black Panther Party and the Black Liberation Army. Like Martin Luther King, Jr. Malcolm X, Leonard Peltier and many members of the Civil Rights and American Indian Movements, Assata and her companions had been watched, their phones tapped, their families monitored, their organizations infiltrated, and widespread disinformation campaigns waged against them. They were, like many activists of their day, targets of the FBI's Counter Intelligence Program (COINTELPRO). In fact, Assata was wanted, not for anything

had a broken clavicle and a paralyzed arm. Nonetheless, she was quickly jailed, prosecuted and incarcerated over the next few years for the series of trumped up cases. She was sentenced to life + 33 years in prison. In 1979, and after nearly six years behind bars, she escaped from Clinton Correctional Facility for Women in New Jersey and some time later emerged in Cuba where she applied for and received political asylum.

DURING THE 1990s, rightist politicians and police bodies - this time in conjunction with conservative members of the Cuban-American community - reinvigorated their attempts to pursue Assata Shakur. Linking "fear of crime" rhetoric with anti-Cuban sentiment, New Jersey governor Christine Todd-Whitman issued a bounty which is now up to \$1,000,000, on the head of Assata Shakur. She even went as far as to announce her bounty on Radio Marti, the US government radio station which beams anti-Castro propaganda into the Caribbean. To do such a thing put Assata in danger because it is tantamount to encouraging any opportunists to kidnap and/or kill her for pay. In addition, in 1998, Congressmen Franks and Menendez from New Jersey and Ros-Lehtinen and Diaz-Balart of Florida introduced and got passed House Resolution 254 which calls for the Cuban government to extradite Assata Shakur as a condition to normalizing US-Cuba relations. Interestingly, while Assata and Cuba are portrayed as "criminal", a terrorist bombing campaign - thought to be sponsored by ultra-rightist forces in the United States - has been launched against Cuba, killing and injuring Cuban citizens and foreign tourists alike.

For more information, contact:

HOA Campaign/Global Exchange
P.O. Box 438731, Chicago, IL 60643
or hoa@afrocubaweb.com



she had actually done, but for a variety of crimes that government and state officials were trying to pin on her.

THUS, ON THAT DAY IN MAY, Assata was a marked woman. And after police stopped them, a shoot out occurred. When the smoke cleared, one police officer and one of Assata's companions, Zayd Shakur, lay dead. Assata, shot in the back and dragged from the car, lay wounded. Only belatedly taken to the hospital, Assata was then chained to her bed, tortured and questioned while injured. In fact, she never received adequate medical attention even though she

Turkish Political Prisoners Fight On!

A spokesperson for the Derry Committee of Solidarity with Hunger Strikers in Turkey has released a statement condemning further attacks on political prisoners currently being held in Turkey's infamous prison regimes, equating them with similar failed Thatcherite tactics used against Irish political prisoners of war in the early eighties.

"Our committee was established several years ago to highlight the struggle of the Turkish political prisoners in Derry at a time when republican socialists and republicans celebrated the 20th anniversary of the 1981 prison struggles. It was also a time when similar committees set up throughout Ireland in an effort to highlight the seriousness of ongoing political developments in Turkey.

"It is almost five years now since Turkish political prisoners took up the fight against a campaign waged by the state to isolate them and destroy their ability to continue political organization and education when they are incarcerated. The struggle itself has now claimed the lives of 145 political prisoners, with many others seri-



ously injured by physical brutality or irreversibly damaged by hunger strikes.

"The Turkish regime is now attempting to pass new laws that would compel political prisoners to wear a special uniform. Not too long ago both INLA and IRA POWs

fought a similar battle with the British state.

That was a fight which claimed the lives of ten Irish political prisoners of war on hunger strikes, with many others murdered and injured on our streets protesting in solidarity with them. The same familiar Thatcherite tactics of criminalization failed then as it will now in Turkey. Surely serious historical lessons such as this must be learned?

"Turkish political prisoners quite rightly see this as an attempt to further humiliate and criminalize them further. We are aware that their 'death fast' is not over and that they will resist all attempts which that regime creates to isolate them. It is our duty and the duty of every Irish republican and socialist to show their support and solidarity with them at this time as we remember the struggle and sacrifice of our dead. Their struggle is our struggle!"

**(Derry) Solidarity with
Hunger Strikers in Turkey**
PO Box 1981, Derry,
BT48 8GX Ireland

New Group Formed to Defend Freeman

A new group called the Friends and Family of Gary Freeman has emerged to rally support for former Black Panther, Gary Freeman (aka Joseph Pannell). The group has organized several vigils on the steps of the US Consulate and the courthouse where Freeman has a hearing on May 25th-26th. The organization formed in February in order to bring Gary Freeman's situation to the attention of the public.

Freeman was arrested last July 29 in an armed takedown outside the Toronto Reference Library, 35 years after an incident in Chicago involving a white police officer. That year, 1969, tensions in the African-American community reached such a high point of fear given the frequent police shootings of black youth (at least 11 young men were killed and many others seriously wounded) that a Committee to End the Murder of Black People was formed.

Indicted in 1969 by an all-white jury, Freeman spent two years in pre-trial custody. After finally being released on bail, he decided to come to Canada, fearing, with much justification, that he would not face a fair trial in a Chicago courtroom.

