



# Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

May 5, 2016

## **WEEKEND AT THE MOVIES**

*From Ms. White, CRU*

You may request any film be shown for a weekend movie; however, a film may **only** be shown as long as it meets the DOC's movie criteria as well as copyright rules (Swank).

Due to the volume of requests received, I am unable to respond and will be adding the movie requested to the list of movies that need to have eligibility determined.

Remember, there are several factors that have to be considered when selecting the movies, and these factors vary at **each** institution. This means that just because a movie was shown at another Institution it may not meet criteria to be shown here. The movie selection process is subject to change without notice.

I will try to ensure there is a combination of movie genre and release date for those being shown. Please remember that there are many residents here at Coffee Creek with many different tastes in movies.

### Upcoming Movies

|         |              |
|---------|--------------|
| May 7:  | Pan          |
| May 8:  | Burnt        |
| May 14: | The Visit    |
| May 15: | Daddy's Home |

## **ATTENTION MOTHERS!**

*From Mr. Randall, CRU Manager*

Do you have a baby or toddler under three? Want seven hours a week parenting your child?

Early Head Start offers a bi-weekly opportunity for incarcerated mothers and their children to strengthen their relationship and to preserve the bond of attachment while separated. Mothers gain hands-on parenting experience while their children learn through play and exploration.

Early Head Start is a national program established in 1995 to promote healthy prenatal outcomes, enhance the development of infants and toddlers, and promote healthy

family functioning. The mission of the Early Head Start program at Coffee Creek is to promote, strengthen and support bonding and attachment between infants and toddlers and their incarcerated mothers.

Requirements:

- Child aged zero to three
- Minimum or minimum eligible with gate clearance
- Child lives less than 60 minutes away
- Transportation to and from the school (not provided by EHS) Tues/Thurs 9-12:30

Talk to your counselor to see if you qualify today!

## **FROM DIRECTOR PETERS**

*From Captain Rasmussen*

### VISITATION CUSTOMER SERVICE SURVEY

We want you to have positive relationships with your families, relatives, and friends. We know visiting is important. It enhances personal well-being and helps with your transition home. So, over the last few years we have:

- Expanded visiting hours
- Increased special visits and events
- Implemented electronic messages via your MP3 players
- Implemented video visitation
- Made visiting rooms more child friendly
- Implemented a new phone system with better rates and voice messaging

To improve visiting, we want to hear from your visitors. We have posted a short Visitation Customer Service Survey on our website. Anyone who has visited an Oregon DOC facility can complete the survey. This survey will help us gather information about your visitors' experiences. What we learn will help us improve visitation.

Included in the survey are questions about visiting check-in/sign-in areas, the actual visiting room, and staff interaction. We will use this information to provide excellent customer service and make improvements where needed.

Please encourage your visitors to go online and participate. We appreciate your help in getting the word out. The survey can be found at: <http://svy.mk/1NogJZM>. The Spanish version can be found at: <http://svy.mk/1Szqsvf>. The survey will be available until mid-July.

Please also take advantage of your visiting opportunities. This will make your experience here at DOC more positive and will improve your transition back to society.

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### ***FREE SECURE MAIL IN MAY***

*From DOC*

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Access Corrections will be providing free Secure Mail for **Oregon DOC** Adults in Custody and Public Users for the month of May to thank you for your support of Access Corrections Secure Mail. We apologize for delays that you have seen at times due to technical problems and appreciate your patience. **Free Secure Mail will apply to those Adults in Custody who use either the MP3 player or the print, deliver and reply options.**

**Please be aware that you may only send a message to friends and family who have a secure mail account and have elected to share credits with you. While there won't be a cost for sending messages, the system is set-up so that AICs can only correspond with those who have opted to share credits.**

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### ***CLOTHING EXPECTATIONS***

*From Captain Dickenson*

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Between the hours of 7:30am – 4:30 pm, Monday through Friday you must be dressed wearing pants, shirts (tucked in), socks, undergarments and shoes.

This standard requires you to wear your issued jeans (the correct size), Blue t-shirt with Orange stamp on back tucked in so the waistband of your jeans or belt can be seen. Bra and under clothes, socks and your shoes neatly tied and worn properly with pants over the top, and your state issued ID attached to your housing unit lanyard facing forward/outward anywhere in the facility. ie; corridor, all callouts, jobs, and housing units unless authorized by staff.

