



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

October 6, 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

| | |
|----------|----------------------------|
| 10/8/16 | Captain America: Civil War |
| 10/9/16 | Me Before You |
| 10/15/16 | The Huntsman Winter's War |
| 10/16/16 | Goosebumps |

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

Coffee Talk 10/06/2016

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!

BANKRUPTCY WORKSHOP

From Ms. Wheeler, Library Coordinator

On November 15, a US Bankruptcy judge will be at Coffee Creek to conduct a bankruptcy/credit workshop. She and her legal clerk give a very informative and entertaining presentation.

Space is limited and preference will be given to those with the earliest release dates.

Send a kyte to Ms. Wheeler in the law library if you are interested in attending.

RULE UPDATES

From DOC

Below is a list of status changes for the DOC administrative rules since 6/27/16:

291-079: Shared Information System - Repeal

- The Shared Information System statute (ORS 657.732) was repealed in 2011. These rules are no longer necessary since the statute has been repealed.

The last day to submit comments is **November 15, 2016**.

HOW TO COMMENT: Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center Street NE, Salem, OR 97301-4667.

PERMANENT RULES

291-097: Prison Term Modification

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

CANTEEN NEWS

From DOC

November Holiday Schedule:

North Warehouse Commissary will be closed the following days, Friday November 11th Veteran's Day, Thursday, and Friday, November 24th and 25th for Thanksgiving and the day after.

Oct 31st thru November 4th normal spending limits.

November 7th through the 11th Spending Limits are Doubled for the following institutions
CCCF, CRCI, DRCI, MCCF, OSCI, OSP, SCI, SCCI SFFC
AND WCCF.

SCI distribution will occur on Thursday, November 10th.

There will be normal canteen processing and distribution the week of November 14th thru the 18th.

No Canteen **Distribution** the week of November 21st thru 25th for NWC Staffs. **All canteen slips need to be turned in to NWC this week and MUST have the holiday list attached for processing on Monday November 28th.**

Monday, November 28th Holiday Buying Period Starts

Holiday buying period runs from Monday, November 28, 2016 thru Friday, December 30, 2016.

If you have any questions or concerns, please send an Inmate Communication form to North Warehouse Commissary.

Discontinued Items:

Sweet Obsession Milk Chocolate and Dark Chocolate candy bars have been discontinued.

New Items:

We are pleased to announce that we have a new incentive watch to replace the discontinued Timex Expedition watch. Casio G Shock Watch \$80.00

Soda Tickets:

The following guidelines will be put in place November 1, 2016 for the return of soda tickets for credit.

Soda tickets will only be credited if an inmate has been transferred to a different facility.

The inmate has 30 days from the date of transfer to submit an inmate communication form requesting a credit from the

Coffee Talk 10/06/2016

commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request.

Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Commissary Reminders:

When submitting a communication form or a suggestion form to Commissary, please write legibly and include your full name, SID # and institution. Forms with missing information will not be accepted.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions/requests Commissary receives we cannot respond to each request individually. Please watch your newsletters for periodic updates regarding items being added or discontinued. If a product is approved you will see it added to the Commissary list. We strive to keep updated quality products and to remove unpopular items from Commissary. Please continue to submit your suggestions and requests.

RECYCLING NEWS

From Green Team

The three R's that focus on sustainability have been expanded. Oregonians have been focusing on "Replant," and in Europe the trend is towards "Repair." The Minimum Gardeners have the opportunity to replant as well as the women who grow viola leaves for Oregon's endangered Silverspot butterfly. Plus we frequently see Physical Plant ladies at work with their tremendous effort to restore things! Whether doors need to be fixed, plumbing refitted, washers and dryers overhauled, even exercise equipment revamped and walls repainted, the Physical Plant women are constantly involved with sustainability as they repair things.

Our individual ability to repair items is limited due to security concerns, but we can mail out our televisions and headphones amongst other expensive items to reduce wasting precious natural resources with new items, plus save money! Try to take care of your stuff so it lasts! Imagine the numerous items you can fix on the "outs" when you parole. Check out books that teach you how to repair cars, appliances and even relationships so you can be well on your way towards success in an earth-friendly manner!

Save water whenever you can. Continue to reduce energy usage in your room and daily activities. How we treat the Earth affects all living systems from plant life to habitation for wildlife and our families! Turn off the lights, televisions and other energy-consuming objects to add up to more savings for the BTU Energy Contest too!

