



# Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

November 17, 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

11/19/2016	Central Intelligence
11/20/2016	God's Not Dead
11/24/2016	The Legend of Tarzan
11/26/2016	Star Trek Beyond
11/27/2016	Guardians of the Galaxy

## 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 Talk 11/17/2016*

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!

## WINTER CHILDREN'S EVENT

*From Ms. Mooney, Lifeskills*

Medium – Children/Grandkids

Minimum - Children ONLY

Saturday, December 17<sup>th</sup>

Sunday, December 18<sup>th</sup>

8:30 - 10:30 am (Session One)

8:30 - 10:30 am (Session One)

1:30 - 3:30 pm (Session Two)

1:30 - 3:30 pm (Session Two)

The Winter Children's Event is already here! Lifeskills have scheduled the Winter Children's Event for the dates and times above. The Event is a special opportunity for you to visit with your children and will include craft activities for you and your children to do together while enjoying some light snack. You may attend the event if you meet all of the following criteria.

- You have children age 17 and younger who are approved on your visiting list or approved for special visiting and will attend with a caregiver (who is also on your visiting list), **and**;
- You are incentive level 2 or 3
- No Major DR's in the last 6 months.
- You must be off Intake status

**\* Please Note – All children and grandchildren (Medium ONLY) must be your own. Other children**

(who are not yours) may be approved if they are living in the household in which your children are living and are too young to stay home alone. They must also be approved on your visiting list.

Space is limited. If we have a large amount of families that would like to attend, we will start eliminating those who release the soonest.

- You must meet these requirements by December 2nd in order to qualify for the Event.

**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
- Must be off intake status
- You must meet these requirements by December 2nd 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 the correctional rehabilitation unit. 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 Monday 28th will not be processed.**

Once the request is processed, Ms. Mooney will send all approved inmates a notification of approved guests. Ms. Mooney will also make sure you are on the call out for the orientation meeting and the event. You must attend the orientation in order to participate.

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 spring. If your children and caregivers are not on your approved visiting list by December 2nd you will not be able to participate in this 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. **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 December 2nd. In other words, if you are currently a level 1, but will be a 2 on or before December 2nd, you should submit an application. If you reach level 2 after December 2nd, 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 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 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 Mr. Randall as soon as possible. It helps in planning if we have the most accurate number of attendees as possible.

---

---

## **PREA ADVOCATE SUPPORT**

*From the CCCF PREA Team*

---

---

*PREA standards mandate that agencies will attempt to make a confidential, community advocate available to inmate victims of sexual abuse. The following information explains how DOC and CCCF are ensuring we are compliant with that standard:*

### **Community-Based PREA Advocate (Support) Program**

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are.

Beginning Friday, April 1, 2016, inmates at CCCF who have experienced sexual abuse may reach a community-based advocate by dialing 711 or 1-800-640-5311 from the inmate telephone system. Sexual Assault Resource Center (SARC) is the local community-based advocacy center for CCCF. SARC provides survivors of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to the SARC.

Role of an Advocate:

- ☞ Provide confidential support and crisis intervention
- ☞ Inform you about the investigation and medical examination process
- ☞ Educate you about healing from sexual abuse
- ☞ Offer resources and referrals

Advocates will:

- ☞ Not tell you what to do
- ☞ Not communicate with the institution unless you request them to do so and sign a release
- ☞ Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates

will not report unless you request them to do so and if you sign a release of information.

You may also write to SARC at:

SARC  
4900 SW Griffith Drive, Suite 100  
Beaverton, Oregon 97005

As a reminder this is 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

Michelle Dodson, DOC 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 should not be used for other purposes.

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

*If you have any questions about PREA or community-based advocates, please feel free to contact Capt. Rasmussen.*

---

---

## **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.

---

---

## RECYCLING NEWS

*From Green Team*

---

---

We are not the only ones keeping warm this winter with those thick blankets. In the Salem area the homeless can receive a sleeping bag made out of recycled denim and filled with recycled wool blankets for insulation! The Recycle Center donated more than 60 wool blankets just this last month! A big **Thank you to the Clothing Room** for all they do and vigilantly recycle!

We cannot justify the huge amount of waste we are guilty of adding to landfills by throwing out trash instead of recycling! **We can recycle newspapers, magazines, soda pop bottles, Ramen® boxes, batteries, razors, shampoo & lotion bottles, makeup containers, toothbrushes, toothpaste, deodorant and much, much more!** Change old habits today! Take action by caring for the planet and future resources for our children! The Green Team includes women like you who have gone over and above the call of duty. We recycle, help pull recyclables out of the trash and encourage others to do the same. Join the eco-conscious nature of the courageous few who are trying to make a better world for our children to inherit! Get your peers to follow suit. Recycling bins are so prominent there is no need to bypass them for the trash. Put the closest recycling bin in your field of vision, take aim, and fire away to join us on the winning team of saving the earth for the future!

