



## Our Mission

The Department of Correction shall strive to be a global leader in progressive correctional practices and partnered re-entry initiatives to support responsive evidence-based practices aligned to law-abiding and accountable behaviors. Safety and security shall be a priority component of this responsibility as it pertains to staff, victims, citizens and offenders.

## End of an Era

April 1<sup>st</sup> was no joke when it came to staff changes within the Department of Correction – it has been several years since so many longtime employees chose to retire at the same time. As always, with retirements comes opportunities for advancement and reassignment. Among the more notable retirements was that of the agency’s Director of Religious Services, The Reverend Anthony J. Bruno, who walked out the doors of Central Office after 30 years of service on February 23. Additionally, District Administrator Peter Murphy (more than 31 years of service), MacDougall-Walker’s Warden, Carol Chapdelaine (nearly 27 years of service), Deputy Director of Parole and Community Services Jennifer Bennett (23 years of service), Health Services Deputy Warden Deborah Henault (32 plus years of service), Parole Manager Terri Williams (21 years of service), and Deputy Warden Stephen Bates (more than 26 years of service) all retired effective April 1, 2017.

see [Start of A New Era/page 2](#)



After 30 years, Reverend Anthony J. Bruno says goodbye.

## From the Commissioner



It has been said that the only thing constant in life is change; the same holds true for the Department of Correction. Each year, frequently on April 1, dedicated staff members cross the finish line of their careers and retire. While those who remain accept the baton and ably carry on fulfilling our mission of protecting the public.

I feel it important, before moving on to the next chapter of the agency, to take a moment to acknowledge those who were instrumental in helping to lay the rock solid foundation of this agency. One such individual who left an indelible mark on the Department is our former Director of Religious Services, the Reverend Anthony J. Bruno.

see [The One Constant/page 2](#)

February 17, 2017  
through  
April 11, 2017

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## Start of a New Era from page 1

To say that all those who have retired will be missed, is an understatement to say the least.

The retirements created a ripple effect that reached across the department. The first void was filled by the announcement of the promotion of Edward Maldonado to District Administrator of District II. The promotion of Warden Maldonado and the retirement of warden Chapdelaine resulted in the need for two new wardens: Kenneth Butricks is the newly promoted warden of the Bridgeport Correction Center, and William Murphy was promoted to warden of the Carl Robinson Correctional Institution.

These promotions also necessitated the need for some reassignments:

- ~ Steven Faucher to Corrigan-Radgowski CC
- ~ Antonio Santiago to York CI
- ~ William Faneuff to Northern CI
- ~ William Mulligan to MacDougall-Walker CI
- ~ Kimberly Weir to Osborn CI
- ~ Allison Black to Hartford CC



**Recently retired: Peter Murphy and Deborah Henault**

As part of the recent changes, three individuals were promoted to the rank of Deputy Warden:

- ~ Captain Ronald Cotta to Deputy Warden at Corrigan-Radgowski CC
- ~ Counselor Supervisor Joseph Roach to Deputy Warden at MacDougall-Walker CI
- ~ Counselor Supervisor Sandra Violette to Deputy Warden of the Health and Addiction Services Unit

There have also been some Deputy Warden reassignments:

- ~ Deputy Warden Thomas Hunt to Director of the Community Release Unit
- ~ Jeffrey Zegarzewski to York CI
- ~ Giuliana Mudano to Carl Robinson CI

Please join Commissioner Scott Semple and the entire executive team in not only wishing the best to all those who have retired, but also to those recently promoted and reassigned.

## The One Constant from page 1

Father Bruno, as he is affectionately referred to, recently retired after 30 years of dedicated state service. For many years, he was the agency's spiritual leader. It is hard to imagine a departmental function - whether it be a graduation, awards ceremony, or memorial ceremony - without a blessing or prayer from Father Bruno. Another individual whose retirement I feel compelled to mention is that of former District Administrator, Peter "Pete" Murphy. His affable personality, coupled with his pragmatic approach to dealing with challenging situations will truly be missed. When a problem arose, he was fond of saying, "it is what it is," and then proceeded to work to resolve the issue.

