



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

August 4, 2016

WEEKEND AT THE MOVIES

From: 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

August 6	13 Hours – The Secret Soldiers of Benghazi
August 7	Risen
August 13	Krampus
August 14	Pride and Prejudice and Zombies

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

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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!

RACE FOR THE CURE FUNDRAISER

From Ms. Keicher, Lifeskills

We will be selling See's Candy to fundraise for Race for the Cure. Delivery will be Wednesday, August 31st. We are offering 1pound assorted boxes of chocolate. You will be allowed to purchase 1 box. If your incentive level changes, you are on a cell in, or you are unable to attend due to being in segregation, you **will not** receive a refund for your order; it will be considered a donation. You must be incentive level 2 or 3 and purchase. Completed order forms and CD28s must be received by Life Skills by Wednesday August 10th.

RECYCLING NEWS

From Green Team

Help teach your kids, the leaders of tomorrow how to care for the planet today! When at visiting, point out the recycling bins and talk about the need for recycling at home in addition to wasting less by reducing, reusing and recycling. Don't be afraid to use age appropriate jargon. They've probably heard a lot about recycling at school; they may even discard their food waste in a manner that can be used for compost too! Recycling and saving the Earth are great conversation starters! Ask and find out what they're doing to help save the planet Earth!

Thanks to the Clothing Room here at CCCF and other prisons in Oregon, the CDC Recycling Center processed more than 121 tons of fabric in only 3 years! Their efforts play an important role in reducing waste, reusing fabric and preventing excess clutter in overlaid landfills. The fabric

finds new life in industrial wiping rags, automotive insulation, floor padding, mattress and pillow fillers, even sound dampening products and much more! Thank you Clothing Room ladies!

The Minimum ladies finished harvesting their viola leaves this season for the Oregon Silverspot Butterflies. Affiliated with the Portland Oregon Zoo they collected more than 32 cups for the hungry caterpillars. Earlier this year, participating women planted violas in habitats along the coast to feed the Butterflies in an effort to stabilize the Butterfly's homes and decrease their status as threatened. As they plant violas in habitats along the coast to feed the Oregon Silverspot Butterflies the entire ecosystem is benefitted and pollination (important for our own food consumption) is increased!

What can you do to embrace eco-friendly changes and help save the Earth for your children's future? Start reducing, reusing and recycling today to show that you care! You too can align your daily habits to be more Earth-friendly and environmentally sound!

CANTEEN NEWS

From DOC

Effective immediately, NWC has a price reduction on the Women's Champion Max Sports Bra. The items new price is \$36.30 while supplies last.

Effective August 1, 2016, please utilize the CD28 process through Religious Services in order to purchase religious items, with the exception of the religious storage boxes. Please contact the chaplain if you need any assistance.

Note: due to the advanced printing schedule of the commissary forms the religious items may still appear on your forms. Please do not attempt to purchase these items after August 1, 2016, as they will no longer be available through Commissary.

BHS IS HERE TO HELP

From Ms. Imhoff, BHS

Behavioral Health Services (BHS) is here to help anyone with a mental health condition get the treatment they need. The focus of treatment is wellness and independent management of mental health symptoms.

BHS wants to provide the skills you need to meet daily requirements and function to your ability. To accomplish this we provide medication management, groups, individual sessions and case managers. Some of you look to BHS for radios, housing moves or kitchen restrictions. We are not

always able to accommodate those requests, and decisions made will be based on individual mental health treatment plans.

BHS also supports institution operations and the policies and practices that are in place to ensure that operations run smoothly, for everyone's sake. It is institution practice that everybody works in the kitchen for 6 months, typically completed early in your sentence. If you come to BHS requesting a kitchen restriction please know you will be offered assistance with learning coping skills so that you can work there more comfortably. It is not our belief that avoidance of stress leads to wellness. It is our belief that together we can work toward your success.

RESTORATIVE JUSTICE WRITING OPPORTUNITY

From DOC

Have you studied or been involved in Restorative Justice while incarcerated? If so, you are invited to participate in the creation of a book about Restorative Justice from the perspective of the incarcerated called *Restorative Justice From the Inside Out; Incarcerated practitioners and theorists write about restorative justice.*

The book is aimed at bringing incarcerated voices to the forefront of criminal justice reform discourse by soliciting prisoner perspectives on restorative justice and its meaning and application in prison as well as throughout the various phases of their interaction with the justice system. The Editors are putting an open call out for chapter submissions from any prisoner who has participated in a restorative justice based program or encounter throughout their time within the justice system or has studied restorative justice. For the purpose of this volume, a restorative justice program or encounter is defined as any program or encounter that sought to highlight the needs or voices of victim/survivors, allowed for and encouraged increased accountability, and/or asked people to explore the impact of crime.

If you are interested in making a submission or being involved, please kyte your chaplain's office or Kelly Rath at the Dome Building for a packet with information and submission guidelines.