Congratulations to the first Units who are involved with the pilot program of small gardens on the Medium side of CCCF! We hope that all of us can experience the joy and wonder of beautiful plant & flower growth to adorn all of the yards. It is up to us to prove that the garden remains trouble free for the officers and demonstrate what great stewards we can be for the earth. With success, the other Units are more likely to attain the beautiful yard additions as well!

Questions? Comments? Please drop a kyte to the Green Team/Ms. Fitts. ☺

---

---

## EXCITING PUPPY PROGRAM NEWS

*From Ms. Brenner, Administration, CCPP Coordinator*

---

---

There is something exciting taking place at Coffee Creek Correctional Facility (CCCF) and we want you to know about it!

The Coffee Creek Puppy Program (CCPP) is working in collaboration with Cristina Keef, Portland Veterinarian Medical Association (PVMA) Director to launch a Generosity fundraising page. The proceeds from the fundraising will go to setting up a training area for the Canine Companions for Independence (CCI) puppy training currently being done here at CCCF.

What this means specifically is the funds will be used for

cameras, fencing, K9 turf, training equipment, and other security measures in an area between J/K & G/H yards. This will allow the puppies a larger area to train off the general population yard. It will allow the program a small amount of expansion regarding the number of puppies trained as well.

While Ms. Keef's involvement is separate from the PVMA, it is due to the partnership between the PVMA, CCCF, and her dedication to the program here at CCCF. The PVMA has also pledged to kick start this funding page by donating \$2,000.00.

The program has purchased donation gifts that were largely made by female inmate at Coffee Creek in an effort to keep the focus on the valuable work being done by inmates at CCCF.

### FOR OUTSIDE FAMILY AND FRIENDS

If you would like to pass along this information to family and friends you can share the link shown below, or you can suggest they go to generosity.com and go to the community link. From there, they can search for Coffee Creek Puppy Program.

<https://www.generosity.com/community-fundraising/coffee-creek-puppy-program-yard-project/x/15188227>

### FOR INMATES:

If you are interested in donating toward this fundraiser you may do so. Donations will be accepted in the form of a CD28 being sent to the Business Office between November 28, 2016 through December 30, 2016. This time frame allows indebted inmates to also participate if they wish.

Unfortunately, the donation gifts described in the earlier article are not available to inmate donors.

---

---

## 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.



**State of Oregon  
Department of Corrections Commissary**

**Date:** November 2, 2016  
**To:** All DOC Inmates  
**From:** Anita Nelson, Statewide Commissary Operations Manager  
**Subject:** Holiday Spending Period and Items

**Commissary Holiday News:**

It's that time of year again! The holiday spending period begins Monday, November 28, 2016, and ends on Friday, December 30, 2016. As we all know, "holiday" means something different to everyone so instead of focusing on Christmas type items, we have taken the most requested items from the suggestions you have sent in and created the below holiday list.

Please note, there will **NOT** be a separate holiday order form this year for General Population, the holiday list has been added to the back page of the regular commissary order form. Special Housing will still have a separate, modified list with items and quantity limitations established by security.