As is often the case when choosing to acknowledge one or two individuals, you run the risk of omitting someone who is equally deserving of praise. Individuals such as Warden Carol Chapdelaine, Deputy Warden Deborah Henault, Deputy Director of Parole and Community Services Jennifer Bennett. To everyone who has recently retired, I thank you for your dedicated service, and to paraphrase one of Father Bruno's favorite blessings - may your future be blessed, "always and in all ways."

# Walking Off the Walls

One of the things that recently retired Deputy Warden Stephen Bates is committed to doing is to spend more time hiking. An avid hiker, Bates - who retired on April 1<sup>st</sup> after more than 26 years of dedicated service to the department, was hiking a section of the Appalachian Trail when he had an “aha” moment.

Recognizing the therapeutic effect the hike had on him, he was inspired to create a hiking group for current and former Department of Correction employees called Walk off the Walls.

The concept for Walk off the Walls is similar to a hiking program for members of the military who have recently returned from active duty.

Long ago, military units would have a long journey on foot to get back home. This allowed time to wind down and process what they had just been through. In this day and age, military units can be relieved of duty and back home in days if not hours, not really affording much time to decompress.

Similarly, thanks to modern conveniences such as cars and cellphones, Department of Correction staff members have little time to process incidents before the demands of daily life become a priority. After an incident, particularly one that occurs near the end of a shift, it is not unusual for affected staff members to get in their vehicle and drive home. It is unrealistic to expect someone, especially after a serious incident, to be able to just flip a switch and almost instantly transition into non-work mode. Membership in the group is limited to current and former Department of Correction employees, although friends and family (including pets) are welcome on the hikes. Even though Commissioner Semple is an enthusiastic supporter of the group, and Deputy Commissioner Cheryl Cepelak is an actual member, former Deputy Warden Bates is quick to point out that the group has no official ties, nor are its actions governed by the agency. Also, even though the group comprises DoC staff members, on the hikes, everyone is treated as equals – there is no deference to workplace ranks.

Since the group’s inception in the fall of 2016, there have been approximately 12 outings to such locations as the Appalachian Trail, the Mohawk Trail, the Shenipsit Trail, and the Narragansett Trail just to name a few.

The group uses a closed Facebook page as its primary method of communication with its members. Joining the group is easy – just get to the Walk off the Walls Facebook page and click on the “join group” button. Once it is verified that you are a current or former DoC employee you are added to the group. For those who are not “on” Facebook, there is also a phone tree to keep them informed of the group’s activities. Despite having been in existence for less than one year, the group is already nearly 200 members strong.

Participation in the group requires no commitment, but assistance with coordinating the hikes and events is always welcome. In addition to day hikes (ranging from one to ten miles in length) and shelter to shelter hikes of approximately 20 miles. Bates hopes to organize bike rides, kayaking trips, and even handicapped accessible “hikes” in the future.

Initially, Deputy Warden Bates considered instituting a rule forbidding “shop talk,” because the idea was to try to forget about work and recharge your battery so to speak. Bates decided against the rule because he realized that some of the group’s members may be struggling with work-related issues and need to talk to someone about it. Ultimately, the goal is to get exercise, enjoy the camaraderie of your peers and relieve some stress. The group’s unofficial motto, a quote whose origin is unknown, sums it up beautifully - “Into the forest I go, to walk off my mind and find my soul.”



## Cultural Presentation at CRCC

In honor of Black History Month, the staff of the Corrigan-Radgowski Correctional Center were treated to an exciting presentation of the spoken and written word by Michael “Chief” Peterson on February 21, 2017. Chief was recently appointed as the first ever Poet Laureate of his hometown, New Britain, Connecticut. Mr. Peterson is currently a Dean of Students at his alma mater, New Britain High School, where he also coaches football and baseball. In addition, he is a part-time Child Development Specialist.



**L to R: Captain Daniel Dougherty, Warden Antonio Santiago, Deputy Warden Jeffrey Zegarzewski, Poet Laureate Michael “Chief” Peterson, Counselor Supervisor Sharonda Carlos and LT Marco Perez.**

listeners understanding. Chief said he is a speaker of the written word. According to him, poetry saved his life after the tragic death of his brother.

One of Chief’s original poems, “Where I’m From” is about the current issues involving our young teenagers, such as school, drugs, pregnancy, and cursing. This poem is designed to inspire his students. Chief encourages people to find their own poems, to find what they are passionate about and stay focused on it. “If you are passionate about something, then stand by what you believe,” Chief said.