REASON TO RUN

From Ms. Mooney, Lifeskills

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

Medium - Sundays 8:30am - 9:30am August 14 - Sept 25

Minimum - Sundays 9:30 - 10:45am August 14 - Sept 25

Join Reason To Run for a six 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! This program is designed to train you for Race for the Cure on September 24.

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 in minimum and 15 participants in medium. You must be incentive level 2 or 3. Please kyte Amanda Mooney

Current Run Group members must re-sign up for this program to continue to be Sunday class.



Medium Brew



CHANGES

From Capt. Yanez, Operations Captain

Beginning August 14, 2016 the yard and dayroom times will be adjusted due to the Safety and Orderly Operations of this facility. The Dayroom and Yard times are as follows:

Dayroom Times:

8:50 a.m. to 10:45 a.m.
12:50 p.m. to 3:50 p.m.
6:50 p.m. to 9:00 p.m.

Yard Times:

8:50a.m. to 10:45 a.m.
1:50 p.m. to 3:30 p.m.
6:50 p.m. to 8:30 p.m.
(Summer only)

There will be no change to dayroom or yard time for the Incentive inmates in J and K units.

Intake Schedule on K Unit - may attend yard when it's open during their dayroom time as indicated below:

- 8:50 a.m. to 9:50 a.m.
- 1:50 p.m. to 2:50 p.m.
- 6:50 p.m. to 7:50 p.m.

VISITING APPLICATIONS

From Mr. Rohrscheib, 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.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault

New Class: *Houses of Healing: A Prisoner's Guide to Inner Power and Freedom.* Begins Monday Aug 22, 1-3pm in the Chapel. Houses of Healing is a 13-session course based on the book, The course addresses numerous topics and draws from a variety of personal growth modalities, which include:

- Practicing mindfulness meditation, self-regulation, and stress-management techniques
- Learning cognitive reframing from cognitive-behavioral therapy
- Acknowledging, working with, and healing childhood trauma

- Transforming anger, resentment, and unhealthy guilt and shame
 - Working with forgiveness
 - Acknowledging and working with grief, the “silenced emotion”
 - Acknowledging guilt and the impact of crime – victim awareness
 - Nurturing spiritual growth
- Must be able and willing to commit to ALL 13 classes* (for 13 weeks)! Sign up on your housing unit to attend.

Spiritual, Personal and Educational growth await you in the next **Threshold Class** starting **Tuesday, August 23rd from 1 – 3 p.m.** in the Chapel. Threshold offers you an opportunity to examine and deepen your spiritual and personal beliefs and make modifications to those which no longer serve your highest good.

An Orientation class on the above date will offer more specific information and handouts to help you decide if this course of study for the next nine months is speaking to you. Please sign up on your housing unit to be put on the roster.

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Friday, August 5, 2016
 Chaplain Bible Study 9:00-10:00 a.m. GH02 (**No LOP**)
 Jewish Study 9:15 – 10:30 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**)
 Seventh Day Adventist Study 6:50-8:50 p.m. M111 (**No LOP**)
 Estudio Biblico en Espanol 7:00 – 9:00 p.m. GH08 (**No LOP**)

Saturday, August 6, 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, August 7, 2016
 City Bible 9:00 – 11:00 Chapel (**LOP ok**)
 LDS 1:30 - 3:00 p.m. M111 (**LOP ok**)
 Islamic Service/Study 2:00 - 3:30 p.m. M111 (**LOP ok**)
 Pagan Gathering 7:00 – 9:00 p.m. GH08 (**LOP ok**)

Monday, August 8, 2016
 Transcendental Meditation 9:00 -10:30 a.m. Chapel (**Participants Only**)
 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**)
 Women’s AGLOW 7:00 – 9:00 p.m. Chapel (**No LOP**)

Tuesday, August 9, 2016
 East Hill 7:00-9:00 p.m. Chapel (**LOP ok**) – **ON BREAK FOR AUGUST 2016**

Wednesday, August 10, 2016
 Grief Group (Nancy) 9:00 – 10:30 a.m. Chapel (**No LOP**)
 Meditation 101 12:50 -2:50 p.m. Chapel (**No LOP**)
 FITS 6:50 - 8:50 p.m. Chapel (**No LOP**)
 Victim/Offender Education Group Alumni 7:00 – 9:00 p.m. CD02 (**No LOP**)
 Russian Baptist 7:00 – 9:00 p.m. GH06 (**LOP ok**)

Thursday, August 11, 2016
 Moms in Prayer 8:30-10:30 a.m. Chapel (**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, August 12, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 (**No LOP**)
ASATRU Blot 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**)
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, August 13, 2016

Victim/Offender Education Group Survivor Panels 9:00 a.m. – 4:00 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, August 14, 2016

LDS 1:30-3:00 p.m. M111 (**LOP ok**)
Islamic Service/Study 2:00-3:30 p.m. M111 (LOP ok)
Druid Study 7:00 – 9:00 p.m. Chapel (**No LOP**)

