



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

June 2, 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

June 4:	Steve Jobs
June 5:	Step Brother
June 11:	Concussion
June 12:	The 33

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!

RULE UPDATES

From DOC

Below is a list of status changes for the DOC administrative rules since 4/12/16:

PROPOSED RULES:

None

PERMANENT RULES

- 291-014: Arrest and Transport**
- 291-131: Mail (Inmate)**
- 291-133: Marriages and Domestic Partnership Solemnization Ceremonies (Inmate)**

DOC rules are available for review in the inmate legal library.

PREA ADVOCACY

From Captain Rasmussen

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

Inmates who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the inmate telephone system. Community-based advocates provide survivors of sexual abuse information about their

options, resources, information and emotional support. Calls to “711” are confidential and free of charge.

Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

An advocate’s role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor’s friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and if you sign a release of information.

Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the inmate telephone system, writing an inmate communication, filing a grievance, or writing the Governor’s Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

PREA Advocate Coordinator
Oregon Department of Corrections
2575 Center Street NE
Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate’s help.

Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled similar to legal calls/official mail.

You may reach your community-based advocate by dialing “711” from the inmate telephone, dialing their direct crisis line number, or sending written correspondence.

Institution	Community-Based Advocacy Center
CCCF	Sexual Assault Resource Center (SARC) 4900 SW Griffith Drive, Suite 100 Beaverton, Oregon 97005 1 (888) 640-5311
CRCI	Portland Women’s Crisis Line (PWCL) Advocacy Program PO Box 42610 Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992
EOCI	Domestic Violence Services (DVS) PO Box 152 Pendleton, OR 97801 1 (800) 833-1161
MCCF OSCI OSP SCI	Center for Hope and Safety (CHS) 605 Center Street NE Salem, OR 97301 1 (866) 399-7722
PRCF	May Day 1834 Main Street Baker City, OR 97814 (541) 403-0291
SCCI	Women’s Safety & Resource Center 1681 Newmark Avenue Coos Bay, Oregon 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980 Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook County Women’s Resource Center (TCWRC) PO Box 187 Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152 Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774 Lakeview, Oregon 97630 1 (800) 338-7590

NEWS FROM THE HIVE

From The Bee Team

For me going out to the bees takes me away from myself, away from prison drama, away from all my worries and fears, away from all my shame and blame. I put on my veil and enter into their world full of teamwork, protection, nursing, feeding and reproduction. It has taught me to work with the other women on my team. To be gentle caring, to be observant of the hive, the bees, the women and myself. The bees for me are teaching me to be a new me!:)

Stephanie Freund, Bee Team 3

VOODOO DONUTS FUNDRAISER FOR SPECIAL OLYMPICS

From Ms. Mooney, Lifeskills

LifeSkills will be holding a fundraiser with proceeds going to Special Olympics

The mission of Special Olympics Oregon is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics Oregon serves over 13,000 participants on an annual basis!

Details:

You may order only one box containing 1/2 dozen donuts to take back to your unit and consume. The half a dozen donuts will consist of "Some Crazy, Some Classic". Cost is \$10.00. You must be incentive level 2 or 3 to participate. Order forms are located on the unit. Please make sure your order and Cd-28 in received no later than June 6th. CD-28's will be processed the week of June 6th. Donuts will be delivered Wednesday, June 22nd in the afternoon. You will be on a call out.

IMPORTANT

If for any reason you place an order and get a cell-in, drop a level or are not at the facility the day of the delivery your order will become a donation and you will **not** receive a refund.

RECYCLING NEWS

From Ms. Fitts, Green Team

Do you know how amazing the rest of the world thinks we are here at Coffee Creek? We are so great with ground

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breaking industries for the environment from recycling, to gardening, to the bee hives and even furthering habitat growth for Oregon butterflies that several women from Minimum were featured in the Better Homes & Gardens Country Gardens Magazine, Summer of 2016 issue. The article "Breaking Ground" focuses on Coffee Creek's sustainable, organic garden and is spoken of as a "model program for other correctional institutions across the country." The beautiful plant life made an impression on the journalists as they showcased the women nourishing our facility with fresh produce such as pumpkins, zucchini, peppers and tomatoes for delicious salads and veggie trays to the beautiful flowers like sunflowers and magenta amaranthus that help pollinate the earth. The women thoroughly enjoyed their day of fame as seen by their beautiful smiling photos. Plus the fruit of their labor benefits from the 2,000 lbs. of food waste from our trays that are turned into compost each week for the organic garden! If you have the opportunity, encourage a family member to pick up the magazine on the outs, hopefully you'll be encouraged to growing your own garden when you parole to further sustainability for your future!