Chief takes life experiences and puts them on paper. A poem named “Nahla” was written about a young teenage girl from Pakistan that was attending his school. It was recited in Arabic and English. A line from the poem reads, “She stands complete in her cloth and all she wants to do is be heard.”

Chief not only speaks about social inequities and individual struggles, but acts to change the cycle. Chief involves his students in an after-school creative writing club where he challenges the students to put their feelings and thoughts down in writing. Chief’s dedication to his craft has placed him in collaboration with some of today’s finest poets. He is in the process of writing a book and hopes to be the first poet to

## Around the Cell Block



**NEW YORK** - The state Department of Corrections plans to bar visitors from bringing packages to prisoners to cut down on contraband being brought inside. Friends and family currently can supply those items during visits and through the mail.

**ARKANSAS** - After nearly a dozen years without an execution, Arkansas is racing to put eight men to death, two a day, in four days; an unprecedented timetable the state says is necessary because one of the three ingredients in the lethal injection will soon expire.

**MISSISSIPPI** – Concerned by recent court challenges and practical constraints that make execution by lethal injection increasingly precarious, the state legislature introduced a bill which proposes adding firing squad, electrocution, and gas chamber to the list of approved execution methods in Mississippi.

**Total  
Supervised  
Population  
on  
April 11, 2017  
19,100  
On April 11, 2016  
the population was  
19,777**

# How self-awareness can improve a corrections officer's personal relationship

Seeing the good in a relationship is extremely important to maintaining positive feelings toward one another, but awareness of problem areas is just as important

by Althea Olson and Mike Wasilewski

*reprinted with permission from PoliceOne.com*

The dawn of the New Year is traditionally a time for critical self-reflection. Along with the hope that accompanies it, we pause to assess the past, plan the future and reflect on needed changes and how to achieve them. Healthy self-awareness means knowing both where we excel and all the ways we fall short. It is our efforts to correct past failings that form the foundations of serious change. Most of us tend to focus on areas of life we are able to fix through the simple addition of good behaviors or subtraction of bad – our diet, health habits, exercising more– or deciding to take on new experiences and greater challenges to enrich our lives. There is nothing wrong with any of these types of resolutions. Encouraging positive change in these areas is a staple of our column and we know how important and difficult it is to sustain them. But sometimes the areas we need to examine and work on are deeper and more important than whether we get to the gym enough or choose healthy lunches over the convenience of fast food. Sometimes self-reflection needs to be more about our character and habits toward others, and in particular, those with whom we are closest. Corrections can be hard on relationships and this is especially true between you and your significant other. The demands of a challenging career on any relationship are tough. But the demands and stresses of the profession creates peculiar – if somewhat predictable – difficulties. No matter how tight your bond, how long you've been together or how successful the relationship, its quality and strength can suffer when bad habits, complacency or the changing pressures of life overwhelm good choices toward each other.



## Go Looking for Trouble

Self-reflection needs to be more about our character and habits toward others, and in particular, those with whom we are closest. Troubled and failing relationships hemorrhage negativity.

When looking inward at our relationship(s) it is easiest to focus on what's obviously working, rest on past success and assume all is well. Of course, that happens to be the essence of complacency. In order to accurately assess the overall health of your relationship, it's necessary to look deeper, reflect on where you've slipped or gotten lazy, ask your partner for honest – even painful – feedback and uncover the uncomfortable. In a way, you have to go looking for trouble.

Dr. John Gottman and his wife, Dr. Julie Schwartz Gottman, are possibly the most respected and well-known experts in the field of couples therapy. At The Gottman Institute in Seattle, they have been researching relationships and what makes some work and others fail for more than 30 years. From these studies they develop tools for therapists.

From their research, the Gottmans have identified several dysfunctions commonly found in ailing relationships. In examining your own relationship you'll not just want to emphasize what you still do well but also where symptoms of trouble are starting to show.

## Black History Month Celebrated



Members of the New Haven Correctional Center’s Diversity Counsel pose for a picture after they organized a luncheon in honor of Black History Month, including, guest presentors, live musical entertainment and a delicious buffet.



Commissioner Scott Semple and the members of the York Correctional Institution’s Diversity Counsel take a break from the luncheon in honor of Black History Month.