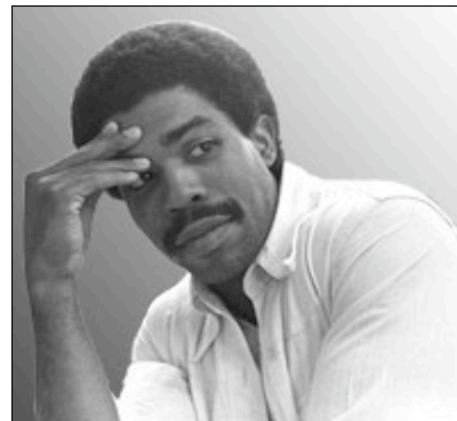
Married to a Canadian, together they

have raised a son and three daughters to be respected young adults. A mentor and friend to the young and old, Gary has always promoted social justice and viewed every human being as worthy of respect.

After 35 years, with mishandled evidence and missing witnesses, an otherwise clear case of self-defense becomes a question of his word against that of a police officer. Since August 2004, denied bail, he waits in prison for extradition to the USA.

"Gary has spent three years in custody, which under Canadian sentencing law, is the equivalent of nine years behind bars," says Natercia Coelho, who has been married to Freeman since 1982. "If Gary is sent to Chicago, we will lose not only our wonderful father and husband, but also a valuable member of the community who serves as a mentor to lots of young people. Even while he's been in jail he hasn't wasted his time: he's been an inspiration to a lot of younger guys to try and turn their lives around. We want him home with us."

Despite a willingness to submit to strict conditions including house arrest, electronic monitoring and recognizance with substantial sureties,



pending his extradition hearing, he has been denied bail. On April 28th, Gary Freeman was moved from the Central North Correctional Centre in Penetanguishene to the Toronto (Don) Jail.

We will keep people informed as the case progresses. For more information on the campaign, please contact the Friends and Family of Gary Freeman:

**Friends and Family of
Gary Freeman**
H-110 Frederick Street
Toronto, ON M5A 4A9
www.freemandrums.org

Jacksonville Report - Jax ABCF

Over the summer, I went to Puerto Rico and helped a former Puerto Rican POW put together one of her bi-annual fundraisers for the remaining Puerto Rican Political Prisoners and Prisoners of War. The event went off well and raised in excess of what was hoped for. I was happy to be there and help in whatever way possible. I will return to Puerto Rico in another couple months to help out with another fund and awareness-raising event for Political Prisoners and Prisoners of War.

One of the guys who works with Jax ABCF has been doing a lot of traveling to

participate in the various demonstrations occurring up and down the east coast. He's primarily assisting with street medic services, along the way making what contact he is able to, telling people about ABCF, the work we try to accomplish, and informing others about our self-defense activism.

In hopes of expanding the self-defense activism we have been involved with, he has also been developing a hand-to-hand curriculum. We have not yet had the opportunity to share this class with others, but we hope to see that change some time in the near future.

About a year ago, I tried to consolidate other self-defense activists I had come in contact with across the country in a very informal network. I have not spent the time I needed to really make anything happen, but it is something I would like to continue to work on.

We've also continued to host self defense classes no less than twice per year on average. With the first coming up shortly, and another in the making, 2005 appears to be no different than the last 7 years. So long as there are people interested in our classes, we will continue to offer them.

Philadelphia Report -Philly ABCF

Warchest Café

We started to do a monthly forum on PP/POW's at the local Anarchist community space called the A-Space. With the help of A-Space Collective member Clarissa (who is an excellent flier designer) and Theresa Shoatz, we used the first forum to highlight the recent medical situation on BLA POW Russell Maroon Shoats. Maroon's daughter, Theresa, gave an overview of Maroon's recent diagnosis of prostate cancer and how people can help.

This month's forum will highlight the history and current situation of BLA POW Joseph "Joe-Joe" Bowen. Featured speaker will be Khalid Abdur' Rasheed from the New Afrikan Liberation Front. All forums give audience members a brief overview of what the ABCF is about and how the Warchest supports PP's/POW's. We also have plenty of literature and pamphlets on hand for people to pick up. It's our hope to make the Warchest Café an on going event here in West Philly and to give people the info needed to support PP's/POW's.

Russell Maroon Shoats

Maroon was recently diagnosed with prostate cancer, as mentioned above. Maroon told us that a few years ago he was given a PSA test and scored a "4" which he was told at that time it wasn't anything to worry about; at that time he didn't have enough information to understand what the results meant. Trusting the medical staff, he assumed everything was ok. Last month, after another test, his score was significantly higher—with all probability that he did indeed have prostate cancer. The medical staff at SCI Greene told him that they would have to present him with a treatment plan in the near future.

Maroon's family immediately put out a petition that calls for the prison to provide proper medical treatment and to call for his transfer to a prison closer to his family in Philadelphia (not only to make visiting easier—right now it's a 12 hour round trip to SCI Greene—but also to keep a closer eye on his treatment).

Maroon's family has been relentless in the collecting of petitions on the streets of West Philly, and supporters have assisted in creating an online petition and sending out information around the country and the world about Maroon's condition. In a recent letter from Maroon, he tells us that the doctor at SCI Greene has been spending more time with him and Maroon credits the pressure generated from the petitions.

If people want a petition to circulate in their community please contact Philly ABCF at our P.O. Box or email us at PHILLYABCF@WEBTV.NET to get the online link for the petition. We need to make sure our comrade receives the best care possible.