Remember to enjoy the Nature Imagery Channel on 51 and relish in the beauty of the Earth that you are protecting each time you head to the recycling bins on your Unit, bypassing the garbage. Each contribution to the recycling bins and food waste buckets at meals reduces growth in landfills and ecological damage to our planet! With your help things can only get better and help preserve valuable resources for our children's future! If you have any questions, ideas or comments please drop a kyte to the Green Team/Ms. Fitts.

VISITING APPLICATIONS

From Ms. White, CRU

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.

THROUGH A CHILD'S EYES – TACE SUMMER EVENT

From Ms. Mooney, Lifeskills

The Wilsonville Rotary is again bringing Through a Child's Eyes (TACE) to Coffee Creek. TACE is an outside summer children's event held in July that features a BBQ as well as interactive crafts, games and other activities for mothers and their children to participate in together. The

2016 TACE event will mark the 14th year that the Wilsonville Rotary and CCCF have partnered to provide this unique opportunity for inmates and their children. The dates and times are as follows:

Medium Facility

Saturday, July 9th

11:30 am – 3:30 pm

Afternoon visiting cancelled in both facilities

Minimum Facility*

Sunday, July 10th

11:30 am – 3:30 pm

Afternoon visiting cancelled in both facilities along with Sunday morning.

***Please note:** Again both events this year will take place in the Medium facility. Medium inmates will participate on Saturday. On Sunday, Minimum inmates will be escorted to the Medium Facility for the event. Please notify your families that they will need to come to the Medium Facility regardless of whether you are currently in Minimum.

Who is eligible? You may attend the event if you meet all of the following criteria:

- You have children ages 17 and under who are approved on your visiting list or approved to attend special visiting and will attend with a caregiver, **and;**
- You are incentive level 2 or 3
- No major DR's in the last 6 months
- **You must meet these requirements by June 22nd in order to qualify for the event.**

What visitors can come? Inmates may invite **their own children** ages 17 and under who are also on the inmate's approved visiting list (or approved for special events). They are to be accompanied by an adult caregiver who is also on the inmate's approved visiting list. The number of caregivers allowed will be determined based on the number of children attending.

Special Note: Children of the adult caregivers may also attend if they are on the inmates approved visiting list and living in the same household as the inmate's children. You must note this on your application in the "Relationship to Inmate" section.

How to apply: Fill out the application form that is available on your housing unit and send it to **Mrs. Mooney**. We will verify that those you have invited are on your approved visiting lists or have been previously approved to attend special events. Late requests will not be processed, so act now! **Applications received after Friday, June 8th will not be processed.**

Once the request is processed, Mrs. Mooney will send all approved inmates a notification of approved guests as well as an invitation to the event (printed by the Rotary TACE program) for the inmate to send to her approved family members. Mrs. Mooney will also make sure you are on the call out for the orientation meeting and the event.

How to volunteer if you're children do not come?

If you meet the above criteria and you do not have children that will be attending the event, you may apply to work as a volunteer at the event. Inmate volunteers will be screened and selected to meet the needs of the event based on the number of children attending. Inmates that volunteer must also meet the incentive level requirements listed above. **If you do not have children coming** and want to volunteer to help at the TACE event, please send an inmate communication to Mrs. Mooney no later than June 10th. Volunteers are typically needed in the following areas: Food Service, Hair Braiding, Face Painting, and Bussing/Cleaning. If you are able to braid hair or face paint please indicate that specifically on your kyte.

Transportation and lodging assistance for families:

The Rotary Club may consider assisting with transportation costs (75 miles +) and lodging if needed for caregivers to bring children to this event in July. Assistance will be reviewed and approved on a case-by-case basis. ***Please do not request this assistance unless it is absolutely necessary.*** Applications for transportation assistance are available in the housing units.

