

The Echo

Eastern Oregon Correctional Institution Newsletter

Points of Interest:

- Holiday Photos in Multi.
- Clemency Petitions Increase in Frequency.
- FLE will now download expansions or more pre-loaded games for you Switch!

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Project Angel Tree

Free Christmas Gifts to Children of AICs

Provided by Religious Services

Religious Services Chaplaincy and the Prison Fellowship would like to thank you for your participation in Project Angel Tree this year. Without all of you we could not have accomplished this and many children would feel forgotten by their Fathers at Christmas.

Angel Tree is a project that provides free Christmas gifts to the children of incarcerated individuals. Nearly 300,000 children are reached each year with a Christmas gift, the Gospel message, and a loving message from their parent!

At EOCI, 121 AICs chose to participate and send messages of remembrance to their children this Christmas; a total of 268 children will receive gifts and hear that Daddy loves them and is thinking about them at Christmas time!

Important Notes:

- Please recycle all materials you have on the units relating to Angel Tree as they cannot be re-used from year to year.
- If you need to change any of your children's caregiver's information please request a change of information form from the Chaplains office. You will need to mail this form directly to Prison Fellowship.

- If the caregiver hasn't heard from a local Church as Christmas approaches, then they should attempt to contact either the National office of Prison Fellowship or the Regional office for their state. Contact information for these offices can be found on the internet.

- Your caregiver can refuse the offer of gifts from the local Church, however, most of the time if gifts are not delivered it is due to the local Church not hearing back after a voicemail or letter has been sent to the caregiver. Please encourage your children's caregiver to be responsive to contact that is made and proactive if they do not hear something (usually by mid-November).

Next Year:

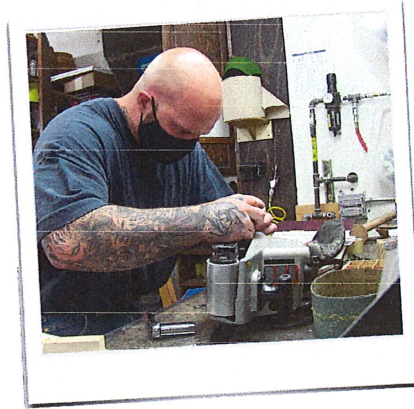
Project Angel Tree runs ads during the summer months and the deadline to participate is usually the first week of September. New order forms and gift guides are provided to your housing unit each year. If you are interested in participating next year, keep an eye out on your institution newsletter and housing unit bulletin board during the summer months. Order forms and guides are available in both Spanish and English. Thank you again to all those who participated!

Snapshots Around EOCI

A Quick Look at This Month's Projects

Carpentry Shop

The Carpentry Shop continues to complete work orders for spaces around the institution.



Millwright Buford Harper fixes a broken belt sander.



Marion Sanders adds artistic flair to clocks.



Metal Shop

The Metal Shop continues to produce high quality fabrications for use inside and outside of the institution.

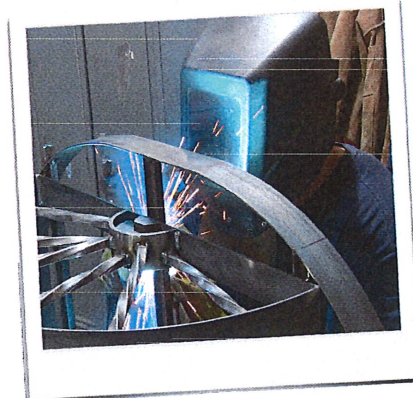
Nicholas Escriva and Gerry Hight present their newly reconstructed belt sander, the Brentone.

HVAC and Maintenance Shops

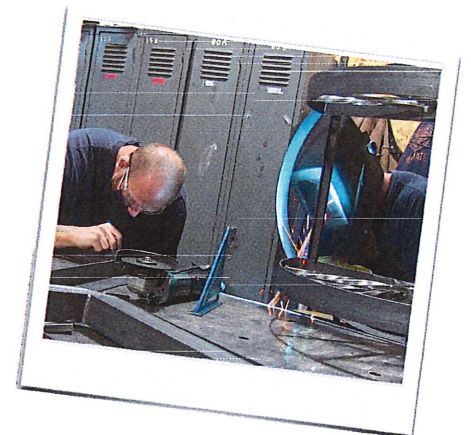
The Maintenance and HVAC Shops remain busy with a constantly evolving workload. The seasonal change brings new projects including winterizing swamp coolers, turning on heating systems and maintaining HVAC equipment.