Joseph "Joe-Joe" Bowen

We have maintained steady contact with BLA POW Joe-Joe Bowen. As people are aware, Joe-Joe has been in solitary since the early 80's after a failed escape attempt at Graterford prison in PA. Joe-Joe has been working on a legal writ to secure his release into general population. Working on his own for the past few years constructing the writ, Joe-Joe told us during a recent visit that he's about to complete the legal writ and needs help with the cost involved in filing it—recently the courts raised the costs from \$150 to \$250. ABCF members and other supporters have been raising funds for the past several months. If you would like to donate

funds, please send them to the Philly ABCF P.O. Box. Please make checks or money orders payable to "Tim Fasnacht."

As mentioned above, Tim was able to visit Joe-Joe last month. Joe-Joe is a top of the line soldier who younger prisoners refer to as the "old Man." Many politicized social prisoners have written to us and mention Joe-Joe with high praise and respect for his teaching skills, and positive example he has set in the struggle. It's heartening to see more people, as they learn about Joe-Joe—who has been all but forgotten in the words of Maroon—lend their support to him in his struggle to get out of the hole. Philly ABCF has a packet of info on Joe-Joe; write us to get a copy.

Ojore Lutalo

Tim has been keeping regular contact and visits with Ojore. We still have a video interview with Ojore called "In My Own Words" for sale. The video was done while Ojore was still in New Jersey's State Prison Management Control Unit. It's an excellent interview with Ojore and offers Ojore's insight on various topics. Videos are \$15. People can also order it from AK Press.

Warchest

Philly ABCF recently took over the administration of the Warchest. After a near collapse of its functioning, the Warchest is back up and running again although at a lower level of support. All signs are positive for its continuation and growth to previous levels in the coming years. Much thanks must be given to Los Angeles ABCF who have raised \$1700 in a mere 3 months.

Montreal Report - *Montreal ABCF*

Salut camarades,

Maybe it has something to do with the snow melting, but lately we feel a lot of energy in the movement to free political prisoners! Sara had a swell visit with LA-ABCF in March and also spoke at the annual Popular Culture Association conference about our work, making new connections with prisoner support activists from all over the world.

We just released Issue 4 of 4strugglemag, our zine of prisoner writings edited by Ohio 7 PP Jaan Laaman. Our spring edition features articles on May 19, the Palestinian struggle, anti-war organizing, and lots more. Contributors include Bill Dunne, Mumia Abu-Jamal, Ali Khalid Abdullah and Jeff "Free" Luers. As always Karen did a great job on the layout.

Copies are FREE for prisoners, so let us know of anyone who would like to be added to our mailing list. You can check out the online version at www.4strugglemag.org and join the dialogue on our new discussion board. Ask us about getting copies to sell as fundraisers!

We continue to raise awareness of the struggles of local immigrant and refugee communities: security certificate detainee Adil Charkaoui, Algerian refugee Mohamed Cherfi, Palestinian refugee Osama Saleh and over a hundred stateless Palestinians fighting deportation from Canada. To learn more about how you can help, go to www.montrealabcf.org.

In April we helped organize the Montreal event of the Sumoud tour of Palestinian ex-political prisoners and supporters. In addition to the speakers, we were lucky enough to have recorded solidarity statements from North American PPs Jaan Laaman, David Gilbert and Marilyn Buck. Our guests were very moved by these statements, and we are working on getting them translated into Arabic, so that they can be played on a radio station that reaches Palestinian PPs! Thanks to our newest member, Michelle, for her hard work in the editing booth.

The sixth annual Montreal Anarchist Bookfair is coming up on May 20-22, and this year we're excited to be presenting a major workshop together with members of Philly ABCF and Chicago ABC. We'll also be tabling with David Gilbert's excellent new book, *No Surrender*, and the 2005 Freedom for Political Prisoners and Prisoners of War Calendar. For more info about Festival of Anarchy and bookfair events, visit anarchistbookfair.taktic.org.

In the coming months, we will be contributing to Prison Radio programming on CKUT (www.ckut.ca), and we hope to have a major benefit show in July. Stay in touch!

Yours in solidarity,
Montreal ABCF



Sara (Montreal), Rob Middaugh and Marissa (L.A.)

Los Angeles Report - *Los Angeles ABCF*

New Members

We want to welcome two new members into the Federation: Sam and Marisa.

Sam works with the LA Free Clinic and has brought her passion for health awareness into the collective. With health being a major part of the struggle for the freedom and dignity of our brothers and sisters inside, we hope Sam can add this important element to the ABCF.

Marisa is not a stranger to the ABC movement, since she has come right out of Melbourne (Australia) ABC and into the LA chapter. Marisa brings with her the knowledge of radio and recording as well as a background of support for the indigenous struggle in Australia. We hope these folks will have no problem calling the Federation home.

Visits

During the last few months, we have received visits from several ABCF groups. Earlier this year, Jon from Winnipeg came into LA, but due to time restraints, only one member of the LA chapter was able to meet up with him. In March, however, Sara from Montreal was able to spend a few

days with the LA crew, including meeting up with some of us in San Diego.

April not only brought the blue skies back into this region, but Mathias from NJ-ABCF as well. Two of us were able to spend a couple of days with Mathias, allowing him to experience the beautiful deserts and beaches of Southern California. With all visits came the discussion of the present state of the Federation and its future. All of us have accepted the fact that the ABCF has experienced a major lull, but there is an excitement in the air about the present rebuilding of the organization and the Warchest.

