



Security

Notice Regarding: Turnout to all AM and PM Runners

The AM and PM Runners' Turnout is for exercise.

1. You are not allowed to use the telephones during the turnout.
2. You are expected to exercise (walk; run; lift weights; calisthenics; individual exercises).
3. You are not allowed to sit on bleachers, benches or at tables.
4. Handball or other sports (softball; basketball; Frisbee) are not allowed.
5. Sunbathing is not allowed.

Anyone violating any of the above will be removed from the turnout.

/s/ S. Alvis, Security

Telmate Privileges

Recently there have been numerous requests as to what criteria is used to suspend Telmate privileges, here is the Acceptable Use Policy that you accepted when you initially logged onto Telmate.

Telmate Acceptable Use Policy

You may use the Services only for their intended purposes, in accordance with all applicable legal requirements including all federal, state, and local laws and regulations (including correctional facility policies) and these Terms. You may not facilitate or permit anyone else to, directly or indirectly:

- a. use the Services in connection with criminal or tortious activity, including child pornography, fraud, trafficking in controlled substances or humans, harassment, stalking, spamming, or infringement of intellectual property;
- b. use the Services in connection with pornography;
- c. engage in nudity, profanity, suggestive body gestures, terminology and/or any other activity deemed inappropriate in the sole discretion of Telmate or a correctional facility;
- d. advertise or sell products or services;
- e. perform or attempt to perform any actions that would interfere with the proper working of the

- Services or prevent access to or use of the Services by other users;
- f. use any automated mechanism in connection with the Services, such as scripts, web crawlers, bots robots or scrapers, or manual equivalents, for any purpose;
 - g. impersonate any person or entity, misrepresent yourself, or attempt to use another user's account without the user's permission;
 - h. accept payment or anything of value in exchange for performance of any activity on or through the Services;
 - i. transmit chain letter or junk emails to other users;
 - j. engage in any automated use of the Services, such as using scripts to send comments or messages;
 - k. interfere with, disrupt, or create an undue burden on the Services or the networks or services connected to the Services; or
 - l. use the Services in a manner inconsistent with any and all applicable laws and regulations.

If Telmate determines that you may have violated these Terms, it may report the matter to law enforcement and correctional facility administrators, and/or refuse or restrict your access to all or any portion of the Services.

/s/ C. Borden, Security

General Services

Food Theft

Food theft from the Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available. It also jeopardizes the health of individuals taking food that is perishable and not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served. (Per your Inmate Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

Food Theft (cont.)

1. If an inmate is caught stealing or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the inmate will be issued a minor misconduct report. The minor misconduct report will be for disobedience of an Order III and will include the cost of all food items that have to be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the inmate will receive a major misconduct order for Contraband II and will also be charged for the cost of food that has to be disposed of.
2. If the inmate stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuffs found outside the Culinary Section (for example cell searches, etcetera) if the items can reasonably be determined to have been taken from the Food Services.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the inmate has received a recent previous minor misconduct for the same conduct.

/s/ M. Yoder, Asst. Supt. General Services

Activities

OSP Memorial Healing Garden – Volunteer Workers Needed

After years of planning and fundraising, construction is about to begin! Would you like to contribute by working in the garden? We are forming several volunteer crews to assist and learn from the general contractor during phases of construction, tentatively scheduled between April and July. Please send an inmate communication if you are eligible:

1. Willingness to learn and work with a diverse group.
2. NCI level 2 or 3.
3. No work/program conflicts, Monday through Friday, 7:00 a.m. to 3:00 p.m., or be able to obtain supervisor permission.
4. No medical restrictions.

If you are interested, please address your inmate communication to the **Asian Pacific Family Club** and place it in the white Activities box at the bottom of the stairs. **Even if you are among the 50 men who**

volunteered with preliminary construction, please submit a new inmate communication. You will receive by mail a more detailed survey, which will help us understand your available days and times. You will also be required to attend a volunteer worker orientation. Thank you for your support!

/s/ P. Lans, Activities

Characteristics of Effective Leaders Class

Capital Toastmasters is offering the class **Characteristics of Effective Leaders** to both club members and non-club members on Saturday, March 2, 2019, from 12:30-3:00 p.m. on the Activities Floor. **Characteristics of Effective Leaders** is designed to help participants study the qualities of leadership, leadership gap, and leadership styles that help determine a persons' leadership profile. This valuable knowledge will help improve their leadership skills.

If you wish to participate send an inmate communication to the Capital Toastmasters Club prior to February 26, 2019. Open to incentive levels two, three, and the first three level one AIC's from whom we receive an inmate communication. If you have a work/schedule conflict, you'll need to have your boss sign your communication in order to attend.

/s/ Capital Toastmasters Club

Miscellaneous

Hoarseness / Laryngitis

This is caused by strain of the voice box (larynx) by yelling, or can be caused by a cold.

Symptoms

- Frequent clearing of throat
- Fever
- Tiredness
- Pain in the throat
- Coughing
- Loss of voice

Prevention

If you have a cold, take the time to treat it so that the infection will not spread to your voice box. Stop shouting as soon as you feel minor pain. Give your voice a rest.

Home Treatment

- Will usually heal itself in 7-10 days.
- Medication will not help.
- Drink a lot of fluids.

- To soothe the throat, gargle with warm salt water (1 teaspoon in 8 ounces of water.), or drink honey in water or tea.

When to contact Health Services

If hoarseness is not associated with a cold or shouting, and has lasted longer than one month.

/s/ C. Coffey, Health Services

VT Auto Openings

OSP's renowned Auto program is now accepting applications for the Associate of Applied Science in Automotive Technology, two year program.

Admissions Criteria

- A High School Diploma or GED (verified)
- Enough time remaining on sentence to graduate from the program
- One year clear conduct from incarceration date or major DR
- Minimum CASAS scores in math (236) and reading (242)
- No other work-based education certificates or college degrees
- At least two and not more than about five years left on your sentence
- Have completed A & O
- Driver's license

Interested AICs should send an inmate communication to William Gastoni at OSP.

William.J.Gastoni@contractor.doc.state.or.us

Chapel

Zen Buddhism

Learn how to be calm and non-reactive, how to find peace in the real world. Zen is a practical method that presents alternatives to anger, emotional pain, frustration and extremes associated with prison life. Join us in the Chapel Library on the 1st, 3rd and 5th Tuesdays of the month at 6:00 p.m. If interested please send an inmate communication to the Chapel.

/s/ K. Thompson, Chapel

Chapel Schedule

SATURDAY, March 2

- 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. Suni Muslim Study
 Worship Practice
 Seventh Day Adventist Service
6:00 p.m. Calvary Chapel
 Wicca

SUNDAY, March 3

- 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, March 4

- 1:00 p.m.** MacLeod ☹
 Hux ☹
 Restorative Justice
6:00 p.m. Restorative Justice
 Non-Violent Communication

TUESDAY, March 5

- 1:00 p.m.** Russian Bible
 Lifeline
 Torah Men
6:00 p.m. Prison Fellowship Discipleship
 Catholic Study
 Buddhist Service
 Non-Violent Communication Practice

WEDNESDAY, March 6

- 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, March 7

- 8:00 a.m.** Thresholds
 Jehovah's Witness Service
 Jehovah's Witness Spanish
1:00 p.m. TUMI ☹
6:00 p.m. Spanish Non-violent Communication
 Christian Journaling
 Shambala Service

FRIDAY, March 8

- 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.