Christopher Costa fabricates with sheet metal in the maintenance shop.



Mike Epperson and Chris Vasey fabricating a custom patio set.



Holiday Photos

Order Soon!

Information Provided by Multi

Article Note

It's that time of year again and the holidays are just around the corner. Submit orders for holiday photos by **October 22nd, 2021**. Make sure to list account number **2590** on the CD-28.

This year, the holiday photos will be in front of a green screen. AICs will be able to select from a variety of backgrounds which will be inserted during the editing process. Color images of the backgrounds will be provided for reference.

Submit your photo order by
October 20th, 2021.

Photos will take place on November 12th and 13th with makeup photos occurring on November 14th.

Photos will still take place in Multi.

Friday, November 12th, 2021

Saturday, November 13th, 2021

Unit	Times	
E2	8:15 am	5:45 pm
E3	8:35 am	6:00 pm
E4	9:00 am	6:20 pm
F2	9:20 am	7:00 pm
F3	9:40 am	7:00 pm
F4	10:00 am	7:20 pm
G2	10:20 am	7:40 pm
G3	10:40 am	8:00 pm
G4	1:00 pm	9:00 pm
H1	1:20 pm	9:20 pm
H2	1:40 pm	9:40 pm

Unit	Times	
A1	8:15 am	5:45 pm
A2	8:35 am	6:00 pm
A3	9:00 am	6:20 pm
A4	9:20 am	7:00 pm
B1	9:40 am	7:00 pm
B2	10:00 am	7:20 pm
B3	10:20 am	7:40 pm
B4	10:40 am	8:00 pm

**Sunday, November 14th, 2021 will be last call for photos.*

Sports Return

In a Limited Fashion

Information Provided by Multi



will be allowed to play against each other. This will reduce contact between multiple units. Additionally, masks must be worn at all times whether on the basketball court or soccer field.

Basketball and Soccer have returned to EOCI and sign up rosters are available on your housing unit. To meet the requirements of the institution, only certain units

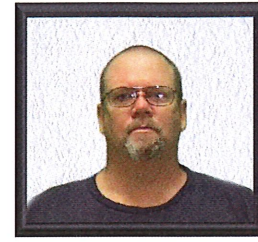
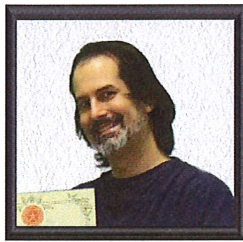
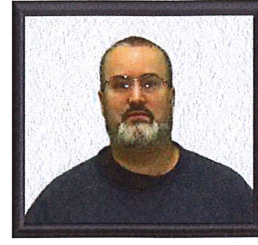


Master Gardner

Nine Students Graduate the Master Gardner Program

Class Note

To be added to the waitlist/apply for the Master Gardner class or the Beekeeping program, send a communication form to IWP stating your interest.

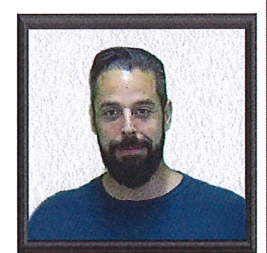
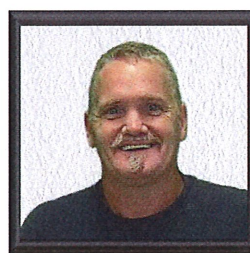
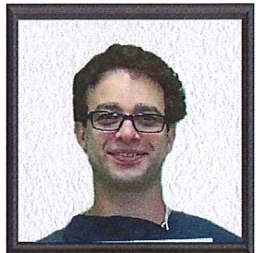
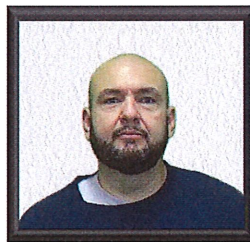


Nine students recently completed the Master Gardner program. Pictured from left to right ,top row first: Ricardo Bolaños, David Derrick, Stephen Howard, Racey Short, Bryan Simmons, Scott Steffler, Robert Stoddard, Owen Youngblood and Will Cote (not pictured).