April Events

April was a busy month for LA-ABCF. We have been working closely with the LA JERICHO Coalition, of which we are a member group. Our collaboration sent a delegation of LA-ABCF and JERICHO folks to the Attica to Abu Ghraib Conference in Berkley, CA, attended a semi-national meeting for JERICHO, provided support for an Estacion Libre speaking tour, and organized a forum connecting COINTELPRO to USA PATRIOT

Acts 1 and 2.

Attica 2 Abu Ghraib was an "Organizing Conference on Human Rights, Torture, and Resistance." Our day was filled with panels, video presentations, working group sessions, speakers and performance. The themes were 'Criminalization of Resistance' – a focus on PP's/POW's and an Anti-Torture Campaign, 'Repression of Dissent' – a PATRIOT Act Repeal Campaign, and 'US Sponsored Terrorism' – an Anti-



Mathias (NJ) and Lane (L.A.)

Militarism Campaign.

The following day, we met at the Freedom Archives office in San Francisco for a JERICO meeting. This was comprised of folks from Los Angeles, the Bay Area, South Carolina and Eugene, Oregon. We discussed our work within JERICO, ideas for better communication between chapters, organizing for an International Day of Solidarity for PP's & POW's, and the future of JERICO.

That same week, we co-sponsored an Estacion Libre speaking tour entitled "From Panthers to Zapatismo" along with Critical Resistance LA and Youth Justice Coalition. Estacion Libre is a grassroots network that works to strengthen ties between people of color in the U.S. and the Zapatista communities of Chiapas, Mexico. The speakers were ex-PP and BLA member Ashanti Alston and the co-founder of Estacion Libre, Karl Jagbandhansingh. This event was held at the Southern California Library for Social Studies and Research in South Central, LA.

In the end of April Jericho/ LA-ABCF organized a panel discussion entitled "COINTELPRO to the USA Patriot Act." We held this forum at the Quaker/Friends Meeting House, also in South Central, LA.

We wanted to focus on the struggle to free PP's/POW's and connect that to our current day efforts against repression, white supremacy, counter-insurgency, war and injustice. We started the event with excerpts from the film All Power to the People. After the film, Michael Novick (LA-JERICO/Anti-Racist Action/People Against Racist Terror) spoke about COINTELPRO and its affect on various struggles from the 60's onward. Sherman Austin (author of Raisethefist.com and former PP) spoke in length about his case. Our last speaker, Marisa of LA-ABCF spoke about PATRIOT Acts 1 & 2. We finished the evening with a question & answer discussion.

In May, Marisa attended the "Set the Captives Free" conference, where she spoke on a panel with Alicia Rodriguez, Lynne Stewart, Rafael Cancel Miranda on the issue of Homeland Security. The conference was scheduled to run over one day, Saturday, May, 21 2005. It celebrated African Liberation Day and included a diverse community: African-American community activists, former political prisoners and Native American culture.

While in Boston, Marisa visited anti-imperialist political prisoner Jaan Laaman.

The visits were non-contact meetings, with Jaan locked into a little room, and Marisa on the other side of the glass in the general prison. When she was processed, she had to take off my shoes and open her mouth in case there were drugs and knife blades in there. As a female she had to cover all her body including her arms.

LA-ABCF will be organizing more events and workshops with LA JERICO Coalition around COINTELPRO, PATRIOT Act, and PP's/POW's. We are also entering the planning stages for the December 3rd International Day of Solidarity for PP's & POW's.



Matt, Lane (LA) & Mathias (NJ)

FREQUENTLY USED

Acronyms/ Terms

ABCF: Anarchist Black Cross Federation - anti-authoritarian federation of ABC groups who support and defend PP/POW's.

ABC-BG: Branch Group - ABCF group with more responsibilities than a SG.

ABC-SG: Support Group - ABCF group with less responsibilities than a BG.

AIM: American Indian Movement - above ground revolutionary organization of Native Americans.

Anarchism: Free or libertarian socialism. Anarchists are opposed to government, the state, and capitalism. Therefore, simply speaking, anarchism is a no government form of socialism. Types of anarchists include: Anarcho-Communist, Anarcho-Syndicalist, Autonomist, Collectivist, Individualists, and Mutualists.

BLA: Black Liberation Army - revolutionary Black clandestine formation formed to defend the Black community and the BPP, inactive since the '80s.

BPP: Black Panther Party - above ground Black revolutionary group seeking Black political power, disbanded in the mid-'70s.

FALN: *english translation:* Armed Forces of National Liberation - revolutionary clandestine group fighting for Puerto Rican independence.

FC: Federation Council - decision making body of the ABCF.

MOVE: Not an acronym, the name of an organization based in Philadelphia who are committed to the teachings of John Africa. Their belief is in "life."

PC: Prisoner's Committee - rotating body of 5 PP/POW's on the ABCF's FC.

PP/POW's: Political Prisoners and/or Prisoners of War. (See page 1.)

Self-Defense: The legal act of protecting one's life or the life of another with the idea/purpose of self determination and independence. Armed self-defense is relative to the ABCF, specifically in the U.S., in that as the organization grows, so too grows the need to protect ourselves from the armed aggressor of the state, right wing, and other ideological opponents. (Firearms training as preparation for self-defense are legal activities within the confines of the U.S.)

Self Determination: The right by virtue of which all people's are entitled freely to determine their political status and to pursue their economic, social, and cultural development. All peoples may, for their own ends, freely dispose of their natural wealth and resources without prejudice to any obligations arising out of international economic cooperation, based upon the principle of mutual benefit and international law. In no case may a people be deprived of its own means of subsistence.