***Holiday spending period is November 28, 2016 to December 30, 2016***

HOLIDAY PRODUCT DESCRIPTION	PRICE	HOLIDAY PRODUCT DESCRIPTION	PRICE
<b>Soap</b>		<b>Condiments</b>	
Irish Spring Signature 3-in-1	\$5.41	Emporia Salt & Pepper (clear bottle) 5.47 oz. (K)	\$2.51
Old Spice Swagger Bar Soap 5 oz.	\$1.21	Marshmallows 10 oz.	\$2.43
<b>Candy, Cakes &amp; Cookies</b>		Siam Sweet Hot Sauce 15.5 oz.	
Little Debbie's Christmas Tree Red Velvet	\$2.19	Spice Time Onion Powder 2.5 oz. (K)	\$1.85
Gracy's Hot Tamales bag 2.75 oz.	\$1.08	Sriracha Hot Chili Sauce 17 oz. (K)	\$3.18
Hershey's Candy Cane Candy Bar 1.55 oz.	\$1.14	Star Black Olives 2.5 oz	\$1.64
Barbara Dee Winter Mints Cookies (K)	\$1.28	<b>Drinks</b>	
Sather's Sour Neon Crawlers 4 oz.	\$1.00	Crush SF Grape .48 oz. per packet 6ct.	\$1.35
Zachary Double Dipped Peanuts 5 oz.	\$2.14	Hawaiian Punch Berry Blue Typhoon 8 ct.	\$1.35
<b>Cereal</b>		<b>Fish/Seafood</b>	
Marshmallow Matey's 12 oz.	\$3.50	Fishermans Paradise Mackerel Fillet in Brine 3.5oz.(K/H)	\$1.53
<b>Cheese</b>		Fishermans Paradise Pink Salmon 3 oz. (K/H)	
Spicy Jalapeno Squeeze Cheese 16 oz.	\$3.86	Geish Smoked Oysters 3.53 oz. (K)	\$1.84
City Cow Hot Pepper Cheese Bar 4 oz.	\$1.57	<b>Food Items</b>	
City Cow Mozzarella Cheese Bar 4 oz.	\$1.57	Armour Beef Stew 8 oz.	\$2.24
<b>Chips, Crackers &amp; Snack Mix</b>		Amour Chili with Beans 8 oz.	\$1.78
Cactus Annie's Whole Enchilada 11 oz. (H)	\$2.31	O'Briens Beef Salami Stick 5 oz.	\$2.17
Honey Maid Graham Crackers 14.4 oz.	\$5.00	Country Summer Sausage w/Cheddar 5 oz.	\$2.41
<b>Coffee &amp; Creamer</b>		<b>Holiday Greeting Cards</b>	
Coffee Mate Caramel Macchiato 15 oz. (K)	\$4.29	GENERAL HOLIDAY CARDS 12 PACK	\$13.00
Back Country French Vanilla Cappuccino 10 oz. (K/II)	\$1.71	SINGLE HOLIDAY CARD	\$1.29

**Prices and availability are subject to change without notice. We reserve the right to limit quantities.**

Date: November 3, 2016  
To: All DOC Inmates  
From: Michael F. Gower, Assistant Director for Operations Division  
Subject: Holiday Debt Collection Suspension

- The 2016 holiday buying period runs Monday, November 28, 2016 through Friday, December 30, 2016.
- Spending limits will be doubled during the holiday buying period.
- **If you are INDEBTED read this:** Debt will be collected through November 23, prior to the beginning of the holiday buying period. DOC is exercising the discretion of the Assistant Director of Operations, according to Trust rule 291-158-0065 to designate November 23 as the last business day of the month, prior to the holiday buying period.
- During the holiday buying period, Central Trust will not collect existing DOC debt. However, non-DOC debt, such as court fees and garnishment orders, will be collected during the buying period, as well as fines associated with new disciplinary sanctions that are applied to your trust account.
- During the holiday buying period, inmates who are indebted to the DOC may only spend funds posted to their account for postage, copies, institution club activities, and commissary items.
- If you are indebted, Central Trust will not process CD-28s to send funds out.
- At the conclusion of the holiday buying period, any funds remaining in accounts of indebted inmates will be collected and applied to their debt.

## **OCE / DOC Training Opportunity**

**LEAVE POSTED UNTIL 12/8/16**

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 FEBRUARY 6, 2017.

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 **JULY 10, 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: **DECEMBER 8, 2016**

**APPROVED**

OCT 04 2016  
*Capt Ltz*  
**OPERATIONS CAPTAIN**



## Medium Brew



---

### **SURVIVOR COACH OPENING**

*From Ms. Arrington, Diversity Coordinator*

---

The purpose of the Survivor Coaching program is to provide an opportunity for inmates on intake status, general population inmates and those coming out of long term segregation housing to meet with veteran inmates who can provide peer support and answer questions about the incarceration experience at Coffee Creek Correctional Facility.

#### Eligibility

- Must live in the medium facility and not eligible for transfer to the minimum facility within the following one year period
- Must have served at least two current years in a Department of Corrections facility
- Must not have been on a major misconduct sanction in the past year
- Must be program compliant
- Weekly work/program schedule must allow for you to participate in the Intake Orientation class, meet with inmates on housing units during scheduled times, be on call for crisis support and attend the monthly Coaching Program meeting

#### Additional Information

- No points will be awarded to inmates who serve as Coaches. This is a volunteer position
- Must possess the following characteristics
  - Personal integrity
  - Strong communication skills
  - Ability to show compassion
  - Ability to interact and work with DOC staff and fellow peer Survival Coaches
  - An understanding of diversity without prejudice
  - Have a realistic understanding of incarceration issues
  - Have a positive outlook for growth
  - One year commitment to the program

Inmates interested in becoming a Survival Coach should completely fill out a job application and submit it to L. Arrington – Diversity Coordinator. Please attach your application to a Kyte with a brief explanation as to why you are interested in becoming a Survival Coach.

