



# Coffee Talk



Superintendent: Ms. P. Myers

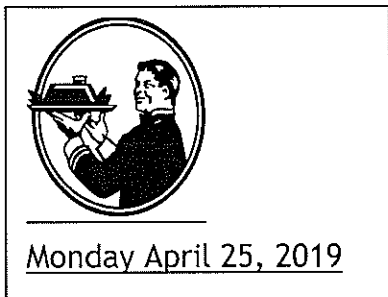
Editor: Ms. A. Wheeler

April 18, 2019

No one can make you feel inferior without your consent.

- Eleanor Roosevelt

## TV Channel Update



Monday April 25, 2019

ESPN News will be changing to:

Food Network.

This change will take effect on

## Center for Hope and Safety Trainings

*From Captain Wilson, Operations Captain*

### Other trainings led by CHS advocates include:

LGBTQ+ – May 20<sup>th</sup>

Domestic Violence – June 24<sup>th</sup>

Mark your calendar!

## PUPPY HANDLERS WANTED

*From Ms. Brenner, CCPP*



The Coffee Creek Puppy Program (CCPP) is in the process of hiring.

Canine Companions for Independence (CCI) is a non-profit organization that trains puppies to assist people with disabilities.

The Department of Corrections (DOC) and CCI have created a partnership wherein selected inmates may learn to train a CCI puppy.

### The things to consider about being a handler:

- o Do I want to live on J Unit?
- o Can I find a compatible cellmate that would want to live with me, a puppy, and the supplies in a small area?
- o Am I a team player?

*Coffee Talk 4/18/2019*

- o Am I ready and willing to commit to at least 24 months of my time, dedicating it to training a puppy?
- o Can I work as a team member even if I don't like another member?
- o Am I open minded to learning new ways of communicating, interacting with others, accepting of criticism, and flexible enough to go with the flow of change?

### Eligibility for Hire:

- o Have a high school diploma, a GED, or be working toward it, (preference may be given to those that already have their high school diploma or GED).
- o Incentive level 3.
- o One year DR free.
- o Have a release date of 2026 or later.

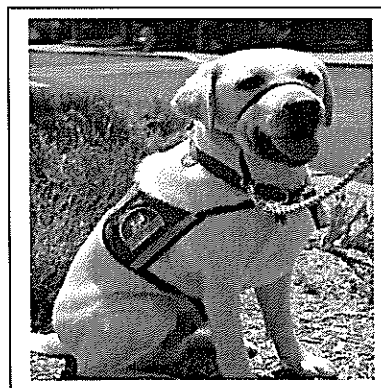
In addition to the qualifications listed above the screening process will include communication with your supervisor (past/present), security staff, Health Services, BHS, and a review of your criminal record.

If you are interested in applying please send a kyte addressed to Ms. Brenner- Administration, no later than **April 25, 2019.**

Please write legibly and use a pen. (4/30/2019)

- o Am I ready and willing to commit to at least 24 months of my time, dedicating it to training a puppy?
- o Can I work as a team member even if I don't like another member?

Am I open minded to learning new ways of communicating, interacting with others, accepting of criticism, and flexible enough to go with the flow of change?



### **CCI Success Story!**

I am an extremely grateful woman. My hero, Omaha, came to my rescue and I am here to shout from the rooftops what he did for me. I have been having breathing issues for about a month now and either lay on my side at night with the head of the bed elevated or sit up to sleep. I went to get into a reclining chair I have next to my bed that can be used

as a zero gravity chair. I have never used it for that function because of how it lays a person back but I do raise my legs in it to help with edema. I went to get into the chair and the controls slipped from my hand. When that happened they fell to the floor and became wedged with the buttons pressed making the chair go into full out zero gravity position. I struggled and struggled to get up but I just wasn't strong enough. Omaha was sound asleep in his kennel and came flying out to see what was going on. I couldn't even speak as no air was going in my lungs. I was frantically pointing at the floor and he started looking for what I needed. He was able to dig out the control and picked it up. But he wanted to give it to me from the opposite side of the chair...the cord was too short! I could only flap my hands by now and was going down for the count...he figured I needed him where my hand was flapping and he rushed over to the right side dropping the control in my lap but I couldn't pick it up as I was blacking out by now. He kept pushing it and pushing my hand to where I could feel the buttons and I was able to hit the right one. Up we went! And blessed air started filling my lungs! He fretted over me for about 1/2 hour and is still glued to my side or feet but it is good to have him so close. He is my hero!

**Upcoming Movies**

<b>4/20/2019</b>	A Simple Favor
<b>4/21/2019</b>	White Boy Rick
<b>4/27/2019</b>	Solo: A Star Wars Story
<b>4/28/2019</b>	Second Act

**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 the 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.

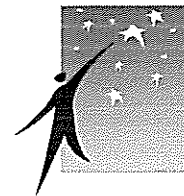
*Remember, there are several factors that have to be considered when selecting the movies, and these factors vary at each institution. This means that just because a movie was shown at another Institution it may not meet criteria to be shown here. The movie selection process is subject to change without 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.