SDS: Students for a Democratic Society - left student group founded in the '60s.

The Update: This is a bi-monthly publication of the ABCF.

WUO: Weather Underground Organization - first the Weathermen, later known as the WUO, evolved out of the SDS as an underground formation of primarily white anti-imperialist revolutionaries from the student movement.

(The Anarchist Black Cross Federation (ABCF) produces the Revolutionary Political Dictionary with these and other expanded definitions of political terms. Available from Jacksonville ABC for \$1 and two 37 cents stamps.)

Join the Jericho Movement's Campaign for Aids Orphans in Afrika



Supported by political prisoners across the country, the Jericho Movement is collecting donations to purchase school supplies (pen, pencils & composition books) that will be inscribed "Compliments of Political Prisoners in the united states of america." The supplies will be shipped to selected sites in the sub-Saharan Afrika for distribution to school children who lost their parents to the AIDS epidemic that is sweeping across the continent. Individuals and organizations wishing to cosponsor, endorse or contribute to this campaign are asked to immediately contact:



Jericho Movement • P.O. Box 3410084 • Jamaica, New York • 11434-3401 • (718) 949-3937

The Subsistence Program

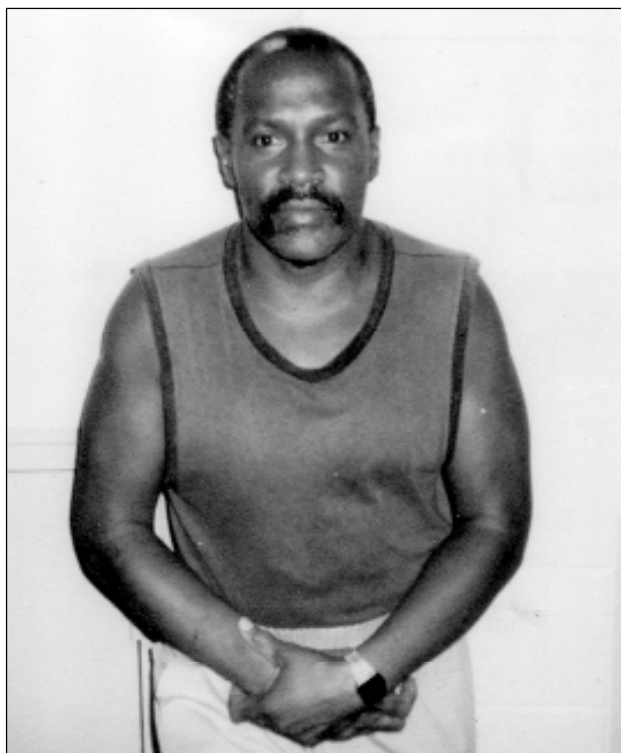
The Anarchist Subsistence Program, in contrast to the Warchest program that provides nonpartisan support for revolutionary Political Prisoners and Prisoners of War, seeks to provide material aid to those PP/POW's who come from our own anarchist/anti-authoritarian community.

Presently, we are aware of less than ten 'Class War' PP/POW's in North America who identify themselves as part of the anarchist or anti-authoritarian community. From information provided to us by these political prisoners, we realize that Ojore Lutalo is in more financial need than most. Because of this and because Ojore has provided an immeasurable amount of time, guidance and focus to the collectives that make up the ABCF, the organization has made Ojore the focus of our first subsistence support campaign.

The two functions of this support

campaign include a monthly check and forty .37 cent postage stamps per month. Supporters of the Anarchist Subsistence Program send whatever funds they can to Philadelphia ABC (who facilitates the program) who in turn sends the total amount from all supporters to Ojore monthly. All U.S. supporters also take turns sending the stamps directly to Philadelphia ABC.

Listed here are the monthly check documentation and rotation of groups sending stamps. If you want to support this important program and help us expand the number of Anarchist Subsistence Program campaigns we run, contact Philadelphia ABC. Make checks or money orders out only to: TIM FASNACHT. Funds should be sent in the last week of the month before the month the funds will be used (i.e; send March funds in the 3rd week of February).



Stamp Rotation Schedule

June

Jacksonville

July

Cleveland

August

Los Angeles

Send a check or money order to Philadelphia ABCF made out to Tim Fasnacht for forty 37 cent stamps in the last week of the month before the month you are responsible for.

	97	98	99	00	01	02	03	04	J	F	M	A	M	J	J	A	S
Jax	20	60	60	60	60	105	120	140	20	20	20		25				
NE						100	113	80	10	15	15	15					
NJ	40	120	120	65	25								10				
Lanc	40	145	145	200	115												
Bing/CO	10	110	105	75	70												
Kent		88	203	205	223												
Winn	40	85	110	130	144	100	110	10									
LA				50	96	66		85	10	10	10						
Cleve				120	205	90		25									
Houston			40	5													
Brick, NJ			35														
Moncton	5	60	25	5													
Aaron				5													
Josh S.																	
Mntrl.							50	25				20					
Kete Foy							5										
other	5																
Total	160	668	843	920	938	461	488	365	40	45	35	35	35				

**All Inquires to:
Philadelphia ABCF
P.O Box 42129
Philadelphia, PA 19101**

Health Reports

• Richard Williams has become severely ill due to Hepatitis C. Though he has attempted to control it via diet, he has still had complications. We ask people to send Richard get well cards.