You should not have multiple laces of different colors, you should not have the tongues of the shoes showing outside your pant legs, and pants should not be bloused or cuffed at the waist line. State issued Ids should be worn not carried, or in your back pocket unless working in an environment where it could cause an immediate danger.

The only time your shirt may be un-tucked is while you're on the yard, after the 4:30pm count and on weekends and holidays.

*Coffee Talk 5/05/2016*

Shorts may be worn any time before 7:30am and after 4:30pm in the evenings. They may also be worn on the weekends and holidays, to and from the shower, and any scheduled recreational activity.

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### ***CANTEEN NEWS***

*From DOC*

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#### **Art Pencils:**

There is currently a lack of art pencils due to a manufacturing supply problem that affects industry wide and not just from our vendor. Shortages are noticed at the retail level and the wholesale levels on these products. In large part this has been affected by the current adult coloring book phenomenon that has driven the demand for art pencils through the roof and companies such as Sanford (one of the leading manufacturers of such products) has been unable to keep up with the demand. We have been in regular contact with our vendor. Whereas I can understand our customer discontent, this is something which is not within the control of our vendor nor Commissary.

Due to year-end inventories in June all commissaries will be suspending all pre-sale items from June 1, 2016 until July 1, 2016.

**Please do not contact Telmate with questions about suspended items.**

These items include:

- MP4's and accessories
- Music Vouchers
- Televisions
- Shoes
- Musical instruments
- Atari Game Systems

Any orders submitted for suspended items during this period will be returned. Normal sales of these items will resume beginning July 1, 2016.

Thank you for your support of DOC Commissaries.

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### ***UPCOMING SURVEY***

*From Ms. Brenner, Administration*

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Through a cooperative agreement, the Bureau of Justice Statistics (BJS) and RTI International (RTI) are conducting the 2016 Survey of Prison Inmates (SPI). The 2016 SPI is a national, omnibus survey of prisoners, age 18 or older, within the United States who are incarcerated in confinement or community-based correctional facilities operated by or for state or federal governments. A main

purpose of this omnibus survey is to generate reliable national estimates of the characteristics of prisoners over a variety of domains, including characteristics that are germane to the corrections field, such as the severity of offenses committed and criminal history; medical, mental health, and substance abuse and dependency problems; and behaviors in prison, including both rule infractions and participation in programs. Other important objectives of SPI are to track changes in these characteristics over time, describe special populations of prisoners, and identify policy-relevant changes in the prison population.

The 2016 SPI data will also be used for similar purposes and in other ways to address emerging issues in corrections. For example, the information about medical and mental health conditions of inmates, when coupled with other information about their economic status, will be used by BJS to generate estimates of the impact on healthcare reform. Data such as these will also be used by program planners in agencies such as the National Institute of Mental Health and the Substance Abuse and Mental Health Services Administration, as well as by state corrections administrators, to develop strategies and programs to address the needs of inmates and reduce recidivism.

**Inmate Privacy** – This study is covered by a Privacy Certificate which means that everything said during the interview and all information about the inmate will be treated as private and confidential. No information that is shared with the interviewer will ever be shared with anyone at the prison or from the community. To protect confidentiality, all information will be handled in a secure manner and all answers will be combined with those of all other inmates in the study to produce the study results. The only exception is if the inmate tells an interviewer of intent to seriously harm himself or a specific person or plan to commit a future crime. In that event, the interviewer will inform correctional staff.

**Data Confidentiality** - The procedures to protect inmate privacy are required by Title 42, United States Code, Section 3789g. Identifying information will not be attached to survey data, all data and documentation on the laptops will be encrypted, and data will be transmitted off of the laptops and back to TRI daily. After an inmate has completed the interview no one, including the interviewer, will be able to view the inmate's survey responses. All interviewers will be trained on legal and ethical requirements and will be required to sign a Statement of Confidentiality.

These interviews will be conducted at CCCF in May 2016, and will involve approximately 90 randomly selected inmates from General Population. Inmates who are randomly selected during this process will be placed on a

call out for the time and location of the interview. Each interview is expected to take approximately 55 minutes.

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## **RECYCLING NEWS**

*From Ms. Fitts, Green Team*

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We are not alone in our sustainability endeavors. In fact, our efforts are joined by the men in Oregon's Correctional Facilities as we focus on earth-friendly innovations. Together we are making a profound difference on excessive waste in Oregon and the world as a whole. By seeking to make a positive impact on the future of the Earth we are providing for our children's future as well.