**PRAS REVISIONS**

From Ms. Raths, Administrator, Policy and Business Services

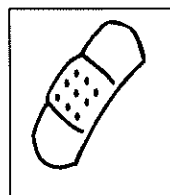


As many of you may remember, the Department has been analyzing the current PRAS system in response to a petition to amend the rule. Thank you for your patience as we looked into this very complex system. We are pleased to announce the first PRAS revision; the elimination of the 120-day evaluation period. By eliminating this waiting period, people arriving into our custody will be eligible to earn daily PRAS points on their first day of a qualifying program assignment and no longer need to wait 120 days to do so. This change will go into effect April 1, 2019, and from that time forward the 120-day evaluation period will not be applied. Please note there will be no backdating of points for those impacted prior to April 1, 2019.

Additional positive changes are in store for PRAS, and efforts to automate those changes are underway. We are eager to provide you system improvements and will communicate those changes as they become ready.

**Flu Vaccines Offered**

From Health Services



It is nearly spring again and the flu season has been harsh. Health Services want to remind you to get vaccinated against the flu. Every year ODOC Health Services offer flu vaccines to our adult in custody (AIC) population. Health Services will be giving Flu Vaccine to Adults in Custody who are at higher risks of the flu first; then it may be offered to the rest of the general population by AIC request. If you would like to get a flu vaccine please send a non-emergent health care request to Health Services so that you can be added to our Flu Vaccine Clinic List. We compile this list starting in September and add to it as the season progresses. When the vaccine becomes available Health Services will start the clinics.

Vaccines help your body build protection against illness. Your body will build antibodies (an-ti-bod-ies) that act as soldiers to protect you against different flu viruses. Each year that you get the vaccine you build up another layer of protection against the ever-changing strains of the flu virus.

year that you get the vaccine you build up another layer of protection against the ever-changing strains of the flu virus. When you get a flu vaccine you may or may not feel like you have a mild flu after you receive a vaccine but this is just your body building the antibodies/soldiers to fight off the flu and feeling mild flu symptoms does not always happen. It is important to know that you cannot actually get sick from receiving a flu vaccine.

Whether or not you choose to get a Flu Vaccine you should remember to do the following throughout the flu season:

**Wash your hands frequently.** This will help prevent you from getting common colds and help put a stop to your friends and neighbors getting it as well. Please practice this important and simple tool.

**Cover your mouth and nose** with a tissue or your sleeve (not your hand!) when you cough, sneeze or yawn to prevent germs from spreading. It is better to cough into your elbow. **Drink lots of fluids**, water, juices, and clear soups will help loosen mucus and keep you from becoming dehydrated. Drink at least 8, 8-ounce cups of water daily.

**Rest.**

**If you do get the Flu:** Let Health Services know so that they can try and help lesson some of the symptoms and help prevent the spread of the flu to your fellow inmates.

- Send a Non-emergent communication form to Health Services listing your symptoms and how long you have had them.
- You will be scheduled for nurse triage to assess you and determine if treatment or precautions are needed.
- Treatment only lessens the symptoms and duration but does not cure the flu.
- Precautions involves having to wear a mask to prevent you spreading the virus to others and being placed on lay ins so that you rest and do not spread the virus.
- Flu viruses are generally contagious to others for the first 3-4 days after a person is infected.
- The Flu has to run its course.

Health Services cares about you staying healthy and recommends getting the flu vaccine annually.

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## VISITING APPLICATIONS

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From Ms. Stehle, 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

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## Getting Your Minor Child on Your Visiting List

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From Ms. Wheeler, Library Services

It has recently come to my attention that there is some confusion regarding the parental delegation forms you receive from the law library.



First, this form does not assign guardianship. Only the court can do that. The form is meant to allow a caregiver permission to act on your behalf in matters such as getting medical care for your child, or signing your child up for school.

In order to get your minor child on your visiting list, you must submit a visiting application, which will then trigger Inmate Services to send a custodial consent letter to the person with legal custody, which must be signed and notarized by that person. (4/30/2019)

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## ATTENTION MOTHERS

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From CRU

Do you have a baby or toddler under five? 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 age from birth to Age 5
- Minimum or minimum eligible with gate clearance
- Child lives less than 60 minutes away
- Transportation to/from the school are Tuesday and Thursday 9:00am - 12:30pm



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## NOTICE REGARDING PETITION REQUESTING AMENDMENT OF ADMINISTRATIVE RULE

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From DOC

On February 21, 2019, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-063-0120(2)(g). A copy of the petition may be obtained from the agency by submitting a request to the Rules Coordinator.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-063-0120(2)(g), including any comments on whether options exist for achieving that rule's substantive goals in a way that reduces any negative economic impact on businesses. Any public comment must be received no later than May 10, 2019, at 5:00 PM.

*Comments must be submitted in writing to the address below:*

*Rules Coordinator*

*Department of Corrections*

*2575 Center Street NE*

*Salem, OR 97301-4667*

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## VOLUNTEER APPRECIATION EVENT

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From: Lifeskills

CCCF is very lucky to have such a large volunteer base of generous individuals who give their time to many programs throughout the Coffee Creek community.

Administration will be holding an appreciation reception for them. I am looking for inmate speakers who would like to say a few words about what the volunteer community at CCCF has meant to them. If you are interested please send a kyte to Ms. Roach in life skills giving a brief overview of what your speech would sound like or cover content wise, and why appreciating the volunteers is important to you.