Richard Williams

10377-016
P.O. Box 999
Old Oxford Hwy 75
Butner, NC 27509-1000

• Russell Maroon Shoats has been diagnosed with prostate cancer. There are concerns about the poor medical treatment he can expect from the prison medical staff. A petition has been released asking the Pennsylvania Gov. and DOC to allow an outside doctor to examine him. We ask people to please sign on to the petition, which can be found on: <http://www.petitiononline.com/shoatz/petition.html>. We also ask people to send letters to Shoats to lift his spirits.

Russell Shoats

AF-3855
175 Progress Dr.
Waynesburg, Pa 15370

• Bill Dunne was sent to the SHU (Security Housing Unit) for several weeks after complaining about an abscess in his tooth. Although he has been released from the SHU, has yet to receive treatment for his tooth. No action has yet to be requested on Bill Dunne's behalf. Bill can be reached at:

Bill Dunne

10916-086
Box 019001
Atwater, CA 95301



Health: Mind, Body, and Soul

Hello! My name is Sam Sunshine, and I am a health educator, outreach worker and an HIV counselor at the Los Angeles Free Clinic. Our clinic has been providing free medical, dental, legal and mental health services in Los Angeles since 1967.

Recently, LA-ABCF has been working with campaigns to support medical attention to political prisoners. Prisons often lack any medical services—or focus on treatment rather than prevention. I want *UPDATE* to be a place of dialogue about this, providing people in prisons needed health information in order to take care of themselves and support people around them. But I also want it to be a resource for those of us outside to learn about these battles that are going on, and to begin providing comprehensive advocacy and support for emotional, mental and physical wellness of prisoners.

If there are particular questions or topics that need to be discussed, please write to us. I will answer any questions that we receive, and some Q&A's will be posted on the newsletter unless otherwise requested. I look forward to this new addition to the *UPDATE*.

In the mean time, this issue will focus on foods and lifestyle changes that we all can make to promote a strong immune system:

Garlic

Zinc (beef, turkey, beans)

Bioflavonoids (fruits and vegetables)

Selenium (chicken, whole grains, tuna, garlic, egg yolks, sunflower seeds)

Omega-3 fatty acids (nuts, tuna)

Washing your hands thoroughly and often with soap, particularly before eating and after using the bathroom

Only eat meat that has been cooked thoroughly

Get at least eight hours of sleep every day

Maintain a healthy weight

Exercise 30 minutes most days of the week

Eat less sugar—one can of soda can reduce the ability of white blood cells to kill germs by 40% for up to 5 hours

Not smoking—smoking weakens the immune system

The following table lists various classes of antioxidants and other phytochemicals, some of their rich food sources, and how they are believed to work to prevent and fight cancer:

Substance	Food Source	Possible Action(s)
Vitamin C	Citrus fruits, tomatoes, peppers, broccoli, leafy vegetables, potatoes	Inhibits nitrosamine formation, a potentially dangerous carcinogen
Carotenoids	Sweet potatoes, tomatoes, carrots, red peppers, spinach, corn	Numerous anti-cancer functions
D-limonene	Citrus fruits	May detoxify cancer promoters
Lycopene	Cooked tomato products	Protective against prostate and other cancers
Anthocyanins	Grapes, berries, red peppers, red cabbage	Antioxidant cell protection; may help prevent binding of carcinogens to DNA
Allyl sulfides	Garlic, onions, shallots, leeks, chives, scallions	Various anti-carcinogen functions
Monoterpenes	Parsley, carrots, broccoli, cabbage, cucumbers, squash, peppers, mint, basil, citrus fruits	Aid protective enzyme activity
Flavonoids	Parsley, carrots, citrus fruits, broccoli, cabbage, cucumbers, tomatoes, peppers, soybeans, berries	Block receptor sites for hormones that promote cancer
Indoles	Cabbage, brussel sprouts	Stimulate production of enzymes that break down cancer causing agents
Phenolic acids	Parsley, carrots, broccoli, cabbage, tomatoes, peppers, citrus fruits, berries, whole grains	Antioxidant properties; inhibit nitrosamine formation and help form protective enzymes
Catechins	Berries	Antioxidants linked to lower rates of gastrointestinal cancer

SUPPORT THE WARCHEST



Sekou Odinga
05228-054 / Box 1000
Marion, IL 62959
Receives \$30 per month



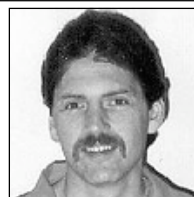
Ruchell Cinque Magee #
A92051 / 3B-05-103
Box 3466
Corcoran, CA 93212
Receives \$30 per month



Herman Bell
79C0262 / Box 2001
Dannamora, NY 12929
Receives \$30 per month



Free!
Ricardo Jimenez
88967-024
PO Box 1000 A-2
Lewisburg PA 17837
Receives \$30 per month



Richard Williams
10377-016
3901 Klein Blvd.
Lompoc, CA 93436
Receives \$30 per month



Free!
Dylcia Pagan
88971-024
5701 8th St., Camp Parks
Dublin CA 94568
Receives \$60 per month



Hanif Shabazz Bey
259533 / Box 759
Wallensridge Supermax
Big Stone Gap, VA 24219
\$30 every other month



Free!
W.J. "Wolverine" Ignace
RRAC Matsqui / Box 400
Abtsfrd., BC
V2S 5X8 Canada
\$30 every 3rd month