Did you know that Oregon oak trees are the most endangered ecological community in the Pacific Northwest? DOC does! That's why men from SCI are helping the oaks to be brought back to health. The beautiful trees have been deteriorating for decades due to invasive plants and noxious weeds that choke out the oak trees and other native plants. With hands on effort the participating men are able to free them of blackberry vines and weeds such as tansy and Canadian Thistle. Even debris such as metal from old fencing materials has been removed totaling 31,508 lbs! Their next project will focus on improving pollinator habitats just like the women do with our Butterfly program in association with the Oregon Zoo.

In addition, the men at EOCI have an excellent wastewater system that has steadily decreased their usage since 2010! In the last 5 years they've saved over \$22,000 which is hugely significant for drought issues plus helps prevent overloading sewer systems! Their work is inspiring and encourages us on our own path in saving the Earth!

Reduce, reuse and recycle in your own daily routines to demonstrate that you care about the future and improve your children's future living environment at the same time. Take initiative as you embrace eco-friendly changes, every small effort can activate a catalyst of good as you align your goals to be more Earth-friendly! **We want your ideas! Send all suggestions and questions to the Green Team/Ms. Fitts!**

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## **VISITING APPLICATIONS**

*From Ms. White, CRU*

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Once you have submitted an application, whether it was hand written or on the kiosk, please do not keep re-submitting applications for the same visitor. The process for a visitor application can take up to 6 to 8 weeks. Once the visitor is approved or denied, you will receive notification of the application status. Submitting more than one application per visitor is not productive and will not speed up the process.

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## PACKAGE AUTHORIZATIONS

*From Captain Dickenson*

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As a reminder, this is the process for Package Authorizations. This process does not apply to religious or health services items, those processes will remain the same.

Step 1 - you must complete Step 1 of the new Commissary Package Authorization Request Form (CD 1712) and submit it to the Operations Captain. These forms will be located on your housing unit.

- When filling out the request form you must provide a detailed description of the requested item and clearly explain why you need to purchase this item. **Shoes will not be approved** unless commissary does not sell your size. For example, commissary carries three different shoes that come in size 16 so you must order one of the three shoe choices available in size 16 not special order a different shoe in size 16.
- If approved by the ISM, designee will take the PA to the ISM meeting for statewide approval. (this meeting occurs once a month). If the PA request is denied at any level, it will be returned to the AIC and the form will be forwarded to NWC for processing.
- If denied by the ISM, the form will be returned to you indicating it has been denied.

Step 2 – once commissary locates a vendor and sets the retail price, with associated commissary mark-up, the request form will be sent back to you for purchasing approval. You must return the signed form to NWC by the specified date on the form or your request will be automatically canceled. Once your item is received by NWC it will be delivered to you through the normal commissary distribution process. **ALL SALES ARE FINAL.**

**Please note:** It will be your responsibility to send this item out, at your own expense, if you are transferred to another institution where this item is not authorized.

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## CD 28 REMINDER

*From Captain Dickenson*

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As a reminder, inmates that need CD28's stamped and verified by staff are called down to the Property room on Sunday mornings. Without this stamp, the CD28's will not be processed. If you are asked by an inmate to sign and verify a CD28, please remind the inmate that this is done by the Property room on Sunday mornings. Please don't hesitate to ask if you have any questions. This does not apply to those inmates in SHU or MHI.

*Coffee Talk 5/05/2016*



Medium Brew



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## ADL HELP WANTED

*From Nurse Gordon, Health Services*

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Are you looking for a new job? Are you a kind, caring, compassionate person? Are you looking for a way to help others and give back? Are you respectful and responsible? CCCF is currently accepting applications for ADL Worker positions. Activities of daily living (ADL's) are day to day activities like walking or pushing a wheelchair, bathing, dressing, feeding, and toileting that some inmates may not be able to do on their own; they require assistance.

In order to be considered for this position you must be housed in the Medium facility, cannot live on MHU, have 6 months clear conduct and no program failures in the last 6 months. You must also have at least one year remaining of your sentence, and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are patient, and respect the need for confidentiality. If you are interested in an ADL Worker position, pick up and complete an Inmate Work Application on your unit. Address your completed application to Health Services Nurse Manager and submit by placing in the Health Services kyte box on your unit. Applications received will be screened by Inmate Work Programs (IWP). Applicants who meet the minimum qualifications will be scheduled and called out for an interview. Thanks for your interest.