If you are not selected to speak at this event there is also an opportunity to write thank you notes to volunteers that will be used to decorate the event. Let's show our volunteers how much they mean to us. (4/30/2019)

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## PREA INFORMATION

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From DOC

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

Inmates who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the inmate telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

### Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

### An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and if you sign a release of information.

Advocacy crisis lines are 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

**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 is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential

communication and will be handled similar to legal calls/official mail.

You may reach your community-based advocate by dialing "711" from the inmate telephone, dialing their direct crisis line number, or sending written correspondence.

Institution	Community-Based Advocacy Center
CCCF	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
CRCI	Portland Women's Crisis Line (PWCL) Advocacy Program PO Box 42610, Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukie Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992
EOCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
MCCF, OSCI, OSP SCI	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
PRCF	May Day 1834 Main St., Baker City, OR 97814 (541) 403-0291
SCCI	Women's Safety & Resource Center 1681 Newmark Ave., Coos Bay, OR 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980, Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook Co. Women's Resource Center PO Box 187, Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774, Lakeview, Oregon 97630 1 (800) 338-7590

## THROUGH A CHILD'S EYES

From: Lifeskills

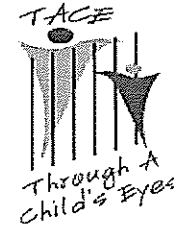
Through a Child's Eyes 2019:

Sponsored by

Wilsonville Rotary

Saturday July 13<sup>th</sup> – Minimum

Sunday July 14<sup>th</sup> – Medium



- Applications Due by June 7<sup>th</sup> – available on the unit. If your unit runs out please kyte life skills for extras
- Must meet qualification requirements by June 28<sup>th</sup> in order to attend
  - You have children/grandchildren 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.

Limited transportation assistance is available-applications must be postmarked by June 10<sup>th</sup> and mailed to Ms. Roach

### *Out of the Classroom and Into the Hives*

Two weeks ago a few of the bee team 6 ladies were called out to meet at inmate processing where Cpl. Johnson would take us out to the beehives to access the damage that had taken place to the hives from a long winter. We had a lot of wind, which caused the plastic to be blown off the top of the hives, creating havoc on the hives. This was our first adventure to the hives assisting in some much needed clean-up. Unfortunately we lost quite a few of our honeybees which was a sad loss to see. A feeling of pride was shared amongst us all to be able to physically contribute to the wellbeing of these amazing and magnificent bees. We got things all cleaned up and resituated just in time to go out to the hives the following week.

Wed. March 20, 2019 I was at my bunk when around 1:50 PM I, along with 5 others were called to the Inmate Processing to suit up and get ready to go out to the hives. At first I felt excitement and then I was hit with a large dose of reality of where I was going. I began to question myself "What did you get yourself into?" Because bee's can sense nervous energy I knew how important it would be for me to remain calm and remember to breath.

First we all met in the chow hall where Cpt. McCorkhill and Cpl. Johnson taught us how to recreate the sugar from the

sugar boards into a sugar syrup, adding Honey B Healthy to the sugar syrup which aids in preventing mold in the sugar syrup along with stimulating the bee's immune system, not to mention the spearmint and lemongrass oils used in it smelled incredible! Once we had our sugar syrup made, off we went. It was warm outside and I wasn't prepared for the heat that I could feel from wearing the bee suit, gloves, and veil, which are needed to protect oneself from potential bee stings.

With most of us eagerly waiting to take off the tops of the hives, I reminded myself to stay calm and enjoy the process. As we begin to slowly pull frames out, witnessing the busyness of these complex creatures, it was an awe inspiring moment to see just how significant these honeybees are to our world as a whole. It is still astonishing to me how something so small can be so vitally important to our universe. I'm happy to report that three of our queens are alive and appeared to be doing well. We didn't bother them much just eyeing their living situation.

In the week prior we also cleaned up all the propolis (bee glue) and wax, scraping it all from the frames and boxes along with any mold that was present. We were also treated to some fresh honey, which we ate right off of the frames; it was thick, sticky, sweet and rich in color.

No one got stung while we visited the beehives and the experience was 100% positive. I am thankful that I chose to step out of my comfort zone, becoming more educated in the importance of the honeybees and how they affect our livelihood.

By: Alona Hartwig

Q: How were Adam and Eve prevented from gambling?  
A: Their paradise (pair-o-dice) was taken from them.

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## INCENTIVE MOVES

From: Captain Wilson

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The criteria to request an incentive convenience move is as follows:

- Must be an Incentive Level III.
- If you receive three or more conduct orders (cell-ins) within a 60-day period starting from the last conduct order or you will lose your incentive move.
- No disciplinary reports within a six-month period.
- You will lose your convenience move status if you receive a disciplinary report.
- Must be in program compliance and have no program failures within the last six months.

- Incentive moves will not be approved for a specific cell, bunk, or tier; incentive moves will be based on housing restrictions and the needs of the facility.
- Incentive moves only last for a six-month period once approved.
- You may only request an incentive move or renewal every six months.
- Incentive level changes due to poor conduct will affect your incentive housing.
- Incentive Move Request Forms must be submitted to the Operations Captain for all incentive moves. The request form must be reviewed and signed by the Unit Officer prior to being submitted to the Operations Captain. (Requests not signed by the Unit Officer will be returned.)

