



Activities

Equality Eight

Attention all A.I.C, your fellow LGBTQ brothers and sisters are looking for your support. With the support of the Lifers club we are currently in the process of putting together a special interest group aptly titled the "Equality Eight" group. Eight signifying, LGBTQFF, which individually stands for; lesbian, gay, bi-sexual, transgender, questioning, strait, friends and family. Whether you identify, know someone, or have family we need your support in order for us to succeed so please drop off an inmate communication in the Activities box stating your interest as a future member. The last line in our mission statement is key; "Emerging, encouraging and evolving in order to bring out our inherent dignity and the dignity of others"

/s/ B. Marion, Activities

Power of Ideas Class

Capital Toastmasters is offering the class **Power of Ideas** to both club members and non-club members on Saturday, February 9, 2019, from 12:30-3:00 p.m. on the Activities Floor. **Power of Ideas** is designed to help participants learn techniques and dynamics of creative thinking, divergent thinking, suspended judgment, and acceptance.

If you wish to participate send an inmate communication to the Capital Toastmasters Club prior to February 1, 2019. The class is open to incentive levels two, three, and the first three level one AICs we receive a communication from. If you have a work/schedule conflict, you'll need to have your boss sign your inmate communication to attend.

/s/ C. McFadden, Activities

Miscellaneous

Flu Season

It's that time of year again, flu and cold season. If you have any chronic conditions or would like to receive

the flu vaccine, please submit an inmate communication form. Those with a chronic conditions such as diabetes, hypertension, Hep C, HIV, etcetera, please be sure to add your health condition(s) on your inmate communication. Flu vaccines will be administered first to those with chronic conditions named as priorities by the CDC. Once these have been administered, we will offer the vaccine on the first come first serve basis.

The best way to decrease your chance of catching the flu and cold viruses are to wash your hands before you eat or touch your face. If you end up becoming sick with the flu or cold virus, please be sure to cover your mouth when you cough or sneeze and wash, wash, wash your hands. Since cold and flu are viruses, antibiotics will not work.

/s/ K. Ross, Health Services

Welder Position Open

We are looking for welder to join our team. The ideal applicants should be comfortable welding in all positions (flat, vertical, and overhead). Ideal applicants should also be familiar with numerous processes of welding; SMAW, GMAW, FCAW, and TIG.

If you have welding/fabrication experience, a general knowledge of fabrication, possesses a strong mechanical aptitude, and the ability to work well in a team, we would like to meet you.

Preferred skills:

- Experience with basic tools (plasma cutter, band saw, iron worker, cutting torch)
- Basic math skills
- Mechanical aptitude
- Creativity and ability to think outside of the box
- Able to read a tape measure
- Ability to follow basic instructions
- Ability to perform tasks in a safe manner
- Ability to work collaboratively and cooperatively in a team environment with a positive attitude.

Interested candidates are encouraged to return a complete application to Physical Plant Weld Shop.

/s/ J. Gutierrez, Physical Plant

Chapel

The Healing Breath Workshop Prison Program

February 2nd, 3rd, and 4th, 2019, 1:30 – 5:00 p.m.

Attendance at all three classes is required for course completion and certificate

Come learn the secret of the breath in the healing breath workshop prison program.

Do you have problems dealing with stress and anxiety? Would you like to feel calmer and have more peace of mind? Then our program is for you!

Come learn the secret of the breath in the healing breath workshop offered in the Chapel. The breath is the link between our body and our mind, and it has incredible power to heal and to bring our minds into the present; which is where peace of mind and joy live.

Please send an inmate communication to the Chapel if you are interested in attending the full three days of the workshop.

/s/ K. Thompson, Chapel

Chapel Schedule

SATURDAY, January 26

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 a.m. Seventh Day Adventist
Sunni Muslim Study
Worship Practice

6:00 p.m. Calvary Chapel

SUNDAY, January 27

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
Gospel Worship

MONDAY, January 28

6:00 p.m. Restorative Justice
Non-Violent Communication

TUESDAY, January 29

1:00 p.m. Russian Bible
Life Line

6:00 p.m. Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice

WEDNESDAY, January 30

8:00 a.m. OSP Choir Practice

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

6:00 p.m. Celebrate Recovery
Indigenous Circle ☹

THURSDAY, January 31

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

1:00 p.m. TUMI ☹

6:00 p.m. Spanish Non-violent Communication
Shambala Services

FRIDAY, February 1

8:00 a.m. Trauma Transformation ☹

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.