



Security

Unauthorized Areas

The current inmate handbook lists expected housing unit conduct beginning on page 13. It says:

Rules and procedures governing the housing unit routines are designed to provide a safe, orderly and cost-effective program. The following is a brief outline of what is expected from you while you are in your assigned housing unit:

1. You may not enter any housing unit except where assigned. You are not permitted to be on any tier other than your own and only on the side you are assigned. Do not go past your cell on the tier. The only time you are permitted on the tier is when you are entering or leaving your assigned cell.

Cell Clutter

It's obvious that some people were able to reassess their cell property and do a little bit of early Spring cleaning. I appreciate what they've done and some of the cells are looking much better. The book drive facilitated by the Lifers' Club appears to have been productive in clearing some space in the cells, and at the same time, allowing you to help out people who need it.

I'm going to ask you again to assess the property you have in your cell to determine if you really need it. You're already forced to live a minimalist lifestyle, but sometimes it still requires a second look to see everything you've accumulated over time. Cell clutter invites dirt, dust, area for germs to accumulate, and vermin. Please take a look at what you have in your cell. There are some things that are valuable to you and/or you use them often. By all means, keep them. Keep your receipts. Hold onto important letters and of course your pictures. But, if you don't need something, if it's just taking up space, get rid of it. Property can be mailed home, arrangements may be made to have property picked up at the visiting desk, or it can be disposed of.

If you have real ideas of ways to help reduce the cell clutter, please pass them to me on an inmate communication. Not every idea will be used, but it may be, and it could help to improve our Penitentiary environment.

/s/ B. Stephen, Group Living Captain

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, inmate communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential.

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.

3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all inmates aware that a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to –

Amplify the victim's voice

Redirect victim blaming

Provide emotional support

Explain options for reporting

Help victim process decision (not guide, recommend or suggest what is right)

Provide resources and referrals

Sit through forensic exam / investigatory interview if desired by the victim.

Support family and friends of the victim

Prison Rape Elimination Act (cont.)

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.
Single Cell Housing

All requests for **Single Cell Housing** must come through the Group Living Captain.

BHS and medical staff input, as well as facility needs, will be taken into account when deciding who to place into the single cells that become available.

Single cell housing priority will be:

1. Medical concerns
2. BHS concerns
3. Administrative concerns
4. Inmate convenience move requests

Once an inmate is housed in a single cell, if a higher priority placement concern occurs, the inmate may be removed. Issues with inmate conduct may result in removal from a single cell.

/s/ S. Alvis, Security

Activities**Bridge to College Writing Course**

Are You Interested in Becoming a Better Writer? If so, Chemeketa Community College is now accepting applications for a Bridge to College Writing Course.

This class is for GED and high school graduates or for those presently in the GED program at OSP. Class is from January 30 to March 22, 2017. It will be held Monday through Thursday 2:00-3:10 p.m. on the Education Floor. Successful completers of the class and of all the coursework will have first priority for applying to the Chemeketa College Inside program at OSP.

If you are interested, send an inmate communication to Ms. Adicho in Education to request a call-out to submit an application. A maximum of 15 students will be accepted. No present college students may apply.

Power of Ideas Class

Capital Toastmasters Club is offering a Power of Ideas class on Saturday, February 18, 2017, from 12:15 p.m. to 3:00 p.m. to the general population, level 2s and 3s. Participants learn techniques and dynamics of creative thinking, including divergent thinking, suspended judgment, and acceptance.

If you are interested, send an inmate communication to Capital Toastmasters before February 5, 2017. There is only room for 50 participants, so don't delay in signing up. There is a \$2 charge to cover the cost of certificates, manuals, and cinnamon rolls. If you wish to participate in this class and are incentive level two or three, send an inmate communication and \$2 CD-28 to the Capital Toastmasters Club prior to December 31, 2017. We hope to see you there!

The 2017 Race Season

We welcome the new season with six 5K/10K Races and one ½ Marathon. This is our approved schedule:

5K/10K	Half-Marathon
March 17	September 8
April 28	
May 19	
June 9	
July 7	
August 25	
October 6	

This year each inmate runner must **pre-register** before each race. You will be assigned a race number, which you **must save and re-use** for each race. Be aware that if you lose your race bib you can purchase another for a \$3 replacement charge. No race times will be kept for anyone without their assigned number, so it is imperative you keep track of issued bib.

This program is available to Level 2 or 3 inmates.

If you are interested in participating send your inmate communication to the below.

/s/ B. Marion, Activities

Book Donation

The Lifers Club thanks everyone who stepped up and donated magazines and books for the special housing units, we were a little overwhelmed by the quantity but we are slowly getting the books and magazines to the proper destinations. Thanks again for your generosity and we hope to something again during the summer.

/s/ C. McFadden, Activities

Pool League

The Pool League will be conducting a "Blind Draw" to fill four of the ten team slots for the start of the 2017 Spring / Summer Team 8 –Ball League. If you are interested in starting a team, you will need to find three

Pool League (cont.)

to five players for your roster. These players must be an incentive Level 2 or 3 and not have a work or program conflict between the hours of 1:30 p.m. – 3:00 p.m. on Wednesdays to qualify. Put your request in the Activities mailbox on the control floor addressed to the Pool League. Include the name of your team, players, and who will be the team captain. (Team captains must be Incentive Level – 3). The deadline to submit for the Draw is: February 8, 2017.