### Incentive Level III inmates requesting housing on J or K Units.

- Incentive Move Request Forms must be submitted to the Operations Captain for all incentive moves. The request form must be reviewed/signed by the Unit Officer prior to being submitted to the Operations Captain. (Requests not signed by the Unit Officer will be returned.)
- Cellmate requests will only be authorized in Incentive Level III Housing Units J and Section A & B of K Unit. Both parties must request the move using the Incentive Move Request form.
- Inmates who have been involved in a sexual misconduct will not be considered for housing requests within the same cell.
- Inmates who have registered, or are registered, as domestic partners will not be housed in the same cell or housed next to each other in a dorm setting.
- Cases involving those inmates who have lost their cellmate due to minimum placement, parole, DSU/Special Housing placement, or any unforeseen circumstance may submit another incentive move request. That request will count as an incentive move for both inmates.
- All housing unit movement into and from MHU / D unit will be coordinated through Behavioral Health Services, the Unit Officer and the Operations Captain

Approved moves will be made as soon as possible, depending on bunk availability, and staff work load.

Inmates will receive a copy of the approved Incentive Move Request noting approval or denial.

The Operations Captain reserves the right to approve or deny any incentive move request based on the needs of the facility.

The Operations Captain retains the authority to remove an inmate from incentive housing based on safety and security concerns.

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## SUSTAINABILITY NEWS

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*From Green Team*

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The Operations Captain retains the authority to make any emergency housing moves, or moves based upon the needs of the facility deemed appropriate, regardless of previous approval.

All facility wide bunk moves are based upon the needs of the facility and the cellmate program.

### Incentive Move Requests:

- Do not attach kytes to your Incentive Move Request. It will be returned.
- A small lined space in the middle of the Incentive Move Request Form is for writing notes to the Operations Captain. Notes anywhere but specified space will result in return of request form.
- Only identify requested Unit, Section (K Unit), or Bottom Bunk (Cadillac Bunk). K Unit is where Cadillac Beds are located and requesting bottom bunks may significantly delay your move.
- Do not send multiple Incentive Move Requests or kytes; they, and the original Incentive Move Request, will be returned.
- If you choose to cancel an incentive move request, the first cancellation will restrict you from requesting another move for 3 months (90 days). The second cancellation will restrict you from requesting a move for 6 months (180 days).

### Kytes to the Operations Captain:

- If you are in Special Housing (DSU/SHU) and are returning to the general population, do not kyte Operations Captain requesting housing consideration. You will be housed accordingly, based on the needs of the facility, Cellmate Program, and any documented conflicts.
- There are no Keep Separates - only Documented Conflicts. If you say you have a conflict on a unit, you will be required to completely fill out a Conflict Form which will be fully investigated by the Intake Captain. (4/30/2019)

If you are having problems with your cellmate, please contact your Unit Officer or other security personnel

**How will you celebrate EARTH DAY this year? Try attending IAE's next Nature Lecture for Horticulture and Career opportunities on Friday 4/26 at 1:PM in Medium and 2:30 in Minimum's Cafeteria. To sign-up, see your Unit Bulletin Board to learn more.**

Businesses, Restaurants, Name brand Companies and industries of all kinds have joined the global effort to lower emissions & better care for the "hand that feeds us." Did you know you can help lower Greenhouse Gas Emissions, reduce Carbon pollution & help Conserve Water & Energy too? Each day we make decisions that can ease our load on the Earth or add to nature's burden. One new T-shirt requires almost 700 gallons of water while a burger takes up to 600 gallons of water. Compare that to the eight 8-oz. glasses of water we should drink each day totaling 180 gallons a year. On average, one American uses 360,000 gallons of water per year, 2,000 times that our recommended intake! This **EARTH DAY choose wisely & take care to reduce your environmental footprint.**

Pollinators continue to help trees & plants thrive & escape extinction thanks to the hard work, loyal care and dedication of Minimum & Medium AIC Gardeners, Beekeepers & Butterfly Lab Techs. Go outside & take a look at what they've accomplished and enjoy the beauty of the Earth (the whole reason we recycle)! We can help support the Earth and protect nature's finest by **Reducing, Reusing & Recycling**. Stay on TerraCycle Brigade Boxes too.

Don't miss the opportunity to raise funds for **Wilsonville's Local Food Bank, Community Share** by recycling toiletries, make-up containers & dental hygiene in marked boxes. **Large corporations actually accept their recycled products back to be melted into new items and then send funds for our effort to the non-profit organization of our choice.** This year we've earned 12,578 points which translates into \$125. We have the potential to earn much more for those in need; please share the responsibility to care for others and the future of the planet's health. **Recycle a TerraCycle item each day, even if it's not your own discard, there's way too much tossed in the trash and Recycle orderlies can't catch it all, hint, hint!**



Happy Earth Day!



## MEDIUM BREW



## Medium Religious Services

From Chaplain Brault

### Help Wanted - ADL From Health Services

See Bulletin Board

Are you looking for a new job? Are you a kind, caring, and 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, 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. Inmate Work Programs (IWP) will screen applications received. Applicants who meet the minimum qualifications may be scheduled and called out for an interview. Thanks for your interest.