Monday, August 15, 2016

Transcendental Meditation 9:00 -10:30 a.m. Chapel (**Participants Only**)
JW 6:50 -8:50 p.m. GH02 (**LOP ok**)
Baptist Bible Study 7:00 - 8:30 p.m. M111 (**No LOP**)
Women's AGLOW 7:00 – 9:00 p.m. Chapel (**No LOP**)
Estudio Biblico en Espanol 7:00 – 9:00 p.m. GH08 (**No LOP**)

Tuesday, August 16, 2016

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

Wednesday, August 17, 2016

Grief Group (Nancy) 9:00 – 10:30 a.m. 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, August 18, 2016

Moms in Prayer 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, August 19, 2016

Chaplain Bible Study 9:00 - 10:00 a.m. GH02 (**No LOP**)
Asatru Blot 9:00 – 10:00 a.m. Chapel (**Participants Only**)
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**)
Seventh Day Adventist Study 6:50 - 8:50 p.m. M111 (**No LOP**)

Saturday, August 20, 2016

Victim/Offender Education Group Survivor Panels 9:00 a.m. – 4:00 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, August 21, 2016

City Bible 9:00 – 11:00 Chapel (**LOP ok**)
LDS 1:30 - 3:00 p.m. M111 (**LOP ok**)
Islamic Service/Study 2:00 - 3:30 p.m. M111 (LOP ok)
Pagan Gathering 7:00 – 9:00 p.m. GH08 (**LOP ok**)

Monday, August 22, 2016

Transcendental Meditation 9:00 -10:30 a.m. Chapel (**Participants Only**)
Houses of Healing 1:00 – 3:00 p.m. Chapel (**No LOP**)
JW 6:50 - 8:50 p.m. GH02 (**LOP ok**)
Baptist Bible Study 7:00 - 8:30 p.m. M111 (**No LOP**)
Pastor Jose 7:00 - 9:00 p.m. Chapel (LOP ok)

Tuesday, August 23, 2016

Druid Service 9:00 - 11:00 a.m. Chapel (**LOP ok**)
Threshold 12:50 – 3:00 p.m. Chapel (**Participants Only**)
East Hill 7:00 - 9:00 p.m. Chapel (**LOP ok**) - **ON BREAK FOR AUGUST 2016**

Wednesday, August 24, 2016

Grief Group (Nancy) 9:00 – 10:30 a.m. 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, August 25, 2016

Moms in Prayer 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.

TELMATE TABLET PILOT PROGRAM

From DOC

Due to technical difficulties, please do not order any commissary items using the tablet at this time. Please order all commissary on the kiosks only until further notice. All orders placed using the tablet on or after 7/6 may not be processed. Please check your Telmate response and reorder using the kiosk, unless you have received a Telmate response stating your order has been processed.

Sorry for the inconveniences, we are working to resolve the issue as quickly as possible.

GERLE HAGGARD

From Ms. Mooney, Lifeskills

On Thursday, August 25th, Coffee Creek welcomes Gerle Haggard, and all-female Merle Haggard Tribute Band, for an evening performance. Gerle Haggard brings the best of Merle Haggard's timeless music to audiences who've been loving songs like *Mama Tried*, *Misery and Gin* and *Working Man Blues* for nearly five decades, as well as introducing these and many more of Haggard's classics to a whole new audience.

Founded in 2013, this eight-piece band features a terrific line-up of musicians who weave beautiful instrumentation, tight harmonies and a big heap of showmanship into a full-throttled entertainment event. With a wide variety of musical influences, each member of the band brings their own sound and style to the stage with the ultimate goal of providing the best possible platform to showcase one of America's most beloved songwriters and entertainers, who sadly passed away earlier this year at the age of 79. Fortunately, Merle Haggard left behind a rich legacy of true country music that will continue to captivate and delight fans and influence up-and-coming artists for decades to come. Gerle Haggard draws on that legacy to put together a show of well-known Haggard material and a few less familiar tunes that are pure Hag nonetheless.

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Gerle Haggard will be performing in the minimum yard on Thursday, August 25th @ 7:00pm. This event will be open to all inmates who wish to attend except LOPS. Please send a kyte to A. Mooney by Wednesday, August 17th.

EDUCATION HELP WANTED

From Ms. Harshberger, Education

The Education Department is now accepting applications for one full-time Education Clerk position in the Minimum Facility.

Duties involve providing information on college enrollment process, educational loan management, correspondence courses, Educational options after release, and completion of the FAFSA application.

Skills required for this position: computer and office skills, workload management, communication skills, and the ability to work independently in a shared workspace.

All applicants **must** meet the following requirements:

GED or High School Diploma

No Identity Theft Convictions

DR free for the past 6 months

At least 12 months left at Coffee Creek

If you are interested in this position, send an inmate communication and application to Ms. Harshberger in Education.

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.