



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

October 20, 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

10/22/2016	The Shallows
10/23/2016	Monster House
10/29/2016	Ghost Busters –Answer the Call
10/30/2016	The Conjuring 2

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!

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.

INFORMATION FOR VETERANS

From Ms. Peterson, Transition Coordinator

If you served in the US Military and earned a General, General Under Honorable, Honorable or Medical, or Mental Health Discharge AND you are releasing from prison within the next year, or you are a reservist or National Guard, you may be eligible for assistance through the Health Care for Reentry Veterans Program. Please contact Ms. Peterson/Transition Coordinator to be scheduled for a meeting with a representative from the Veteran's Administration. Kytes must be received by November 30.

SPECIAL OLYMPICS FUND RAISER

From Capt. M. McCorkhill, Minimum Operations

Coffee Creek is holding the second fundraiser for Oregon Special Olympics. This fundraiser allows you to purchase

brown sheets, pillow cases and towels. A sheet set consists of one fitted and one flat sheet. The towel is 8lb.

All incentive levels are eligible to purchase these items. You must have the funds in your trust account. Your name/SID will be either labeled or written on each item. Purchasing these personal items will require you to turn in your state issued items of the same type.

You will still have to launder the sheets weekly and a slot or slots will be provided through the laundry process for the laundry workers.

The sheets will be ordered after 6 weeks and only after your CD28 has cleared.

Description	#	Price per order	Total
Package A Two brown towel		\$11.00	
Package B Sheets and pillowcase one set		\$14.00	
Package C One sheet set, pillow case and towel		\$20.00	
Package D Two sets of sheets and pillow cases.		\$22.00	
Package E Two sets of sheets, pillow case and 2 towels		\$28.00	
		Grand Total:	

RECYCLING NEWS

From Green Team

The Straub Environmental Center’s “Cart 2 Art” Auction was a huge success! The women at CCCF worked hard on their creative projects listed below to help raise funds for educating kids and families on the environment. A total of 38 “upcycled” works of art were transported to Salem’s “Dye House” in the Willamette Heritage Center from DOC. The women of CCCM contributed the most! Thank you for all of your hard work that helps save our planet!

- 2 small decorative bells, made from: scrap wood, scrap metals & oxygen tank cut in half
- 1 large standing decorative bell, made from: scrap wood, scrap metals & oxygen tank
- 4 Signs of inspiration, Hope, Love, Live & Laugh, made from: scrap metals & wood
- 2 Angry Bird planters, made from: broken hot water pots & left over paint
- 2 Fancy high rise chairs, made from: scrap metal from roof hatch door
- 2 Lego Character Heads, made from: old propane tanks & left over paint
- Plus a Candle Holder, Raccoon Head, Sundial Yard Art, Wine Rack, Pin Wheel Yard Art, a Tin Man from “Prison Land” & a Mosaic Bird Bath which was repurposed from plates, vases, & serving dishes.

Reducing, reusing & recycling are more important than ever! With the dwindling of earth’s natural resources, the cost of newly manufactured goods continues to rise. Choose to bypass the garbage cans and head for the recycle bins. Encourage your family to take up the habit of reuse at home. Together we can make a world of good and help save money, natural resources & the earth! **Keep up the good habit, inspire others to do the same and thank your recycling orderlies for all they do!**

TEXTILES HELP WANTED

From Mr. Conway, OCE

OCE is recruiting to fill 18 open positions in the Textiles Program at CCCF. This four month program will include training in the following:

- Sewing
- Embroidery
- Quilting Basics
- Personal financial budgeting
- Job survival skills (soft skills)

The program will include self-study and 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.-3:30p.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 position awards 8 PRAS Points.

All applicants must meet the following qualifications:

- **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/six months at CCCF.**
- Be current with institution programming.
- Must have a release date after **MAY 2017** - preference will be given to those closest to release or AIP
- Preference will be given to those with moderate to high ACRS.
- 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 you currently work for CDC, must have completed 12 month commitment.
- 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 Mr. Conway, OCE General Manager. List "Textiles" as the position of interest. Applications must be received by **11/4/16.**

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



ANTI-BULLYING CAMPAIGN THANKS

From Ms. Kennedy, School of Cosmetology

The Coffee Creek School of Cosmetology would like to thank all of you who participated in the Anti-Bullying Campaign on October 4th. It was such a great turn out and we were overwhelmed with gratitude for everyone's support.

We noticed that many of you made a pledge to end bullying and there were so many wonderful commitments and positive affirmations that were posted on the Anti-Bullying Poster. We'd like to share some of these anonymous quotes that made an impact on us:

*"I will stop telling morbid jokes about other people."
 "The greatest beauty often lies on the other side of fear."
 "Lift someone up when they are feeling down."
 "Be your best self, your only self."
 "Let someone new sit at the table with us."*

Thank you for hearing our message and reflecting on how it applies to you. We can already see the difference and hope that you will continue to honor your commitments.

About the Bingo game...was that fun, or what?! The concept behind the Bingo game was to point out that more times than not we judge people based on their looks or what little we know about them. Our preconceived notions about others are rarely ever true. We thought this was important to focus on because often times bullying begins with stereotyping and judging others. Sure, we all have our differences, but our human nature is all the same so let's all do our part by being compassionate and open-minded.

Congratulations to those who won prizes from the drawing! We hope you enjoy them as much as we enjoyed giving them to you.

If anyone is interested in providing feedback from the event, we welcome your responses in the form of a kyte. We would like to know how this impacted you or any other ideas that you'd like to share about our message.

Again, thank you for caring about your community.

ADL HELP WANTED

From Nurse Gordon, Health Services

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.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault

Friday, October 21, 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**)
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 22, 2016

Lifer's Book Read 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 23, 2016

Choir Practice 9:00-10:30 p.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**)
Druid Service 9:00-11:00 a.m. Chapel (**LOP Ok**)

Monday, October 24, 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, October 25, 2016

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

Wednesday, October 26, 2016

Meditation 101 12:50 -2:30 p.m. Chapel (**No LOP**)
FITS 6:50-8:50 p.m. Chapel (**No LOP**)
Grief Group w/ Peggy 7:00-8:30 p.m. GH08 (**Participants Only**)

Thursday, October 27, 2016

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

Women's Spirituality 8:50-10:50 a.m. Chapel (**Participants Only**)

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**)

Friday, October 28, 2016

Chaplain 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 Graduation! 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 GH08 (**No LOP**)

Saturday, October 29, 2016

Spiritual Book Club 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 30, 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, October 31, 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 6:50-9:00 p.m. CD02 (**LOP ok**)

Baptist Study 7:00-8:30 p.m. M111 (**No LOP**)

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

Tuesday, November 1, 2016

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

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

Wednesday, November 2, 2016

Grief Group Nancy 9:00-10:30 a.m. Chapel (*No LOP*)

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

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

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

Thursday, November 3, 2016

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

Women's Spirituality 8:50-10:50 a.m. Chapel (**Participants Only**)

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

Bridgetown Service 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**)



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.

REASON TO RUN: BUNK TO 5K

From Ms. Mooney, Lifeskills

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

Minimum - Sundays 9:30 - 10:45am October 23 - November 27

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 timed 5K race! This race will take place during class time on November 27.

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 or 10K race on November 27.

To participate you will need:

Running shoes
Shorts

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T-shirt/sweatshirt

Commitment to do the training

Willingness to encourage others

Willingness to go outdoors rain or shine

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

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