### HELP WANTED

#### CCCF CRU ORDERLY (MEDIUM)

The Correctional Rehabilitation Unit is looking for an Office Orderly. The hours for this position will be Monday through Friday, 9:00AM - 10:30AM and/or 1:00-3:00PM. This position receives **11** points per day. Typical duties of the orderly are as follows: General cleaning of the office including kitchen, restrooms, dusting of the conference room and cleaning offices as needed. Sweeping, mopping and buffing floors; emptying trash; and helping with various clerical office projects as needed. If you are interested in applying, please complete a job application and submit it to Ms. Johnson in CRU no later than **APRIL 29, 2018**.

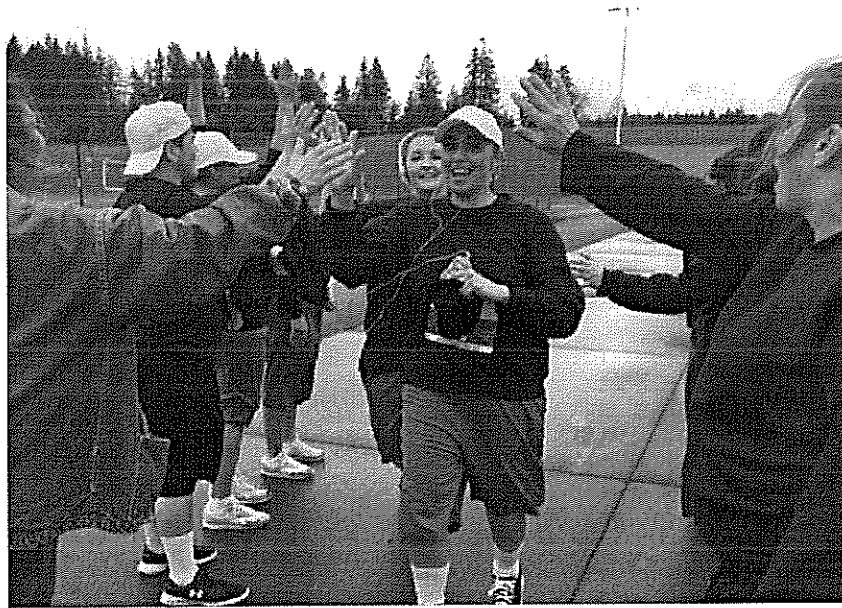
#### REQUIREMENTS:

- **INCENTIVE LEVEL 3**
- **6 MONTHS CLEAR CONDUCT**

#### NOT MINIMUM ELIGIBLE



## Reason to Run at Coffee Creek Correctional Facility



Trish Swanson who is a certified running coach volunteers her time to lead an 8-week training session for the Adults in Custody (AIC) at Coffee Creek Correctional Facility (CCCF). After completing the 8-week training session, Reason to Run puts on a "Bunk to 5k" race.

Trish Swanson focuses on teaching about health, setting goals and team support. Trish's true message to the team is to teach each runner to encourage each other and that someone else's win does not define your loss. When watching the race, over 30 AICs are running a race as a team and cheering each other to the finish line.



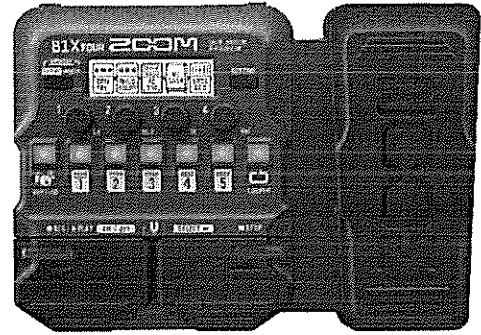
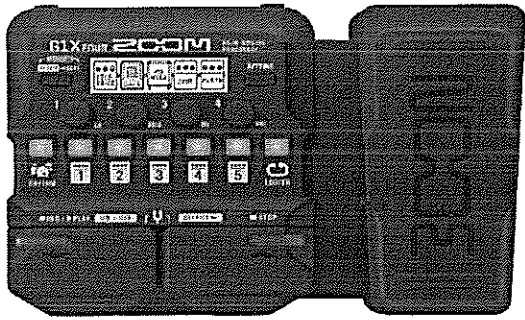
According to runner Jessica Van Eeten what the running group means to her is "Perseverance and overcoming obstacles mainly myself being my largest obstacle. The running group helped me believe in myself and showed me I CAN conquer the hard stuff and women encouraging women is a very powerful and uplifting phenomenon to be a part of." said Jessica.

In March Reason to Run was awarded Outstanding Beginning Running Program awarded by Road Runners Club of America. Great job Trish and Reason to Run group!