Application deadline is Friday, December 30, 2016. No applications received after that date will be accepted.

*Coffee Talk 11/17/2016*

---

### **NEWS FROM THE COFFEE CREEK PUPPY PROGRAM**

*From Ms. Brenner, Administration, CCPP Coordinator*

---

Since introducing our pilot program in 2009 that has allowed the puppies in training to be greeted by staff, visitors and inmates it has been determined that it has added to the social well roundness of our puppies. As well as, bring joy to those petting the pups.

This is just a reminder of the current guidelines that must be followed if we are to be able to continue with this part of the puppies training.

Please always ask permission to pet a puppy

There may be times when a handler is unable to allow you to greet the puppy i.e. they are going to work, on their way to an appointment, or due to puppy issues the puppy may not be a good candidate for this exercise. Please understand that this may happen from time to time but you may ask again later.

Always allow the handler time to get the puppy settled and focused before beginning your greeting

Only one person greeting at a time

Greetings will be brief

Petting on the chest is the allowed area; please avoid the top of their head. (Did you know: most puppies do not like to be touched on the head).

The puppy must remain seated or in a down position.

Some things to note:

If the puppy licks, paws, stands up, or rolls on their back for a belly rub the greeting will end. As this is learning exercise, the puppies are learning what an appropriate greeting when on leash is.

Please do not ask to pet our puppies when they are in route through the corridor, as we are not allowed to stop in the corridor without officer permission.

An easily misunderstood request that the puppy program asks is that even if you recognize one of the puppies you do not call out their name. The calling of their name is a very important command the puppies learn early on which means look at me (the handler) for what is next. Only the handler or trainer should give this command.

Your interaction with the puppies has made you a part of their training process. Each time you follow these guidelines you help us train. They will be moving on to be somebody's lifeline to remaining independent.



---

---

## **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*

---

---

PLEASE JOIN FITS ON THANKSGIVING DAY.

Franklin Graham has a heart for America. Come join us on Thanksgiving day as we watch this powerful, life-changing DVD that is guaranteed to move your heart.

Medium - 8:00 a.m. in the Chapel

Minimum - 9:15 a.m. in the cafeteria.  
Spread the word and get on the call-out list in your units/dorms.

Beginning on Dec 5th, Transcendental Meditation will be meeting in the afternoons from 1-2:30pm in GH06! Sign up on your living unit to attend!

Friday, November 18, 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. M111 (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)

Film Discussion 7:00-9:00 p.m. Chapel (Participants Only)

Saturday, November 19, 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, November 20, 2016

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

Choir Practice 2:30-4:00 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)

Pagan Gathering 7:00-9:00 p.m. Chapel (LOP Ok)

Monday, November 21, 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)

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

AGLOW 7:00-9:00 P.M. Chapel (No LOP)

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

Tuesday, November 22, 2016

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

East Hill Service 7:00-9:00 p.m. Chapel (No LOP)

Wednesday, November 23, 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 (Thanksgiving Day Off) 6:50-8:50 p.m. Chapel (No LOP)

Thursday, November 24, 2016

Anticipate! (Thanksgiving Day Off) 8:30-10:30 a.m. M111 (No LOP)

Moms In Prayer (Thanksgiving Day Off) 8:30-10:30 a.m. M111 (No LOP)

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

Bridgetown (Thanksgiving Day Off) 12:50-3:00 p.m. Chapel (No LOP)

Prison Fellowship (Thanksgiving Day Off) 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, November 25, 2016

Asatru Blot 9:00-10:00 a.m. Chapel (Participants Only)

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)

Saturday, November 26, 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, November 27, 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 7:00-9:00 p.m. Chapel (LOP Ok)

Monday, November 28, 2016

Transcendental Meditation 9:00-11:00 a.m. Chapel (Participants Only)

Houses of Healing LAST CLASS 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)

Pastor Jose 7:00-9:00 p.m. Chapel (LOP Ok)

Tuesday, November 29, 2016

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

East Hill Service 7:00-9:00 p.m. Chapel (No LOP)

Wednesday, November 30, 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)

Thursday, December 1, 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)

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.

---

---

### **VOICES WANTED**

*From Ms. Mooney, Lifeskills*

---

---

Coffee Creek Women's Choir in Minimum is accepting 20 more singers. The choir practices every Thursday night 7:30-9 pm in room D-2. There are three performances that

*Coffee Talk 11/17/2016*

include a variety of musical genres. This is a musical support group that gives women the opportunity to practice positive social skills and emotional expression. All voices are welcome. No experience or audition required. You must be incentive level 2 or 3 to participate. Please kyte A. Mooney to join.

---

---

### **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.