## Taking the Plunge

Congratulations to the Penguin-Plunge team from the Bridgeport Correctional Center for raising the second most amount of money by a law enforcement team for the Penguin Plunge to benefit Special Olympics Connecticut held March 25 in Westport, CT. The team dubbed the “Prison Port Penguins” raised more than \$1,000. Team members include: Correction Officers Stacy Callands, Thomas Finnucan, Daniel Grady, Stephen Kaine, Nereida Nieves, Michael M. Smith, Christopher Smudin, Corderol Williams, Counselor Melissa Quaranta, and Correctional Nurse Nicole Sullivan.



# Self-Awareness and Relationships

from page 5

## Low Ratio of Positive to Negative Interactions

Even in conflict, successful couples generally remain positive in how they speak and relate to one another; in fact, the ratio of positive to negative interactions in word, deed and reaction to each other will be at least 5:1. Far better is a ratio of close to 20:1. Among couples in unstable, failing relationships that ratio has been found to be around 0.8:1. Successful couples know to isolate and manage conflict, maintain positive feelings about one another even when angry or frustrated, and work to exhibit kindness and concern. Troubled and failing relationships hemorrhage negativity.

## Escalation of Negativity

The Gottmans refer to the “Four Horsemen of the Apocalypse” to describe four characteristics common to dying relationships. Being in conflict is normal, and feeling and expressing anger and hurt are a part of it, but the “Four Horsemen” – criticism, contempt, defensiveness and stonewalling – signal an often fatal escalation of the negativity.

Are your fights civil, productive and with the goal of strengthening the relationship, or have any of the “Four Horseman” begun to make an appearance? If they have, it is absolutely necessary you oust them now and make efforts to make positivity your default position even in conflict.

## Emotional Disengagement and Withdrawal

The absence of negative affects during conflict, or positive affects whether during conflict or not, is indicative of emotional disengagement and withdrawal. Being unable or unwilling to engage emotionally may mean you’ve already left the relationship, even if you still occupy the same space physically.

Do you still turn to one another emotionally with conversation, joking and laughter, seeking and giving support and making time with one another a top and regular priority? Or have you withdrawn into yourselves, even if unintentionally?

## Failing of Repair Attempts

According to the Gottmans, “The goal of therapy ought not to be helping couples to avoid fights, even ones that are painful and alienating. Nor should it be helping couples to avoid hurting one another’s feelings... Instead, the goal ought to be to help couples process these inevitable fights... and to be able to repair the relationship.” All couples will have issues about which they disagree, and virtually all will argue and fight over them, but successful couples quickly repair the relationship, soothe any hurt feelings, and know that disagreements are inevitable and something from which to grow. But when normal repair attempts fail, the hurt is too deep, or efforts are no longer attempted, the relationship is in serious trouble.

## Negative Sentiment Override

Negative sentiment override is a serious symptom requiring urgent attention. NSO is present when one or both of the partners “habitually perceive interactions with their partner with a ‘negative subtext.’” Neutral and even attempts at positive interactions are misperceived as negative or as an attack. This happens when at least one of the partners has come to see only negative qualities or intent in the other, attributing them to “lasting, negative personality traits or character flaws.”

Once NSO has taken root even the most well-intentioned efforts will be seen in a negative or malicious light. Defensiveness becomes the default state of one or both partners as the relationship is increasingly perceived as emotionally dangerous.

## Chronic Diffuse Physiological Arousal

Chronic diffuse physiological arousal is a condition with a wide range of general symptoms usually experienced when faced with a threat and experienced as a constant state of hyperawareness and anxiety. Our most important relationships should never be the cause, but often are.