## Zoom G1X FOUR Guitar Effects

## Zoom B1X FOUR Bass Effects

NCI Level 3 ONLY



**\$157.28 ea.**

### G1X FOUR Guitar effects features:

- 70 traditional and boutique effects for adding dimension and polish to your playing
- 13 classic amplifier and cabinet models covering everything from squeaky-clean to high-gain
- Expression pedal enables real-time control over volume, wah, delay, and pitch effects
- Use up to five effects simultaneously, chained together in any order
- Save and store up to 50 user-created patches for instant recall
- Auto Save function ensures that you never lose your latest creation
- 68 built-in drum patterns in multiple time signatures give you plenty to jam along to
- 30-second looper allows you to craft multi-part arrangements with CD-quality sound
- Onboard chromatic tuner supports standard, open, and drop tunings
- Auxiliary input jack for jamming along with your personal music player
- Runs on 4 AA batteries, with alkaline battery life of 18 hours
- One year manufacturer's Warranty

### B1X FOUR Bass effects features:

- 70 built-in effects
- 9 amp models for simulating classic rigs
- Up to 5 effects can be used simultaneously, chained together in any order
- Built-in expression pedal for control over any parameter (B1X FOUR only)
- Looper for recording up to 30 seconds / 64 beats of CD-quality audio
- 68 built-in rhythm patterns which can be used in conjunction with the Looper
- 50 memory locations for storing user-created patches
- Auto Save function for automatic saving of all patch parameters
- Pre Select function allows silent patch selection while the current patch remains operational
- Onboard chromatic tuner
- Input jack accepts standard mono bass guitar cable (both active and passive instruments supported)
- Auxiliary input jack for connection of personal music players
- Output jack for connection to amp or headphones
- Runs on 4 AA batteries, with alkaline battery life of 18 hours
- One year manufacturer's Warranty

The Zoom G1x Four Guitar and the Zoom B1X FOUR Bass both have a One year manufacturer's warranty. If you have issues with the device during the one year warranty period, you will need to contact your local Commissary to begin the process for warranty return. Shipping charges to and from the vendor will be your responsibility. If it is determined to be a manufacturer's defect, the unit will be repaired or replaced and shipped back to you. Please allow a minimum of 4-6 weeks from the date your device is shipped out for the unit to be returned to the institution.

Orders must be placed on the kiosk, must be at an incentive Level 3 to order.

**Please allow 4-6 weeks for delivery.**

**Oregon Department**  
of  
**Corrections Commissaries**  
are proud to offer

**The Zoom G1X FOUR Guitar Multi-Effects Processor with Expression Pedal**  
(NCI Level 3 ONLY)

**Or The Zoom B1X FOUR Bass Multi-Effects Processor with Expression Pedal**  
(NCI Level 3 ONLY)  
**and Gator Keyboard Gig Bag**  
(NCI Level 2 and 3 ONLY)

**\*Please note each item sold separately\***

# Gator Keyboard Gig Bag

NCI Level 2 and 3 ONLY



**\$64.33**

### Gig Bag features:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Fits a 61 Note Keyboard</li><li>• 10MM thick padding</li><li>• 2 Webbed Nylon Handles</li></ul> | <ul style="list-style-type: none"><li>• Envelope-style bag for entry level keyboards</li><li>• 43" X 17.5" X 20"</li><li>•</li></ul> |
|---|--|

\*All Sales are final for the Gator Keyboard Gig Bag\*

# Update

Our vendor is currently  
out of stock of the  
Mighty Bright Book Lights.

Notification will be sent out when  
they become available.

We in commissary are sorry for the  
inconvenience.

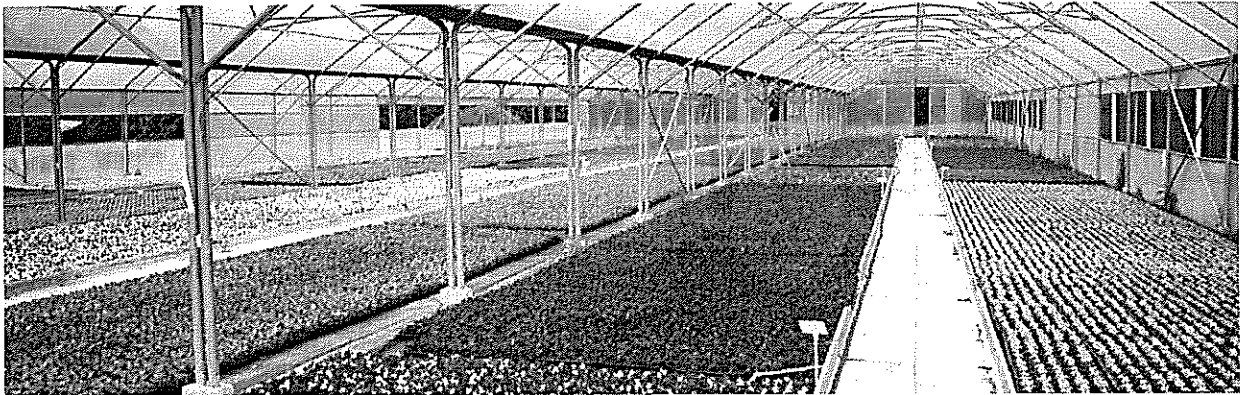
Thank you for your understanding,  
Commissary

## Careers in Horticulture Lecture on 4/26/19

The third lecture in the series brought to Coffee Creek by the Sustainability Office and Institute of Applied Ecology will be held Friday April 26th in both the medium and minimum facilities.