The three R's are **Reducing, Reusing & Recycling** and we do well by adding **Replant** and **Repair** just like they did in Europe! The group effort here at Coffee Creek will reflect positively upon individuals across the globe! What can you do to help save the planet today?

BEE TEAM NEWS

From Capt. M. McCorkhill

The day was calm and peace full. We suited up earlier than usual. The sun was warm. All three hives were buzzing busily. I was thankful and reassured of their existence. Earlier this week I was concerned about their health, because I found several worker bees on the sidewalk.

The bees were alive however it didn't seem like could fly. I was later informed that the bees may have been too cold to fly. This often happens forcing the bees to land and wait for the day to warm.

We continue with our hive inspection. All three hives appeared to be in good health. We found plenty of honey and adequate brood spread. We found all three queens in good health and noticed busy worker bees flying in with greenish brown pollen gathered on their legs. I took a moment to look up and around at our surroundings.

Bees littered the air a warm buzz could be heard. I could smell the bees, the pollen and the sweet honey mixed with the aroma of the nearby mint growing in our garden. It was tranquil. I smiled and entertained that moment of contentment.

A few days later, I was up early. I was chilly. The fog was lifting and all the greenery was collared with dew. I spotted a chilly little worker bee standing still on the side walk. I was not scared when I carefully picked her up. She was docile and timid. I cupped my free hand over her little body, took a deep breath and slowly blew out. Warm air filled my cupped hands surrounding her. She gave me a shake, wiggled her body and started cleaning herself, letting the warm perspiration of my breath wake her. I blew again slow and warm. She did a dance as if it tickled her. She flapped her wings, stretched and gave me a buzz as if to say thank you. I lifted my hand and she flew off. I have saved several cold little worker bees since from a possible death by some unknown pedestrian. I've heard the women here at Coffee Creek call me the whisperer. I laugh and am honored. By Kelly Dyer

YOGA RETREAT

From Ms. Keicher, Lifeskills

We are having a yoga retreat! This will be an extended yoga session for participants to get in a bit more practice or get to try yoga for the first time. Please kyte Ms. Keicher in LifeSkills to participate. If you are regularly in yoga, it does not mean you automatically will get signed up, you must kyte.

Minimum 9/24/16 @ 7am – 10:30 am

Medium 9/24/16 @ 1pm – 4:30pm

VISITING APPLICATIONS

From Mr. Robrscheib, 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 Brew



IMPORTANT LIBRARY NOTES

From Ms. Wheeler, Library Coordinator

Effective immediately, each time you print a document, including the first time, you will need to provide a CD28 for \$0.10 per page and for each side of a page. You must have funds in your trust account to cover this expense. This aligns us more closely with other facilities across the state.

Because there are some women at CCCF who feel like it is ok to steal pens from the library, we are now requiring you to give us your ID card in exchange for the use of the library and law library pens.

On the law library request forms, there are two sections which must be completed. If you do not complete these sections, your request will be returned to you so that you can provide that information.

Finally, make sure you get your overdue or excess books returned to the library. If your name is on the card, you are responsible for that book. Do not let someone else take a book checked out to you. Do not leave your books on top of the book return boxes because that is an invitation for someone else to pick up the book YOU are responsible for.

NVC CONSTELLATIONS

From Ms. Keicher, Lifeskills

Constellation work allows reappraisal and perspective-taking to happen on a grand scale, spanning experiences from childhood to multiple generations. It gives us a bird's eye view of our own life and its contexts, and by doing all of this, it invites our wisdom to come back to the table. In constellations, we often see heavy burdens of negative emotions lifted. When we name what has happened and truth is told, bodies and immune systems start to function better.

The woman receiving the constellation had the sense that she was always hungry, and that no matter how much she ate, she never felt full. As we began the work, she mentioned that her mother and grandmother had often gone hungry during the Depression, and that her grandmother had sold all of the family jewelry in order to survive. She placed representatives for herself, her mother and her grandmother in the room. The representative for the mother was turned toward the grandmother and didn't even seem to know that she had a daughter. As the mother acknowledged her mother's sacrifice and the debt of her life, she began to be able to see her daughter for the first time. The daughter's hunger started to ease.

If you are interested in attending the work shop please kyte B. Roach in Lifeskills. Spots are limited.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault

Women's Spirituality: Beginning Thursdays, October 6th through November 10th, you are invited to sign-up for a six-week Women's Spirituality class from 8:50-10:45 am. Women of faith and those of no religious affiliation are most welcome to join the group. These sessions are not about organized religion, but about getting in-touch with your inner-self at this point in your life. For those who attend, it will be enlightening, supportive and confidential. Class size is limited. Registration ends on Oct 3.