Some things to remember:

- Visitors must already be approved. If you have not already started the process it will more than likely be too late for this event. You should get started now, however, because there will be another children's event coming up in the fall. If your children and caregivers are not on your approved visiting list by June 27th you will not be able to participate in this event.
- If you are approved for this event, you will be given an invitation to mail to your children and caregivers to attend the event.
- It is your responsibility to notify your family if they have been approved and to invite them. If family members show up who have not been approved, they will not be allowed into the facility. **There will be no exceptions.**
- Inmates on LOP will not be able to participate and it will be your responsibility to notify your children and caregivers.

- This event is for the children. A great deal of time, energy, effort and money has been invested by the Wilsonville Rotary and their volunteers. **Please help to make this event fun, safe and successful for all who attend.**

Frequently Asked Questions

Question: I am currently incentive level 1. May I still participate?

Answer: It is possible. For this event you must meet the incentive level requirement (2/3) by June 22nd. In other words, if you are currently a level 1, but will be a 2 or 3 on or before June 22nd, you should submit an application. If you reach level 2 or 3 after June 22nd, but before the event date, you will not be able to participate and you should not submit an application. If you are unsure your counselor can provide you with that information.

Question: I recently arrived at CCCF am on intake status. Am I able to participate?

Answer: Possibly. In order to participate in this event you must be off intake status. If you are on intake status you are at level 2. In addition, in order to participate, your children and caregivers must be approved on your visiting list. This process is facilitated by your institution counselor once you are off intake status. We hold children's events four times a year, so if you are currently on intake status, you can work towards participating in the fall and winter events.

Question: I have other children on my visiting list who I want to invite (nieces, nephews, brothers, sisters, etc). Can I invite them?

Answer: It depends. The children's events are designed for inmates to spend time and interact with their own children; so generally, it is only those children who may attend. However, if your children are under the care of the same caregiver as the other children on your visiting list (grandchildren, nieces, nephews etc.) and they reside in the **same household**, you may invite your children and the other children. The situation will be verified by your counselor and Lifeskills staff.

Question: I have been to many children's events in the past. Do I still need to attend the pre-event meeting?

Answer: Yes. Everyone who signs up is required to attend this meeting. If you do not attend you will not be able to participate in the event.

Question: I have been approved for the event but I just found out that my family will not be able to make it. Do I need to notify anyone?

Answer: Yes. If you have applied and been approved for the event and find out that your family cannot come, please send an inmate communication to Mrs. Mooney as soon as possible. It helps in planning if we have the most accurate number of attendees as possible.

OCE CADD OPPORTUNITY

From Mr. Conway and Ms. Huscher, OCE

The OCE/DOC Career Readiness Center is recruiting to fill 18 open positions in the CADD (Computer Aided Drafting & Drawing) Program at CCCF. This 6 month program will include training in the following:

- CADD (includes Introduction to MS Word, Excel and Access)
- Exploring Drafting
- Personal financial budgeting
- Job survival skills (soft skills)

The program will include self-study hands-on training. Tests will be given in both written and demonstration formats.

Two shifts are available: 9 positions each, 1) Monday-Friday 6:30a.m. - 10:30 a.m. and 2) Monday- Friday 10:30 a.m. -3:30 p.m. Those in the second shift will eat lunch in the workforce area. Please note: most weeks will have a Monday through Thursday schedule. This will be explained to you if you receive an interview.

Tentative start date AUGUST 8, 2016.

Minimum custody inmates are eligible to apply. Successful applicants will be transferred to the Medium facility for the duration of the program.

This position awards 8 PRAS Points.

All applicants must meet the following qualifications:

- For **Minimum inmates only**: Must have at least a GED or High School diploma
- For **Medium inmates only**: Must have or be actively pursuing a GED or High School Diploma

For all Inmates:

- Must have at least 6 months clear conduct
- Be current with Institution programming
- Must have no disqualifying convictions, e.g. computer-related crime, ID theft, fraud etc.