*Joleen Schilling, Professor and Program Chair for Horticulture at Chemeketa Community College*, will present "Careers in Horticulture." This presentation will be about how horticulture is an important part of Oregon agriculture. There are a wide array of jobs available in the field of horticulture, from managing greenhouses to customer service, to hands-on management and landscaping work. Obtaining a degree in horticulture will teach you to perform skills and use equipment to care and grow plants in nurseries and greenhouses; recognize, name and understand management needs for plants grown in Oregon nurseries and greenhouses; know government regulations for nursery and greenhouse operations, work and pesticide safety, water regulations and crop sanitation; and evaluate production in terms of sustainability.

This lecture will be given by a Chemeketa Community College Horticulture Instructor, who will go over the many career opportunities and provide insights into the training necessary for getting a job in the varied field of horticulture.



This special talk will be held Friday April 26th, 1:00 pm to 2:00 pm in the medium Chapel and 2:30-3:30 pm in the minimum Dining Room, limited to 70 participants in medium. Medium participants will need to kyte Denise Gardiner by 4/22/19 to be considered for the lecture. Attendees will be picked at random from all qualifying adults in custody. The minimum will be an "all call" for those that want to attend.

### Medium's and Minimum's criteria:

- Must be open or have no conflicts for Wednesday afternoon (no job/other program conflicts).
- Must be incentive level 2 or 3.
- Conduct Orders, program fails and daily fails will be reviewed

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## MINIMUM BREW

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### Outside Track Reminder

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From CO Smith

Just as a reminder- when using the outside track for exercise, please remember that all runners should be keeping to the inside of the track. All runners should be aware of their surroundings and other runners- please ensure you are able to hear and see others around you to avoid running into each other.

Those who are using the track to walk should do so on the outside of the track. You should be walking in the opposite direction of the runners (counter clock-wise) and when approaching runners in a group, please yield to runners so that they are not forced off the track.

Thank you for your cooperation in this matter. (4/30/2019)

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### HAIR SALON

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From: Cranford

The Hair Salon is still having issues with inmates just stopping by and trying to get appointments or added on or just talking to the people working or getting their hair done. We need to put something out letting all Minimum Inmates know that they are not to stop by the hair Salon for any reason. Even if they have an appointment they do not go to the Salon until the person working on them comes to their unit and asked for them. If it continues they will be get progressive discipline for their actions. Thank You! I don't know if you want to word this better or if this is good enough. Please let me know and when you will be putting it in.

#### Here are the Hair Salon Guild lines:

1. You are only allowed in the Hair Salon if you have an appointment. If you are loitering in the Hair Salon you will be considered to be in an unauthorized area and will be held accountable.
  2. You may only sign up for an appointment while in your unit, not in the Hair Salon. Tuesdays and Saturdays are catch up days.
  3. You are not to wait in the Hair Salon for your appointment. Some appointments are subject to change, your stylist or another inmate asked by the stylist (if she can't leave) to let you know they are ready for you.
  4. It is required that your hair is washed prior to your appointment. Proper hygiene is required and appreciated.
- (4/30/2019)

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## LIFESKILLS

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From: Ms. Roach

### Citizen 100 Discussion Group

April 29<sup>th</sup> 1pm-3pm D6

Kyte Ms. Roach in Life Skills to sign up.

PLEASE NOTE: THIS IS NOT AN INSTRUCTIONAL MEETING ON HOW TO BECOME A CITIZEN.

This is a public exploration and community art project on citizenship and the nature of belonging in the US today. Many of the general knowledge questions that the citizenship test asks are not known by American citizens. Participants will go through some of the questions and rewrite what they think are better or more relevant questions that should be asked. (4/30/2019)

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## Minimum Religious Services

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From Chaplain Al-Amin

Please check the Religious Services Calendar for the month in your dorm for a schedule of meeting times and dates for services

Services and Activities with schedule changes:

#### New thought Ministries: Tuesday 7PM

We are a spiritually based faith, grounded in the Principles of Love, Oneness and Acceptance. The foundation of New Thought is based on Jesus' central teaching, "As you Believe, so shall you receive." We're an inclusive teaching honoring all faith traditions, religions, creeds, races, cultures and sexual orientations, with the premise that we are all whole and complete spiritual beings having a human experience. At our services, we cover a variety of topics, from mediation, visualization, the power of prayer, the law of attraction, and much more. The idea of New Thought is that you already have all the answers with you, and we're there only to assist and support you in believing this for yourself, as the Power of God is one with you, and not separate from you.

#### Episcopal Services: Saturdays 7PM

All are welcome at weekly worship services. Learn more about the Bible-four readings every week. Learn more about the Good News of God as revealed in Jesus Christ. Our more traditional way of worshipping includes lots of room to bring your own experience and reason. Eucharist (communion) is served about twice a month. We join together for evening prayer the other evenings.

- ASATRU meets D4 the 2nd & 4th Thursdays of the month.

- WICCA, 1:00-2:30pm. D8; on the 1st & 3rd Sundays of the month.

Horizon Community Church:

(HCCGC on the call-out) holds Christian church services the 4th Sunday evening of each month. Join them for live music and a lesson from Beth Moore's book "Get out of That Pit."

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.

Multicultural Group is reading and discussing Houses of Healing by Robin Casarjian.

Native American Sweat Lodge Ceremony will not meet again until the Sweat Lodge is rebuilt.