Friday, September 16, 2016

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

Saturday, September 17, 2016

Spiritual Community for Lifers 9:00-11:00 a.m. Chapel (**Participants Only**)
Coffee Talk 10/06/2016

Seventh Day Adventist Service 1:50-3:50 p.m. Chapel (**LOP ok**)

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

Sunday, September 18, 2016

City Bible 8:50-10:50 a.m. Chapel (**No LOP**)

LDS 1:30-3:00 p.m. M111 (**LOP ok**)

Islamic Service/Study 2:00-3:30 p.m. M111 (**LOP ok**)

Choir Practice 2:30-4:00 p.m. Chapel (**No LOP**)

Pagan Gathering **CANCELLED**

Monday, September 19, 2016

Transcendental Meditation 9:00-11:30 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**)

Women's AGLOW 7:00-9:00 p.m. Chapel (**No LOP**)

Estudio Biblico 7:00-9:00 p.m. GH08 (**No LOP**)

Tuesday, September 20, 2016

Threshold 12:50-3:00 p.m. Chapel (**Participants Only**)

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

Wednesday, September 21, 2016

Meditation 101 12:50 -2:30 p.m. Chapel (**No LOP**)

FITS 6:50-8:50 p.m. Chapel (**No LOP**)

Thursday, September 22, 2016

Anticipate! 8:30-10:30 a.m. M111 (**No LOP**)

Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel (**Participants Only**)

Bridgetown 12:50-3:00 p.m. Chapel (**No LOP**)

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**)

Victim/Offender Education Group 7:00-9:00 p.m. CD02 (**No LOP**)

Friday, September 23, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 (**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**)

Saturday, September 24, 2016

Seventh Day Adventist Service 1:50-3:50 p.m. Chapel (**LOP ok**)

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

Sunday, September 25, 2016

Choir Practice 9:00-10:30 a.m. Chapel (**NO LOP**)

LDS 1:30-3:00 p.m. M111 (**LOP ok**)

Islamic Service/Study 2:00-3:30 p.m. M111 *(LOP ok)*

Monday, September 26, 2016

Transcendental Meditation 9:00-11:00 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)*

Healing the Sacred Hoop 6:50-8:50 p.m. CD02 *(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, September 27, 2016

Threshold 12:50-3:00 p.m. Chapel *(Participants Only)*

East Hill 7:00-9:00 CHAPEL *(No Lop)*

Wednesday, September 28, 2016

Meditation 101 12:50 -2:30 p.m. Chapel *(No LOP)*

Grief Group (Peggy) 7:00-8:30 p.m. GH08 *(Participants Only)*

FITS 6:50-8:50 p.m. Chapel *(No LOP)*

Thursday, September 29, 2016

Anticipate! 8:30-10:30 a.m. M111 *(No LOP)*

Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel
(Participants Only)

Bridgetown 12:50-3:00 p.m. Chapel *(No LOP)*

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)*

Victim/Offender Education Group 7:00-9:00 p.m. CD02
(No LOP)

Friday, September 30, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 *(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)*

Saturday, October 1, 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, October 2, 2016

City Bible 8:50-10:50 a.m. Chapel *(No LOP)*

LDS 1:30-3:00 p.m. M111 *(LOP ok)*

Islamic Service/Study 2:00-3:30 p.m. M111 *(LOP ok)*

Choir Practice 2:30-4:00 p.m. Chapel *(No LOP)*

Pagan Gathering 6:50 – 9:00 p.m.

Monday, October 3, 2016

Transcendental Meditation 9:00-11:30 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)*

Women's AGLOW 7:00-9:00 p.m. Chapel *(No LOP)*

Tuesday, October 4, 2016

Threshold 12:50-3:00 p.m. Chapel *(Participants Only)*

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

Wednesday, October 5, 2016

Meditation 101 12:50 -2:30 p.m. Chapel *(No LOP)*

FITS 6:50-8:50 p.m. Chapel *(No LOP)*

Thursday, October 6, 2016

Anticipate! 8:30-10:30 a.m. M111 *(No LOP)*

Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel
(Participants Only)

Bridgetown 12:50-3:00 p.m. Chapel *(No LOP)*

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)*

Victim/Offender Education Group 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.

UPDATED REGULATIONS

From Lt. Wilson

The regulations for the Minimum unit dayroom have been updated. Please take the time to read and familiarize yourself with it.

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.