- Must have a release date after *JANUARY 15, 2017* - Preference will be given to those closest to release or AIP
- Preference will be given those with moderate to high ACRS.
- Low ACRS are encouraged to apply. Successful applicants will be placed on a waiting list to fill any open positions.
- Must be able to sit up to four hours at a time.
- Must not have any activities which would conflict with the training schedule
- Be able to train professionally at all times.
- If accepted into the program, you will be required to sign a commitment agreement to complete the program.

Those choosing to quit the program will receive a program failure.

All Applicants will need to pass a counselor review, security screening and OCE interview before being considered for the position.

Submittal process: If you are interested in applying, please submit a completed DOC Inmate Work Application to OCE General Manager Dave Conway. List "**CADD**" as the position of interest. Applications must be received by: **JUNE 11, 2016**



Medium Brew



BORN WILD, CREATED TO BE FREE

From Ms. Mooney, Lifeskills

On Friday, June 24th Todd Pierce will work with an unbroken horse in building relationship in the round-pen to the goal of saddling, mounting, and riding. Throughout the time, he speaks to the audience that his relationship with the horse illustrates God's relationship with those who are incarcerated. As Todd helps the horse understand its true potential by being one with the rider, he teaches that you can understand their God-given potential by being in relationship with God. During the session, the BFM band enhances with music.

You must be incentive level 2 or 3 to participate in this event. No LOP or INTAKE. This event will be held outside from 1:30-3:30 pm, therefore if you are scheduled to work, have class or any other callout during that time you will not be to attend.

Please send a kyte to Ms. Mooney no later than Wednesday, June 15th to attend.

NOTES FROM THE LIBRARY SERVICES

COORDINATOR

From Ms. Wheeler, Library Services

Use of Coffee Creek's general library is a privilege. If you are participating in the general library call-out you will have 15 minutes to make a book selection, check out and return to your unit. You may not return to the library that same day. You may check out up to five (5) items at any given time and may have only five (5) items in your possession at one time. When you are told that your 15 minutes are up, go directly to the checkout desk.

If you have a question regarding where you can find a book, ask the library clerks at the front of the room.

Books can be returned at the library or in one of the many drop boxes. Drop boxes are located outside of C/D, G/H, and J/K control points. **Do not leave your books on top of the drop boxes.** You are responsible for items you check out. If you leave your library books on top of the drop box, another inmate may pick it up.

Do not engage in conversation with the legal library workers. If you have legal questions, submit a kyte and you will be scheduled.

Be mindful that others are working. Keep your voices down.

You are responsible for the condition of the books you check out. If a book you have checked out is returned damaged, e.g. pictures torn out or pages missing, progressive discipline will be enforced.

If you have work or programming scheduled during your unit's general callout time please send **one** kyte to the librarian in order to be scheduled for the worker line callout. Please be patient as it takes some time to process kytes for the callout.

General Library Schedule:

J/K Tuesday Morning
 C/D Wednesday Morning
 G/H Thursday Morning

CHART ORDERLY WANTED

From Ms. Batchelder, Health Services

Are you looking for a new job? Are you an organized & hard-working individual? Are you respectful and responsible? Coffee Creek is currently accepting applications for a chart orderly. This job entails assisting putting charts together. In ordered to be considered for

this position you will need to be housed in medium, have 6 months clear conduct and be a level 2 or 3. You must have at least 1 year remaining on your sentence and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are self-motivated, detail oriented, complete tasks thoroughly and take pride in their work. If you are interested in the chart orderly position, pick up and complete an "Inmate Work Application" on your unit. Address your completed application to Health Services – Tracy Batchelder and submit by placing in the Health Services kyte box on your unit. Applications received will be screened by Inmate Work Programs (IWP). Applications are to be received no later than June 9th. Applicants who meet the minimum qualifications & pass the screening process may be scheduled for an interview. Thank you for your interest.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault

Juneteenth! Sunday June 19th, 1pm in the Chapel. Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Those interested in participating and contributing to the Juneteenth Celebration please kyte the Chaplain.