**All photographs were taken individually, while following social distancing guidelines.*

Beekeeping Program

Eight Students Receive Beekeeping Apprentice Certification



Eight students recently completed the Beekeeping Program. Pictured from left to right ,top row first: Steven Coppler, Billroy Durham, Gordon Maxwell, Joshua Roberts, Trevor Standfill, Scott Steffler, Michael Storey, and Owen Youngblood.

**All photographs were taken individually, while following social distancing guidelines.*



Journeyman Beekeepers

Two AICs Achieve a Remarkable Milestone

Written by Phillip Luna



Beekeeping Facilitators David Salsman and Patrick Gazeley-Romney posed with the very first EOCI hive back in 2018. Three years later, in mid-September, both facilitators received their Journeyman certification through the Washington State Beekeeping Association - a remarkable feat achieved by fewer than five AICs throughout Oregon.

Obtaining a Journeyman certification requires that apiarists first earn a Beginner and then an Apprenticeship certification - each takes a full year to complete. While the previous certifications focused on managing hives as well as bee anatomy and physiology, the Journeyman certification shifts the focus to teaching and mentoring others. In addition, to obtain a Journeyman certification beekeepers must earn public service points which are acquired by giving presentations, becoming active members of beekeeping organizations, and publishing articles related to apiary work.

Beekeeping Administrator Mr. Peters states that, "Gazeley and Salsman have both become more comfortable with the material and now have experience to go along with the text." When asked what some of the biggest challenges they faced are, Peters says, "Teaching classes in a correctional setting is a hurdle. Because they are AICs they don't have free access to hives and are often faced with many things that are not in the book."

Journeyman Gazeley-Romney says the most difficult part of the last three years was, "...figuring out what works for us. You learn a lot of things in the book that might not work with the climate or resources you have. The hive management style is different for everyone based on what they have available. It took three years to figure ours out. For example, feeding bees with inline feeders while we have honey supers on, which we are told not to do in a lot of books, actually works better for us - it helps them fill out the hives with wax."



Since the start of the beekeeping program, Salsman and Gazeley-Romney have facilitated classes for a total of 20 students who earned their Apprentice certification as a result. The beekeeping program currently runs 8 students per year, who receive their certification if they meet all the requirements at the end of the cycle. When asked about the future of the apiary program, Mr. Peters states "My hope is that guys who complete this program will get out and start at least some novice level beekeeping. It's a healthy, grounded activity. I'd like to see guys in the program who have had limited experience with success so that they can find a pathway to success and to staying out of trouble. Having two experienced facilitators points towards a positive future for the EOCI Beekeeping Program.



Experience that Counts

Food Services

Written by Patrick Gazeley-Romney

Employment Opportunities

Work Assignments in Staff Dining, the Bakery, or in specialty positions in Food Services are generally given to those who already work in the kitchen or scullery.

If you are interested in working in this field, submit your application directly to Food Services



Looking for avenues to gain vocational skills while incarcerated can give AICs a leg up when reentering the labor market upon release. With unemployment is at a high and job openings plentiful it seems there has never been a better time to enter the job market as a felon. EOCI offers many different opportunities for employment that translate well to the job market outside. For those interested in a food or service industry job upon release, EOCI Food Services is a great avenue for learning skills that can make you a standout candidate for a job opening.



AIC Jeffrey Mendenhall has worked in Food Services for seven years. He conveys that in working your way through the Food Services occupational pathway at EOCI, "you can ex-

pect to receive training in tool control, food preparation and storage techniques, specialized equipment operation, sanitation practices and basic mathematics". He appreciates the opportunity he's had to keep his culinary skills sharp while incarcerated. Mendenhall also enjoys working in a constantly changing environment with diverse personalities. "The diversity of individuals and perspectives in Food Services always keeps the job interesting", he says.



AIC Patrick Dills has worked various jobs in food services during his time at EOCI. Currently he is working in staff dining, a position coveted by many kitchen workers for the little freedoms that it affords. "I've never been bored working in food services," Dills says. "The career ladder here keeps my work load constantly evolving", he adds. Dills remarks that he has never had a problem finding assistance when he needs it. "The helpful, friendly environment created by the food coordinators" has hastened his evolution from entry-level worker to staff dining worker in just about 3 years.

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Experience that Counts (...continued from previous page)



A new hire to Food Services can expect to start in the dining room as a line backer or scullery worker before working their way into the kitchen. After working as a prep cook in the kitchen, Food Service workers may find opportunities with more specialized jobs such as veggie tray coordinators, special diet cooks or staff dining workers.