Chapel Library the Chaplain will call chapel library by units Monday or Thursday Afternoons as her schedule permits

## **Eyeglass Donations at Coffee Creek**

Through a partnership with the Oregon Lions Hearing and Sight Foundation the Eyeglass-recycling program at Coffee Creek gladly accepts all types of eyeglass donations from our visiting guests. Please let your guests know that they'll find a donation box in both Medium Facility Access and Minimum Visitor Waiting Area.

Donated eyeglasses will be routed to the Minimum facility eyeglass-recycling program, where they will be refurbished, neutralized (the prescription will be read and recorded), and packaged for the Oregon Lions to take on Sight Missions all over the world.

The eyeglass-recycling program here at Coffee Creek was formed over 15 years ago as a partnership with the Oregon Lions Hearing and Sight Foundation. This program was created as a way for offenders to give back to the community by helping the Oregon Lions Foundation to recycle glasses that are dispensed all over the United States and other countries to people who may not be able to afford glasses or may not have the ability to obtain them. Currently we recycle over 6000 pairs of glasses a month for the Oregon Lions.

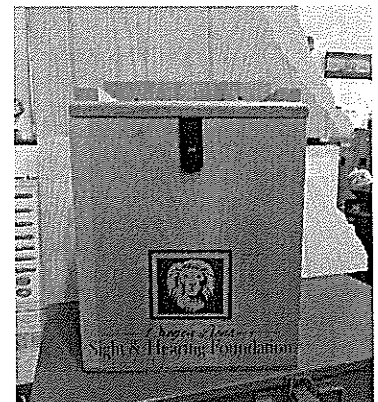
As the recycling program grew, Portland Community College along with Kelly Asbra, the Optical Programs Director of the Oregon Lions Sight and Hearing Foundation created an educational and vocational program that was the first of its kind in Oregon. Our education has been broken into three distinct areas of learning.

During the first part of the day the students study in a classroom setting, learning all aspects of optics. This includes lensometry, tools and adjustments, ophthalmic frames, lens materials, lens coatings, eye anatomy, medical terminology, math, basic principles, eye diseases, lens form and analysis, multi-focal and PALS. Students also study professional issues, basic science, clinical principles and procedures in ophthalmic dispensing for the Certified Paraoptometric Exam, which they take at the end of the year.

During the second part of the school day students are in Production. This is the part of the program where students recycle donated glasses to go out on sight missions through the Lions Foundation. During a typical day, students will be at different stations where they sort, wash, or dry glasses. From there, students read the prescriptions of the glasses and bag them for the missions. Students also learn to repair glasses for the missions, as well as for all of the institutions in Oregon. This includes replacing nose pads, temple tips, and general fitting adjustments.

Another aspect of the Eyeglass Program is our finishing lab. This lab fabricates and dispenses over 1300 eyeglasses a year to all the prisons in Oregon. Here, students learn how to read and process prescriptions for patients from all of the institutions in Oregon. This process involves checking lenses for scratches, finding and setting the prescriptions in the individual lenses, spotting, blocking, and finally cutting out the lenses to fit the patients frames. Once the lenses have been cut, our lab workers place the lenses in the frames, and recheck their work to make sure there are no scratches from handling, and that everything in the prescription is within tolerance standards set forth by ANSI.

Eyeglass is an amazing program to not only gain the tools needed to be successful in the optical field but it is also another way to give back to our community. By partnering with the Lions Sight and Hearing Foundation and providing numerous pairs of glasses that go on sight missions around the world, together, we help bring the gift of sight to those who do not have access to optical care.





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YOU ARE CORDIALLY INVITED  
TO THE FAMILY  
PRESERVATION PROJECT MAY

**MAY 3<sup>RD</sup>, 2019**

**1:30PM TO 3:30PM**

Located in the Cafeteria

# COLLEGE FAIR

**WHO WILL BE THERE:**

CLACKAMAS COMMUNITY  
COLLEGE

PORTLAND COMMUNITY  
COLLEGE

MT. HOOD COMMUNITY  
COLLEGE



**Come Meet:**

Transition Coordinators for

non-traditional students



**THE FAMILY  
PRESERVATION PROJECT  
INVITES YOU TO A VERY  
SPECIAL EVENT**

# MARYUM ALI

This is an Open Callout and  
be limited to 150 people on  
first come-first served basis.

Affectionately known as "May-May", was born and raised in Chicago, Illinois and is the eldest child of boxing legend Muhammad Ali's nine children. As a little girl, her father asked her what she thought her purpose in life was and she replied, "I want to help people." Maryum's efforts to help people have manifested in a myriad of ways throughout her life.

She performed as a stand-up comedian for 12 years in venues across the country filling rooms with humor and insightful observations of social justice issues. In 1992, May May's rap album, "The Introduction," was released, she viewed music as a way to inspire youth to strive for their dreams despite challenges and hardships. But when the rap industry began focusing on music filled with violence and female exploitation, Maryum decided to find a more direct way of helping young people.

For the past 15 years Maryum has worked with youth and families focusing on gang prevention and youth development.

**APRIL 29<sup>TH</sup>  
2019**

**1:30PM TO  
3:30PM**

LOCATED IN CAFETERIA