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## MEDIUM RELIGIOUS SERVICES

*From Chaplain Brault*

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The Armor of God Bible Study is coming soon! On June 5<sup>th</sup>, City Bible Church will begin the 7 week series by Priscilla Shirer (who you may recognize as the star of the movie "The War Room"). It will be an in-depth study of Ephesians 6 which refers to the spiritual armor of God, which is available and essential for every believer. Workbooks will be supplied. City Bible Church meets every 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sundays from 9:00-11:00 in the Chapel.

### Friday, May 6, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 (**No LOP**)

Jewish 9:15-10:30 a.m. Chapel (**Participants Only**)

Meditation 201 12:50-2:30 p.m. Chapel (**No LOP**)

Buddhist 6:50-8:50 p.m. Chapel (**LOP ok**)

New Thought Ministries 6:50-8:50 p.m. CD02 (**LOP ok**)

Seventh Day Adventist Study 6:50-8:50 p.m. M111 (**No LOP**)

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**Saturday, May 7, 2016**

Spiritual Community for Lifers 9:00-11:00 a.m. Chapel  
*(Participants Only)*  
Seventh Day Adventist Service 1:50 - 3:50 p.m. Chapel  
*(LOP ok)*  
Baptist 6:50 – 8:50 p.m. Chapel *(LOP ok)*

**Sunday, May 8, 2016**

LDS 1:30-3:00 p.m. M111 *(LOP ok)*  
Choir Practice 9:00-10:30 a.m. Chapel *(No LOP)*  
Islamic Service/Study 2:00-3:30 p.m. M111 *(LOP ok)*

**Monday, May 9, 2016**

Transcendental Meditation 9:00 -10:30 a.m. Chapel  
*(Participants Only)*  
Sacred Stories 1:00-3:00 p.m. Chapel *(No LOP)*  
Transcendental Meditation 7:00 - 8:00 p.m. JK08  
*(Participants Only)*  
Jehovah Witness 6:50 - 8:50 p.m. GH02 *(LOP ok)*  
Healing the Sacred Hoop 6:50-9:00 p.m. CD02 *(LOP ok)*  
Baptist Bible Study 7:00 - 8:30 p.m. M111 *(No LOP)*  
Estudio Biblico 7:00-9:00 p.m. GH08 *(No LOP)*  
AGLOW 7:00-9:00 p.m. Chapel *(No LOP)*

**Tuesday, May 10, 2016**

Transcendental Meditation 9:00 -10:30 a.m. Chapel  
*(Participants Only)*  
Threshold (CANCELLED) 12:50 - 3:00 p.m. Chapel  
*(Participants Only)*  
East Hill 7:00-9:00 p.m. Chapel *(LOP ok)*

**Wednesday, May 11, 2016**

Grief Group with/Nancy 9:00-8:30 Chapel *(No LOP)*  
Meditation 101 12:50 -2:50 p.m. Chapel *(No LOP)*  
FITS 6:50-8:50 p.m. CD02 *(No LOP)*  
Grief Group w/ Peggy 7:00-8:30 p.m. GH08  
*(Participants Only)*  
Russian Baptist 7:00-9:00 p.m. GH06 *(LOP ok)*  
VOEG Alumni 6:50-8:50 p.m. CD02 *(No LOP)*

**Thursday, May 12, 2016**

Anticipate 8:30-10:30 a.m. M111 *(Participants Only)*  
Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel  
*(Participants Only)*  
Bridgetown 12:50-3:00 p.m. Chapel *(Participants Only)*  
Prison Fellowship 6:50-8:50 p.m. Chapel *(LOP ok)*  
Catholic Service 6:50-9:00 p.m. GH06 *(LOP ok)*  
Celebrate Recovery 7:00-9:00 p.m. GH02 *(No LOP)*  
VOEG 7:00-9:00 p.m. CD02 *(No LOP)*  
Druid Study Group 7:00-9:00 p.m. GH08 (No LOP)

**Friday, May 13, 2016**

Chaplain Bible Study 9:00-10:00 a.m. GH02 (No LOP)  
Asatru Study Group 9:00-10:00 a.m. Chapel (No LOP)  
Meditation 201 12:50-2:30 p.m. Chapel (No LOP)  
Buddhist 6:50-8:50 p.m. Chapel (LOP ok)