An entry-level kitchen worker starts at 5 PRAS points and an AIC's time in the position and achievement in skill tests through the kitchen dictates incremental PRAS raises to 17 points for more specialized positions. There are job openings for food service workers 7 days a week with work hours ranging 3am-7pm depending on the work assignment. In most cases, food service workers start out in the kitchen to prove their work ethic before moving into a

more specialized position. Kitchen-cleaning crew workers, cooks, clerks, fryer cleaners, pan crew workers, DSU cart preppers, scullery workers and utensil room clerks are just a handful of the positions offered by food services.



According to the State of Oregon Employment Department, dinner cooks and chefs may earn between \$18.03 and \$29.90. In 2021, Oregon had roughly 1,888 dinner cooks and chefs employed. Annually there are an average of 285 job openings for dinner cooks and chefs in Oregon. Generally, a two-year postsecondary non-degree award is required to be employed as a chef. Most community colleges in Oregon offer training programs for those who wish to learn skills relevant to working as a cook or chef, and more specialized culinary schools are available at higher tuition rates.

To apply for a position at Food Services, please send a fully completed job application to IWP. All job applications are kept on file for a period of 1 year. If you have applied within the last year you do not need to apply again.



Contact Information

Northwestern School of Law
of Lewis & Clark College
10101 S. Terwilliger Boulevard
Portland, Oregon 97219

Clemency and Senate Bill 819

Good to Know!

*Information provided by Aliza Kaplan,
Director of the Criminal Justice Reform*

Recent legislation and events have sparked an increase in clemency petitions throughout the State of Oregon. In the last 15 months, 65 individual clemency petitions have been granted by the Governor - a significant increase from the handful that was approved in the previous years. The 65 clemency petitions that were granted do not include groups that received a reduced sentence due to medical vulnerability (COVID) or forest camp firefighters. Overall, over 1000 people have been released. For context, the previous Oregon Governor granted less than five clemency petitions over the course of their ten years in office.

In July of this year, Aliza Kaplan, Attorney and Director of the Criminal Justice Reform Clinic at Lewis & Clark School of Law, held a video conference with AICs at the Oregon State Penitentiary. The purpose of this meeting was to discuss clemency petitions and Senate Bill 819 (SB 819). This conference was recorded and is currently airing on channel 53. Here are some of the key points from the event:

Clemency

What exactly is clemency?

Clemency is an executive power that allows either the Governor or the President to **pardon** or **commute** someone's sentence. A sentence commutation is the more likely of the two petitions. Any lessening of an AICs sentence is considered a commutation.

What makes a good candidate for clemency?

The governor's office looks for the following attributes/qualities:

- AICs who have been incarcerated for at least half of their sentence.
- AICs who show remorse, can talk about the crime(s) they committed.

- AICs that have a good support structure and release plan that outlines who will support the AIC upon release.
- Record of rehabilitation while incarcerated.
- Disciplinary record while incarcerated.
- Evidence that the person's age, time served, or mental/physical condition decreased the risk of future crimes.
- Evidence that shows a change of circumstances since the original sentencing.

How do I file for clemency?

Fill out an application. A lawyer is not required to file for clemency. Also, Ms. Kaplan suggests writing a *Dear Governor* letter addressing your petition and including that with your application. When filing a clemency petition, it is recommended that you include a letter to the governor explaining your reason for filing a petition. This letter should include:

Information about your past: The crimes you have committed, struggles with addiction or upbringing (if relevant), and who you were at the time you committed these crimes.

Information about your present: Record rehabilitation, employment, education, and how you have changed while incarcerated. If you have a misconduct report on your record, own it. The Department of Correction is going to provide that information to the Governor so you might as well get ahead of it.

Information about your future: A detailed release plan and who will support you - friends, family, work, support groups (NA/AA), what church you will attend, etc...

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What about letters from family when filing a clemency petition?

Having friends, family, or the DOC write letters on your behalf is helpful. It is not about having the most letters, it is more important to have thoughtful letters.

What happens once you file a petition?

The petition goes to the DA in the court of corrections, the governor's office, and the DA where you are housed. They all have the opportunity to weigh in.

How long does the clemency process take?

In total it can take 6 months to 1 year from the time you receive confirmation that your petition was received - pulling documents from ODOC, the DA's office, and reaching out to the victims of the case takes time.