see Personal Relationships/page 10

## Years Of Service

### Employees with 20 Years of Service as of January 2017

<u>Name</u>	<u>Title</u>	<u>Facility</u>	<u>Hire Date</u>
Alamo, Rafael	Correction Officer	CRCI	1/31/1997
Baker, Carl	Correction Officer	CRCI	1/31/1997
Ballard, Timothy	Correction Officer	Osborn CI	1/31/1997
Bidwell, James	Correction Officer	Hartford CC	1/31/1997
Birchall, Patrick	Lieutenant	York CI	11/22/1996
Bourque, Roger	HVAC Rfrg Techn	CRCC	1/31/1997
Bradnan, Mark	Corr Electrician	WCCI	1/31/1997
Bresnahan, Scott	Correction Officer	CRCI	1/31/1997
Burch, George	Correction Officer	CRCC	1/31/1997
Carbutti, Andrew	HVAC Rfrg Techn	Cheshire CI	1/31/1997
Cassi, Sarah	School Teacher	MYI	1/31/1997
Cohen, Ludlow	Correction Officer	CRCI	1/31/1997
Cowell, Scott	Correction Officer	Cheshire CI	1/31/1997
Currie, Robert	Counselor	NHCC	1/31/1997
Daddona, Louis	Plmr & Stmfr	BCC	1/31/1997
Deciantis-Cassata, Helen	School Teacher	York CI	11/15/1996
Donor, James	Genl Maint Ofcr	CRCI	1/31/1997
Garofalo, Jeffrey	Correction Officer	Hartford CC	1/31/1997
Gonzalez, Andres	Correction Officer	Cheshire CI	11/22/1996
Guardiani, Anthony	Electr Tech	Northern CI	1/17/1997
Hardy, Wallace	Correction Officer	BCC	1/31/1997
Harper, Chris	Correction Officer	Cheshire CI	1/31/1997
Hooker, Alfred	Correction Officer	Cheshire CI	1/31/1997
Jimenez, Jorge	Lieutenant	Cen Off	1/31/1997
Lehninger, Heather	School Teacher	Northern CI	1/31/1997
Lewis, David	Correction Officer	Brooklyn CI	1/31/1997
Mirto, Frank	Parole Mgr	Cen Off	1/31/1997
Morales, Jorge	Lieutenant	CRCI	1/31/1997
Nelson, John	Lieutenant	Garner CI	1/31/1997
Nicholas, Garfield	Correction Officer	Osborn CI	1/31/1997
Nirka, Barbara	Correction Officer	Cheshire CI	1/31/1997
Pelchat, David	Correction Officer	Osborn CI	1/31/1997
Ponteau-Walker, Gwendolyn	Correction Officer	MYI	1/31/1997
Reyes, Bernardino	Correction Officer	MWCI	1/31/1997
Rodriguez, Natalie	Human Res Spec	Cen Off	8/16/1996
Rojas, Charles	Correction Officer	Hartford CC	1/31/1997
Taylor-White, Bonnie	Correction Officer	BCC	1/31/1997
Wagner, Christopher	Correction Officer	MYI	8/16/1996
Wiener, Benjamin	Correction Officer	Northern CI	1/31/1997
Williams, Donna	Correction Officer	Hartford CC	1/31/1997
Wurtz, David	Correction Officer	Northern CI	1/31/1997

## Care & Share Food Drive



Governor Malloy is dedicated to fighting hunger in Connecticut. He is asking all State of Connecticut employees to help raise awareness and funds to feed our friends and neighbors in need. Contributing online through the Virtual Food Drive is the easiest and most effective way to provide meals to those struggling with food insecurity in our state.

To make a monetary donation go to the following webpage: [http://ctfb.convio.net/site/TR?team\\_id=7898&fr\\_id=1140&pg=team](http://ctfb.convio.net/site/TR?team_id=7898&fr_id=1140&pg=team)

Please make sure to enter the agency's name along with your contribution.

Donations (cash or checks) can also be given to the agency's Lead Coordinator for the Charitable Giving Campaign, Financial Clerk Robyn Lawrence.

Additionally, non-perishable food items are being collected through April 20, 2017. Considering that one out of every six children in the state is food insecure and does not know where their next meal is coming from, the need is great – please give generously.

## Years Of Service

### Employees with 25 Years of Service as of January 2017

<u>Name</u>	<u>Title</u>	<u>Facility</u>	<u>Hire Date</u>
Autunno, David	Correction Officer	MYI	1/24/1992
Blondin, Renee	Corr Indry Supv 1	Osborn CI	1/10/1992
Brown, Edward	Counselor	WCCI	1/24/1992
Butricks, Kenneth	Corr Warden	Cen Off	1/24/1992
Falcone, Henry	Corr Warden2	Garner CI	1/24/1992
Moffatt, Carolyn	Correction Officer	Hartford CC	1/24/1992
Sowell, Calhoun	Lieutenant	Hartford CC	1/24/1992
Wilson, Carlos	Correction Officer	Enfield CI	1/24/1992