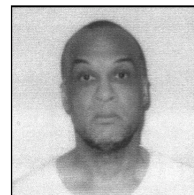
Free!
James OJ Pitawanakwat
Mission Inst. / Box 60
Mission BC V2V 4L8
Canada
\$30 every 3rd month



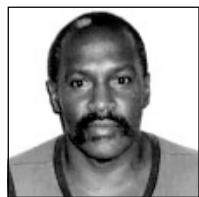
Russel Maroon Shoats
AF-3855
175 Progress Dr.
Waynesburg, PA 15370
Receives \$30 per month



Sekou Kambui
113058 / Box 56 SCC
(B1-21)
Elmore, AL 36025-0056
Receives \$30 per month



Joseph Bowen
AM-4272/ 1 Kelley Drive
Coal Township, Pa
17866-1021
Receives \$30 per month



Ojore Lutalo
59860 / PO 861
SBI# 0000901548
Trenton, NJ 08625
Received Emergency Funds



Jalil Muntaqim
(Bottom) 77A4283
Box 618 135 State St.
Auburn, NY 13024
Received Emergency Funds



Sundiata Acoli (Squire)
39794-066 / Box 3000
White Deer, PA 17887
USP Allenwood
Received Emergency Funds



Free!
Carmen Valentin
88973-024
5701 - 8th. St. Camp Parks
Dublin CA 94568
Received Emergency Funds



Jaan Laaman
W41514 / Box 100
South Walpole, MA 02071
Received Emergency Funds



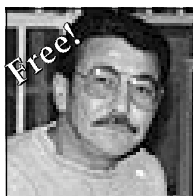
Thomas Manning
10373-016 / Box 1000
USP Leavenworth
Leavenworth, KS 66048
Received Emergency Funds



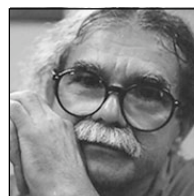
Yu Kikumura
09008-050 / Box 8500 ADX
Florence, CO
81226-8500
Received Emergency Funds



Free!
Edwin Cortes
92153-024nBox 1000
Lewisburg, PA 17837
Received Emergency Funds



Free!
Adolfo Matos
88968-024
3701 Klein Blvd
Lompoc, CA 93436
Received Emergency Funds



Oscar Lopez Rivera
87651-024 / Box 33
Terre Haute, IN 47808
Received Emergency Funds



Free!
Jihad Abdul Mumit
323749-138
Box 1000
Lewisburg, PA 17837
Received Emergency Funds

The ABCF has initiated a program designed to send monthly checks into those PP/POW's who have been receiving insufficient, little, or no financial support during their imprisonment. PP/POW's requesting funds complete an application of financial questions. When the ABCF has collected sufficient funds to send out another monthly check, the application are reviewed by a rotating body of PP/POW's called the Prisoner Committee, who make a judgement on which applicant is in the most financial need. There is also an emergency fund designed to immediately send checks to those PP/POW's in need of one time or emergency assistance. Founded in 1994, the Warchest has provided consistent and reliable financial aid, serving a much neglected comradley function. As Sekou Odinga (a POW currently receiving a monthly check) writes, **"Thanks much for the support you've been organizing, I really appreciate it. After not having any or very little support for so long, it now seems like (people) have all of a sudden realized that I am live."** Endorse this program by giving any monthly or one time donation to increase the number of prisoners being supported monthly. A financial report is published that documents all money received and the prisoner it was sent to. The prisoners addresses are also printed so that endorsers may write and hold us accountable.

Name: _____ Ph: _____

Street Address: _____

City/State/Zip: _____

ONE TIME DONATION ☐ MONTHLY SUPPORTER ☐

Monthly supporters, please check one of the following:

I'll commit to 6 months ☐ I'll commit to 1 year ☐ Amount: \$ _____

Send cash, checks or mos
made to **TIM FASNACHT** to:
Philly ABCF
P.O. Box 42129
Philadelphia, PA 19101
phillyabcf@webtv.net
toll free (877) 673-2658

What is the Warchest?

The ABCF has initiated a program designed to send monthly checks to those Political Prisoners and Prisoners of War who have been receiving insufficient, little, or no financial support during their imprisonment. PP/POW's requesting funds complete an application of financial questions. When the ABCF has collected sufficient funds to send out another monthly check, the applications are reviewed by a rotating body of PP/POW's called the Prisoners Committee, who makes a judgement on which applicant is in the most financial need. There is also an Emergency Fund designed to immediately send checks to those PP/POW's in need of one-time or emergency assistance. Founded in 1994, the Warchest has provided consistent and reliable financial aid serving a much neglected comradely function. As Sekou Odinga (a POW currently receiving a monthly check) writes, **"Thanks much for the support you've been organizing, I really appreciate it. After not having any or very little support for so long, it now seems like [people] have all of a sudden realized that I am alive."** Endorse this program by giving any monthly or one time donation to increase the number of prisoners being supported monthly. Below is the financial report which documents all money received and the prisoners it was sent to.