New Thought Ministries 6:50-8:50 p.m. CD02 (LOP ok)  
Seventh Day Adventist Study 6:50-8:50 p.m. M111 (No LOP)

**Saturday, May 14, 2016**

Visions of Hope 12:30-2:00 p.m. Chapel (Participants Only)  
Seventh Day Adventist Service 1:50 - 3:50 p.m. Chapel  
*(LOP ok)*  
Baptist 6:50 – 8:50 p.m. Chapel *(LOP ok)*

**Sunday, May 15, 2016**

City Bible 8:50-10:50 a.m. Chapel *(LOP ok)*  
LDS 1:30-3:00 p.m. M111 *(LOP ok)*  
Choir Practice 2:30-4:00 p.m. Chapel *(No LOP)*  
**Islamic Service/Study 2:00-3:30 p.m. M111** *(LOP ok)*  
**Pagan Gathering 7:00-9:00 p.m. Chapel** *(LOP ok)*

**Monday, May 16, 2016**

Transcendental Meditation 9:00 -10:30 a.m. Chapel  
*(Participants Only)*  
Sacred Stories 1:00-3:00 p.m. Chapel *(No LOP)*  
Transcendental Meditation 7:00 - 8:00 p.m. JK08  
*(Participants Only)*  
Jehovah Witness 6:50 - 8:50 p.m. GH02 *(LOP ok)*  
Baptist Bible Study 7:00 - 8:30 p.m. M111 *(No LOP)*  
**Estudio Biblico 7:00-9:00 p.m. GH08** *(No LOP)*  
**AGLOW 7:00-9:00 p.m. Chapel** *(No LOP)*

**Tuesday, May 17, 2016**

Transcendental Meditation 9:00 -10:30 a.m. Chapel  
*(Participants Only)*  
Threshold 12:50 - 3:00 p.m. Chapel *(Participants Only)*  
Labyrinth 7:00-9:00 p.m. Chapel *(No LOP)*

**Wednesday, May 18, 2016**

Grief Group with/Nancy 9:00-8:30 Chapel *(No LOP)*  
Meditation 101 12:50 -2:50 p.m. Chapel *(No LOP)*  
FITS (CANCELLED) 6:50-8:50 p.m. CD02 *(No LOP)*  
Karl Anthony Concert 7:00-9:00 p.m. Chapel *(No LOP)*  
Grief Group w/ Peggy 7:00-8:30 p.m. GH08  
*(Participants Only)*

**Thursday, May 19, 2016**

Pathfinders graduation 7:30-10:30 a.m. *(Participants Only)*  
Anticipate 8:30-10:30 a.m. M111 *(Participants Only)*  
Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel  
*(Participants Only)*  
Bridgetown 12:50-3:00 p.m. Chapel *(Participants Only)*  
Prison Fellowship 6:50-8:50 p.m. Chapel *(LOP ok)*  
Catholic Service 6:50-9:00 p.m. GH06 *(LOP ok)*  
Celebrate Recovery 7:00-9:00 p.m. GH02 *(No LOP)*  
VOEG 7:00-9:00 p.m. CD02 *(No LOP)*



## Minimum Brew



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### NEW ARRIVALS TO MINIMUM

*From Capt. M. McCorkhill, Minimum Operations*

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Every Friday at 1pm in your unit dayroom will be a mandatory meeting for arrivals to minimum for that week. You will meet your Peer Educators for your unit.

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### FPP SPEAKERS BUREAU

*From Ms. Robert, FPP*

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Please be aware that the Family Resource Center is hosting the **2016 Speaker Series**. This monthly event takes place every second Friday of each month in the chow hall from 1:30 to 3:30. The speaker Series is an open call-out event and all are invited to attend.

Our previous events have been well received with great feedback from the audience. Going forward, we are very excited and so very honored to present our May speaker; The **Honorable Judge McKnight** from the Multnomah County Circuit Court. She will be presenting valuable information on Family Law and Child Custody Issue as they pertain to incarcerated Mothers. This information will be general info – unfortunately she will not be able to provide personal legal advice.