### Employees with 30 Years of Service as of January 2017

Gresh, Angela	Fiscal/Admin Offer	Cen Off	1/23/1987
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## Years of Service

### Employees with 20 Years of Service as of February 2017

<u>Name</u>	<u>Title</u>	<u>Facility</u>	<u>Hire Date</u>
Bernstein, Steven	Corr Indry Supv 2	York CI	1/31/1997
Capasso, Monse	Lieutenant	Enfield CI	1/31/1997
Conway, Gregory	School Teacher	Enfield CI	1/31/1997
King, Jason	Correction Officer	Cheshire CI	2/14/1997
Mosena, George	Correction Officer	York CI	1/31/1997
Phillips, Thomas	Plnt Facils Engr1	York CI	1/31/1997

### Employees with 30 Years of Service as of February 2017

Pfeiffer, Dineen	Correction Officer	York CI	1/30/1987
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## Scholastic Achievement

Congratulations to State School Teacher Rachel Boccio on receiving her Doctor of Philosophy (PhD) in English from the University of Rhode Island. Dr. Boccio specializes in nineteenth-century American literature and culture.



**Rachel Boccio PhD.**

She successfully defended her dissertation "Architectures of Captivity: Imagining Freedom in Antebellum America" to the graduate committee in March. Dr. Boccio holds a BA in English from the University of Delaware, a Masters in Education from Saint Joseph University, and an MA in English from Trinity College. She has taught English at Manson Youth Institution since 1998.



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## Personal Relationships from page 6

When attempts by one partner to raise concerns or introduce conflict are felt by the other as overwhelming or emotionally dangerous, they experience heightened physiological arousal common to maintaining constant vigilance against threats. Not unlike PTSD, this can lead to a fight or flight response contrary to a safe, happy, successful relationship. You and your partner should be a source of safety to each other. Instead, do either of you live in fear of the next emotional attack, waiting for the next conflict and planning what to do or where to retreat when it comes? Such living is not only emotionally unhealthy, it also manifests itself in physical ailments, and no relationship can survive this level of strain.

### **The Failure of Men to Accept Influence From Their Women**

This next warning is directed at our male readers, and all men should evaluate how they do. In successful heterosexual couples, women wield significant influence with their men, and the men accept and welcome influence from their women. Failing or refusing to accept influence from women leaves them feeling disrespected and eventually disengaged. A lot of men are quite comfortable with an arrangement where they hold the power, making decisions without hindrance or question or needing to weigh other points-of-view. Eventually, though, they are likely to see their partner emotionally disengage or rebel.

So men, do you accept influence from your women, or do you ignore or minimize her influence in favor of your independence?

Seeing all that is good and working in a relationship is extremely important to maintaining positive feelings toward one another, but awareness of problem areas is just as important. When you go for a physical your doctor is looking not just for what is right but poking, prodding, and asking questions to find what might be wrong or need further examination. Looking for and focusing on symptoms is essential to catch problems early. The same applies to our relationships.

***About the authors** - Althea Olson, LCSW, and Mike Wasilewski, MSW, have been married since 1994. Mike works full time as a police officer for a large suburban Chicago agency while Althea is a social worker in private practice at Fox Bend Counseling in Oswego (Illinois). They write on a wide range of topics to include officer wellness, relationships, mental health, morale, and ethics. Their writing led to them developing *More Than A Cop*, and they have traveled the country as police trainers teaching “survival skills off the street.”*

## Author’s Acknowledgement

Commissioner Scott Semple was presented with a copy of The Reverend Gordon Bates’ book, *The Connecticut Prison Association and the Search for Reformatory Justice*, at Central Office back in January.

*The book examines* the role the Connecticut Prison Association played in the formation of the state’s criminal justice system. First convened in 1875 as the Friends of Partners of Prisoners Society, then evolving into the Connecticut Prison Association and CPA. the organization has consistently advocated for a humane, rehabilitative approach to prisoner treatment.

In the book, Rev. Bates a former Connecticut Prison Association volunteer and executive director from 1980-1998, acknowledged the contributions that Commissioner Semple has made with regard to prison reforms. While presenting Commissioner Semple with his book, Rev. Bates said Commissioner Semple was, “the right commissioner at the right time.”



**Commissioner Semple with author Rev. Gordon Bates**