New group: Moms In Prayer. Do you have a burden to pray for your children? Young or adults? Grandchildren? Do you want to grow deeper in your prayer life? Please join us for "Igniting a Passion to Pray" **Thursday mornings 8:30-10:30 July 28th-September 1st.** Sign up on your housing unit!! Bring your bible and a pen.

Friday, June 3, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 (**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**)
Estudio Biblico 7:00-9:00 p.m. GH08 (**No LOP**)

Saturday, June 4, 2016

Spiritual Community for Lifers, 9a-11a, Chapel (**No LOP**)
Seventh Day Adventist Service 1:50 - 3:50 p.m. Chapel (**LOP ok**)
Baptist 6:50 – 8:50 p.m. Chapel (**LOP ok**)

Sunday, June 5, 2016

City Bible 9a-11a Chapel (**LOP ok**)

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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, June 6, 2016

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

Tuesday, June 7, 2016

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

Wednesday, June 8, 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. Chapel (**No LOP**)

Thursday, June 9, 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**)

Friday, June 10, 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**)
ARMS 1:00-3:00 p.m. M111 (**Participants Only**)
Buddhist 6:50-8:50 p.m. Chapel (**LOP ok**)
New Thought Ministries 6:50-8:50 p.m. CD02 (**LOP ok**)
Estudio Biblico Bible Study 7:00-9:00 p.m. GH08 (**No LOP**)
Seventh Day Adventist Study 6:50-8:50 p.m. M111 (**No LOP**)

Saturday, June 11, 2016

Smudge 9:00-10:00 a.m. Outside Worship Area (**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, June 12, 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, June 13, 2016

Transcendental Meditation 9:00 -10:30 a.m. Chapel

(Participants Only)

Exploring your Beliefs 1:00-3:00 p.m. Chapel **(No LOP)**

JW 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)**

AGLOW 7:00-9:00 p.m. Chapel (No LOP)

Tuesday, June 14, 2016

Transcendental Meditation 9:00 -10:30 a.m. Chapel

(Participants Only)

East Hill 7:00-9:00 p.m. Chapel **(LOP ok)**

Wednesday, June 15, 2016

Grief Group with/Nancy **LAST CLASS!** 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. Chapel **(No LOP)**

Thursday, June 16, 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)**



Minimum Brew



NEW ARRIVALS TO MINIMUM

From Capt. M. McCorkhill, Minimum Operations

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.

SOME GENERAL REMINDERS

From Capt. M. McCorkhill, Minimum Operations

Clothing: No rolling up your shorts or shirts when walking, standing or laying on the yard.

Towels: You are authorized to take **one towel** of your two to yard.

Water only: Only water is authorized for classes or services outside of the housing units.

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Bunk Inspection: Beds need to be made **inspection ready** and your items secured in your tank box or locker. No items are allowed to be placed beneath your mattress.

Fire Drills: When returning to the housing unit from a fire drill, **walk in a single file line.**

Ice cream Spoons & Coffee Cart Items: **Dispose** of these items after you have consumed the product. These items will be considered to be contraband.

REASON TO RUN

From Ms. Mooney, Lifeskills

Reason to Run: Bunk to 5K Run/Walk or Strength & Speed Training

Sundays 9:15 am - 10:30 am June 5 - July 17

Join Reason To Run for a seven week running program and choose from one of two options:

- New runners - Bunk to 5K Run/Walk
- Experienced runners - Strength & Speed training

Our Bunk to 5K learn-to-run program is designed for the non-runner. We will meet once a week for coaching and information sessions covering topics such as nutrition, injury prevention and shoes. You will start your fitness journey with a 20 minute workout and by the end of the program you will walk/run to complete a 5K race!

Our Strength & Speed training will provide you with weekly run workouts designed to increase your running distance and speed. You will run a timed mile at the beginning of the training and finish the program with a timed 5K race.

To participate you will need:

- Running shoes
- Shorts
- T-shirt/sweatshirt
- Commitment to do the training
- Willingness to encourage others
- Willingness to go outdoors rain or shine

This program will be limited to 40 participants. You must be incentive level 2 or 3 to participate. Please kyte Amanda Mooney

Previous run group participants are welcome to sign up and join the class.

MINIMUM RELIGIOUS SERVICES

From Chaplain Al-Amin

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.