Senate Bill 819**What is SB 819?**

SB 819 establishes a procedure for people convicted of and sentenced for felony offenses to petition their sentencing court for reconsideration of their conviction(s) and/or sentence(s). The petition must be jointly submitted by the person and the district attorney of the county in which the person was sentenced. SB 819 is separate from clemency petitions.

When does SB 819 go into effect?

SB 819 goes into effect on January 1, 2021. No petitions for reconsideration under SB 819 can be considered prior to January 1, 2022. It is premature to try to begin the petition now as each County may have their own process when January comes.

Are any convictions ineligible under SB 819?

A person convicted of aggravated murder is **not** eligible to petition for reconsideration under SB 819.

Why must the petition be filed jointly?

This is a very new law so no sample notion or template exists at this time. Based on the statute, a SB 819 petition must specify each conviction under reconsideration and the terms of the agreement between a person and the district attorney. The terms can include: dismissal of charges, vacating previous convictions, a plea to a new offense, resentencing for the original conviction, or sentencing for the new offense. Because the petition **MUST** be filed jointly with the District Attorney you should talk to your attorney or the DA's office before you attempt to begin the process.

What factors will the court consider?

- The court may consider various factors, including – but not limited to – the person's:
- Disciplinary record while incarcerated
- Their record of rehabilitation while incarcerated
- The amount of time already served
- Evidence that the person's age, time served, or mental/physical condition decreases the risk of future crimes.
- Evidence that shows a change of circumstances since original sentencing.

If a person is resentenced under SB 819, do they receive credit for time served?

Yes, a person sentenced under SB 819 received credit for time served.

Where can I get more information?

There is currently a video airing on channel 53 that can provide more information. Additionally, the Law Library and legal assistants are available as a resource to you. Commutation packets and information on SB 819 are available in the Law Library. All offenses are eligible to petition for clemency, while SB 819 is for all offenses except aggravated murder.

Article Note

Contact the law library for more information.



Flu Vaccinations

Flu Vaccine Clinics are Here

Provided by Health Services

Article Note

Flu and COVID

Vaccinations are available. Contact Health Services for more information.

Flu vaccine clinics are here!

Flu vaccine programs will begin in most institutions in early October. The Oregon Department of Corrections is required by law to offer flu vaccine to all AICs on an opt-out basis. This means you will be given the opportunity to accept or decline a flu vaccine.

Do healthy people need a flu vaccine?

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick for a significant amount of time, or even be hospitalized. Flu vaccines are recommended for everyone incarcerated in our institutions. Individuals with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important.

Is the flu vaccine safe?

Yes. Flu vaccines have an excellent safety record. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year, The Center for Disease Control (CDC) works closely with the U.S. Food and Drug Administration, and other partners to ensure safety standards for flu vaccines.

Can flu vaccines cause the flu?

Flu vaccines cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given.

Can COVID-19 and flu vaccines be administered at the same time?

Yes. If a patient is eligible, both influenza and COVID-19 vaccines can be administered at the same visit, without regard to timing as recommended by CDC and its Advisory Committee on Immunizations Practices. If you are due for both vaccines, you are encouraged to receive both vaccines at the same visit.

¡Próximamente clínicas de vacunación contra la influenza!

Los programas de vacunación contra la influenza comenzarán en la mayoría de las instituciones a principios de octubre. Departamento de Correcciones de Oregon está obligado por ley a ofrecer la vacuna contra la influenza todos los AIC sobre una base de exclusión voluntaria. Esto significa que se le dará la oportunidad de aceptar o rechazar una vacuna contra la influenza.

Las personas sanas necesitan una vacuna contra la gripe?