**Judge Maureen McKnight** has served on the Multnomah County Circuit Court since 2002. She is the Chief Family Court Judge and handles a variety of family law, juvenile law and criminal domestic violence matters as well as her administrative duties. She is a frequent Continuing Legal Education speaker and the recipient of awards for advocating improvement in Oregon's Child Support Program (2002), for Public Service to the Oregon State Bar (2000), and for Promoting Women in the Legal Profession and the Community (Oregon Women Lawyers' 2000 Justice Betty Roberts Award).

Please join us May 13<sup>th</sup> at 1:30.

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### THEATER AT COFFEE CREEK PRESENTS

## 12 Angry Women

*From Ms. Mooney, Lifeskills*

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12 Jurors decide the fate of a 19 year old boy standing trial for the death of his father. The guard on duty mutters, "He doesn't stand a chance." Does he? The vote begins at 11 – 1 guilty, but the vote must be unanimous for the

verdict to carry. Is there a reasonable doubt? Evidence is re-examined and tempers flare as each character reveals herself. Come see this courtroom thriller exploring what it means to live in a democracy.

Tuesday, May 31<sup>st</sup> at 7:00 pm  
Dining Hall

Please kyte Ms. Mooney by Friday, May 20<sup>th</sup>

You must be incentive level 2 or 3 to attend. Please note there is limited space available. If you kyte to attend this performance you are required to stay the entire time. If you choose not to show up you will be held accountable. So please make sure if you kyte to attend you are able to attend and stay the entire time.

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### STOMP OUT ABUSE

*From Ms. Mooney, Lifeskills*

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Reason to Run & ARMS presents the 2nd Annual Stomp Out Abuse 5K/10K - May 15th - Minimum Yard Track 8:30-10:30am

Reason to Run and Abuse Recovery Ministries (ARMS) invite you to join the Run Group for the Stomp Out Abuse Run/Walk. This run/walk will raise awareness for the ARMS organization which has support groups at CCCF. The official outside Stomp Out Abuse race will be taking place in Hillsboro, OR.

This event is free, but you must register to participate please send Ms. Mooney a kyte to participate no later than May 2<sup>nd</sup>. You must be incentive level 2 or 3, no LOP (You can choose to run or walk a distance of 5K (3.1 miles) or 10K (6.2 miles).

As a participant you will:

- receive an official Stomp Out Abuse race bib
- record your finish time when you complete your set distance
- be provided ice water
- be supported and cheered on by amazing volunteers and your peers
- raise awareness about domestic abuse
- be doing something positive for your mind, body and soul

We are encouraging all participants to have a friend to cheer you on and count your laps as you run and/or walk the course.

New to running and not sure how to start? Kite to Amanda Mooney and join the Reason To Run Group which meets on Sunday mornings at 9:30am - 10:30am.

Also keep in mind we will be utilizing the entire yard and track. Those not participating are encouraged to cheer those who are along.

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## ***MINIMUM RELIGIOUS SERVICES***

*From Chaplain Al-Amin*

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**New 12 step program will be meeting on Thursdays from 3:00pm to 4:00 pm D5.** This program is being brought to you by the Latter Day Saints, but is open to all faith traditions. Space is limited. Please send a kyte to the Chaplain if you are interested.

**African American Program** a culturally specific transition program for Multnomah County Community Corrections. Please kyte the Chaplain if you are interested in this program and you are from Multnomah County. It will meet on Monday evenings at 5:45 pm.

**Meditation 101 Meets on Sunday** 9am-10:30am in D8! This is an introduction to meditation that can help you become a healthier, happier, more positive person. You will learn techniques to cope with stress, take control of your mind and emotions, and live with balance and harmony.

Taught by teachers from Portland's Meditation Yoga Center, Meditation 101 is spiritual without being religious, and is an opportunity for you to learn and experiment with meditation techniques drawn from many cultures and traditions.

In Meditation 101 you will learn basic principles of meditation including:

- Breath Exercises
- Centering
- The Relaxation Response
- Visualizations
- Hindu and Buddhist mantras
- Chants (Native American, Hindu and Buddhist)
- Neuro-linguistic Programming Exercise
- Introduction to the Chakra System

**Multicultural Group** is reading and discussing *Houses of Healing* by Robin Casarjian. There are openings in the group. Please kyte if you want to participate.

**Native American Sweat Lodge Ceremony** Will meet this month time and date TBA

**Chapel Library** The Chaplain will call chapel library by units Monday and Wednesday Afternoons as her schedule permits.