/s/ J. Rodriguez, Activities

Miscellaneous**What is Influenza (also called Flu)?**

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. **To decrease your chances of spreading or catching the flu it is also important to wash your hands frequently and disinfect surfaces.**

Signs and Symptoms of the Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Self-Care for the Flu

- Take Acetaminophen or Ibuprofen as directed by manufacture to reduce fever and muscle aches.
- Drink clear fluids, such as water, or sports drinks
- Rest and sleep.

Period of Contagiousness & Onset of Symptoms

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. The time from when a person is

exposed to flu virus to when symptoms begin is about one to four days, with an average of about two days.

If you have questions, concerns, or feel like you have the flu please send an inmate communication to Sick Call.

/s/ C. Coffey, Health Services

OSP Mail Room

- CD-28s: Be sure that you sign your CD-28. A staff will need to stamp this with an authorization stamp and initial this. If those three items (your signature, authorization stamp and staffs' initials), are missing from the CD-28, staff will not process your request for legal mail postage, or Central Trust check requests and the item will be returned to you. This delays your legal mail or check request. **CD-28's are still only for legal mail through the Legal Library.**
- When mailing an item out of the institution please be sure to select the appropriate size envelope, priority envelope or flat rate box: Standard envelope up to one ounce, international gold envelope up to one ounce, 6.5x9.5 envelope up to two ounces, 10x13 envelope up to three ounces, 12.5x18.5 envelope up to three ounces, Priority envelope if it fits it ships no limit on weight, Small flat rate box no limit, two medium flat rate boxes 50 pound weight limit, two large flat rate boxes 50 pound weight limit, Triangle tube for artwork up to 15 ounces. Note that all Priority envelopes, Triangle Tube and Flat rate boxes utilize tracking and are insured up to \$50 if lost or damaged through the US Postal Service.
- Oversized items such as Guitars and Keyboards need to be mailed out through the Property Cpl. Make sure you speak with the Property Cpl. and follow the instructions given.
- Please remember that the scales in the blocks are an approximation. The final weight of an item is determined by the metered postage scale in the Mailroom.
- If you have any questions about mail or the mail rules please send an inmate communication to OSP Mailroom, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room

Felix Tickets

This is an example of how you need to complete your Commissary slip: You will need to handwrite Felix the Dog Photo Tickets and how many tickets at the top of your regular Commissary form, front page only, in the margin area above Name and SID# (see example to the left). This is the only place Commissary staff will be looking for your order. **If it is written in any other location the ticket sale will not be processed.**

CCCC, OSP, DRCI, SFCC, CRCI, SCI, MCCF, OSCI, SCCI, WCCF COMMISSARY ORDER FORM	
Name _____	
Last _____	First _____
SID# _____	
Institution _____	
Block-Unit _____	Cell-Bunk _____
DATE _____	
YOUR NAME, SID #, INSTITUTION, UNIT & BUNK # MUST BE FILLED OUT ON YOUR CANTEEN SLIP OR YOUR ORDER WILL NOT BE FILED. MARK ALL YOUR SELECTIONS CLEARLY IN THE BOXES NEXT TO THE ITEMS	
PRICES, ITEMS & SIZES ARE SUBJECT TO CHANGE WITHOUT ANY NOTICE	
Level 1 = \$50 Level 2 = \$70 Level 3 = \$95	
You are allowed one commissary order per week	
OSP/SCIMCCF WORK LOCATION	
NUMBER OF BASKET & AT CHECKOUT	
1	2
3	4

Chapel Schedule

SATURDAY, January 21

8:00 a.m. Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service

11:30 a.m. Native American Ceremony

1:00 p.m. Sunni Muslim Study
Worship Practice

6:00 p.m. Calvary Chapel
Asatru

SUNDAY, January 22

8:00 a.m. Spanish Protestant Service
Jehovah's Witness Spanish

1:00 p.m. Catholic Mass

6:00 p.m. Latter Day Saints Study
Lutheran
Urantia

MONDAY, January 23

1:00 p.m. Buddhist Discussion Group
Restorative Justice

6:00 p.m. Restorative Justice

TUESDAY, January 24

1:00 p.m. Russian Bible
Hare Krishna

6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study

WEDNESDAY, January 25

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support
Hospice

6:00 p.m. Indigenous Circle ☹
Acting Group

THURSDAY, January 26

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish

1:00 p.m. TUMI ☹

6:00 p.m. Gospel Worship
Celebrate Recovery ☹

FRIDAY, January 27

8:00 a.m. Trauma Transformation Group ☹

1:00 p.m. Nation of Islam
Sunni Jum'ah Prayer
United Pentecostal Study

☹ = Service is full or restricted. Add requests are not being accepted at this time.

☹ = Service has a waiting list. Submit a request to be placed on waiting list.