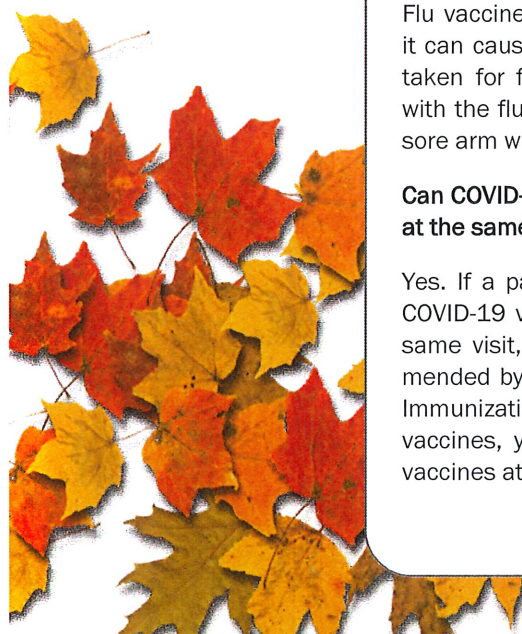
La influenza (gripe) es una enfermedad contagiosa que afecta los pulmones y puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse durante un período de tiempo significativo o incluso ser hospitalizadas. Se recomiendan las vacunas contra la influenza para todas las personas encarceladas en nuestras instituciones. Las personas con determinadas afecciones médicas crónicas, como asma, diabetes y enfermedades cardíacas, corren un mayor riesgo de sufrir complicaciones graves relacionadas con la influenza, por lo que la vacunación anual contra la influenza es importante.

Es segura la vacuna contra la influenza?

Si. Las vacunas contra la influenza tienen un excelente historial de seguridad. Se han dado a cientos de millones de personas durante más de 50 años y tienen un historial de seguridad muy bueno. Cada año, Centro para el Control de Enfermedades (CDC) trabaja en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. Y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Los efectos secundarios más comunes de las vacunas contra la influenza son leves.

Las vacunas contra la influenza no pueden causar la enfermedad de la influenza; sin embargo, puede causar efectos secundarios leves que pueden confundirse con la gripe. Por ejemplo, las personas vacunadas con la vacuna contra la gripe pueden sentir dolor y pueden tener dolor en el brazo donde se aplicó la vacuna.



Seasonal Depression

Does Winter Weather Affect Mood?

Written by Ms. Henshaw

Article Note

For more information,
contact Health Services.

A study of 101 healthy men conducted by Gavin Lambert and colleagues with the Baker Research Institute in Melbourne, Australia that appeared in the December 7, 2002, issue of the *Lancet* magazine (the British equivalent of *The Journal of the American Medical Association*), showed that “regardless of the season, turnover of serotonin in the brain was affected by the amount of sunlight on any given day. And the levels of serotonin were higher on bright days than on overcast or cloudy ones. In fact, the rate of serotonin production in the brain was directly related to the duration of bright sunlight.”

In this study, samples were taken from the men in each of the four seasons and were then compared with several weather factors, such as temperature, rainfall, hours of sunlight, and atmospheric pressure.

Seasonal Affective Disorder (SAD)

In 1984, Norman Rosenthal and his colleagues at the National Institute of Mental Health (NIMH), formally named and described this disorder. At first, it was simply considered a disorder that occurred when people with normal mental health during the year began to experience depressive symptoms in both the winter and summer.

After a time, it was reclassified as part of the Major Depressive or Bipolar Disorder spectrum, and became a specifier known as “with seasonal pattern,” rather than remaining a separate diagnosis. It can be experienced in both winter and summer with more anxiety prevalent in individuals who suffer from it during the summer season.

Subsyndromal Seasonal Affective Disorder (SSAD) is a milder form of SAD. It is thought that length of time the brain secretes melatonin might affect mood cycles in regard to SAD, as well.

Treatments for SAD and SSAD

Classic or winter-based SAD/SSAD can be treated with light therapy, medication, vitamin D supplements, and cognitive behavioral therapy. Symptoms of both SAD and SSAD can be remedied by exercise and increased activity outdoors, preferably on sunny days. Below are detailed descriptions of these therapies.

- Light therapy utilizes a light-box “lamp” that gives off at least 10,000 lumens of “full spectrum” light at a “blue light” wavelength. It is thought that this assists with the secretion of melatonin in the brain.
- Selective Serotonin Reuptake Inhibitors, anti-depressants, were found to be particularly effective when treating SAD.
- Provigil (modafinil), a medication used to promote wakefulness in patients with narcolepsy or other sleep disorders, has shown some promise as an effective treatment for SAD.
- Vitamin D supplements are shown to be an effective alternative treatment for SAD in place of bright lights.
- Cognitive Behavioral Therapy (CBT) is a form of goal-oriented treatment that focuses on examining the relationships between thoughts, feelings and behaviors.

Conclusion

It is interesting and sometimes fascinating to realize the positive roles that sunlight and naturally-occurring bodily functions play in our mental and physical well-being. Perhaps, with the knowledge of how to treat our “blues,” we will get through the winter and holiday months without having to hibernate, after all!