WARCHEST REPORT FOR 2005

FUNDS IN	MARCH	APRIL	MAY
LA ABCF	870	90	750
MTL ABCF	40	70	0
PHL ABCF	30	30	30
JAX ABCF	0	25	25
NJ ABCF	20	20	20
EZE/NJ	360	0	0
BONNIE/NJ	10	0	0
MIKE/NJ	20	0	0
JUP/CLEV	15	0	0
JEAP	0	40	0
FUND/PHIL	0	0	9
TOTAL	1365	284	834

FUNDS OUT	MARCH	APRIL	MAY
SEKOU KAMBUI	30	30	30
RUSSELL SHOATS	30	30	30
JOSEPH BOWEN	30	30	30
HANIFF SHABAZZ BEY	30	30	30
HERMAN BELL	30	30	30
RICHARD WILLIAMS	30	30	30
SEKOU ODINGA	30	30	30
RUCHELL MAGEE	30	30	30
Total	240	240	240

TOTAL FUNDS IN: \$2483
 TOTAL FUNDS OUT: \$720
 TOTAL FUNDS REMAINING: \$1763

Name: _____

Address: _____

Phone: _____

E-mail: _____

- ☐ One time donation
☐ monthly supporter

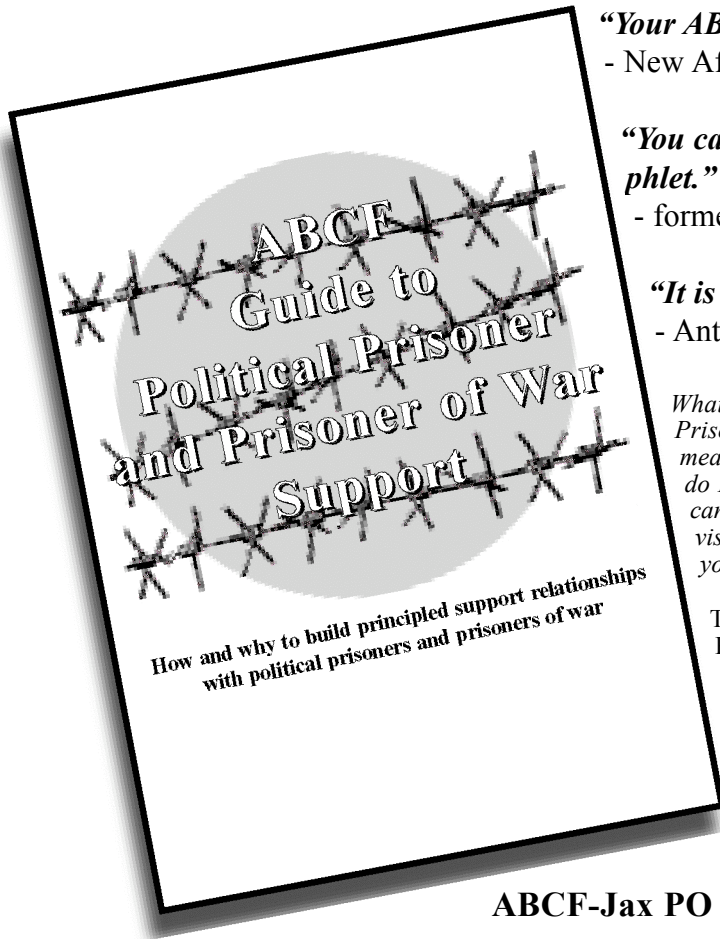
If you would like to be a monthly supporter, please check one of the following:

- ☐ I'll commit to 6 months
☐ I'll commit to 1 year

Amount \$ _____

Send concealed cash, checks, or m.o.s. made out to Tim Fasnacht at:
PHILADELPHIA ABCF-BG
 P.O. Box 42129
 Philadelphia, PA 19101

or donate online at
www.abcf.net



“Your ABCF Guide to PP/POW Support is great, PERIOD!”

- New Afrikan POW Sundiata Acoli

“You can see many of our concerns addressed in this pamphlet.”

- former Puerto Rican POW Carmen Valentin

“It is extremely well thought out and put together.”

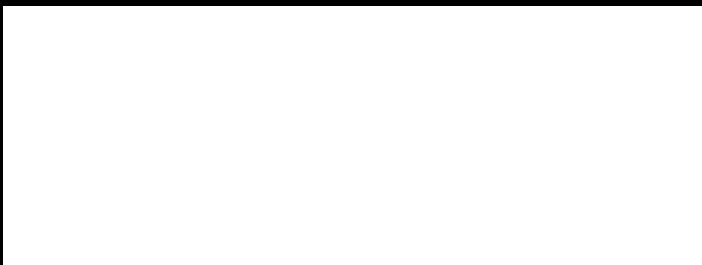
- Anti-Imperialist PP Tom Manning

What's the ABC? What's the ABCF? Who are Political Prisoners, Prisoners of War? Where are they? Why make a criteria? What do you mean by 'documentation' and how do I get it? What kinds of support do Political Prisoners need? How should I go about my work? What can PP/POW's get in prison? What do I need to know if I wanted to visit? Can I bring them food packages? What about clothes? What do you mean by 'principled support'? How do I get involved?

This is a practical guide compiled by Political Prisoners and Prisoners of War themselves based on concrete history and work experience. It will help answer all of the above questions and more. The ABCF guide to PP/POW includes definitions that were democratically agreed upon at an international tribunal, specific procedures for obtaining documentation on PP/POW's, information on visiting, phone contact, food/clothing packages, and the working policies of the ABCF in our work to support PP/POW's. Send \$1 and two stamps to:

ABCF-Jax PO BOX 350392 Jacksonville, FL 32235-0392

LA-ABCF
Branch Group
PO Box 11223
Whittier, CA 90603



“This work is not done for glory, but because we believe in mutual aid.”