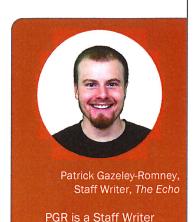
### It's Easy Being Green Harvesting Savings

Written by Patrick Gazeley-Romney



for The Echo and a facilitator

for the Seed to Supper,

Roots of Success, and

Beekeeping programs.

Considering ways to cut down on bills upon release can give AICs a shot at future financial freedom. Resource-harvesting systems are one option that can be employed in the home to cut down on or eliminate bills. It is pertinent<sup>1</sup> to consider local environmental factors when beginning the planning phase for any 'green' energy system. Consider the following questions before setting any choice in stone: Are there opportunities for energy harvesting on the property? Which are the most reliable and cost effective? Can insulation be added to break thermal bridges in the home? Is there land available for agricultural activities that can meet the needs of the household? When choosing an energy source for a home, prospective owners should consider local climate before settling on any one option.

Solar energy capturing systems, such as solar panels, make the most sense for properties that receive good sunlight yearround. Solar power systems convert energy from incoming solar radiation into electrical energy that can be used in the home to power appliances and lights. Systems typically consist of photovoltaic (PV) panels and converters. When placing any PV system it is recommended to do so on the southern side of a roof in the northern hemisphere as this is the side that receives the most intense solar radiation.

For those that have a constant source of running water on a property hydropower might be a good choice. Hydropower systems harness the kinetic power of running water and convert it to electrical energy that can be used in the home to power appliances and lights. These systems typically consist of a turbine and generator combination. Make sure to check local laws before installing a hydropower system on your property. The most expensive part of any energy-harvesting system will be the converter/battery system.

A third simple way to achieve energy savings in a home is to insulate and seal it properly. Choosing a structure that is well insulated and framed so that thermal bridges are broken can lead to electrical bill savings in the long-run. Adding concrete pads under recessed windows acts as thermal mass that charges with solar radiation during the day and releases energy into the home and heating it passively throughout the night.

Reducing dependency on municipal water sources is an easy cultural decision that can greatly reduce or eliminate a water bill. It is important to consider what water sources are available on a particular property and if they are viable for sole-reliance or supplementation. When considering a water source to use in the home, the choice is typically between municipal or rainwater sources. Rainwater-catchment and graywater systems can be incorporated at home to recycle used water, hydrate gardens and flush toilets. These systems are generally cheap to install and lead to significant savings in the long-run.

If a homeowner has space to grow food, they can greatly reduce grocery bills. Before starting a garden project, one should consider whether they have space to incorporate gardens or greenhouses on their property and time in their lives to maintain the project. Gardens require constant attention and care to be successful and meet the dietary needs of any household.

While the upfront cost of any resource harvesting/saving system might be daunting, the investment should pay for itself relatively quickly. Over the next four newsletters, each of the options presented will be scrutinized in greater detail to give the reader specifics on expected costs and benefits. Consider the ways you can incorporate any of these energy savings and production options into your life after release.



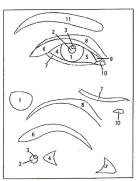
## **Drawing Portraits**

Part 3 - Features of the Face—Eyes and Eyebrows

Written by Shawn Crabtree

#### **Features of the Face**

In initially putting together elements of your portrait's features such as eyes, nose, mouth etc, it will help to view them only as various shapes all connected together. Try to avoid identifying with what these individual features actually are. At first this can be hard to do. Remember, a good way to disassociate from recognizable images in order to better see the shapes that comprise them is to turn the image upside down. Also, periodically viewing your progress in a mirror will help check for accuracy. Once you have the basic shapes, it will be much easier to refine them toward a more accurate representation of your subject.



- 1. Iris
- 2. Pupil
- 3. Catchlight
- 4. & 5. White of eye
- 6. Upper lash line
- 7. Lower lid thickness
- 8. Upper eyelid
- 9. & 10. Tear duct
- 11. Eyebrow

When drawing the eye try not to think of it as being one difficult shape, but as being broken down into eleven easy shapes that fit together like puzzle pieces. Because every person's eyes are unique these shapes will vary. Getting them right is what will make your portrait look like the person you are drawing. What gives the eye, and therefore the whole portrait; life is the interplay of shadow and light, so take the time to capture the contrasting shade values with accuracy. Most people view the addition of a "catchlight" as giving the most life to a portrait. This highlight should be half in the pupil and half in the iris. No matter how many catchlights you see in your reference, your portrait will look better if you only use one catchlight, placed in this position.

The eyeballs move independently, so a person may be facing one direction while looking up, down, straight, to the side, or even closer (when looking close the iris of both eyes will move closer to the center of the face). With careful study you will see that this can affect the shape of the eyelid, which also has a degree of independent movement.











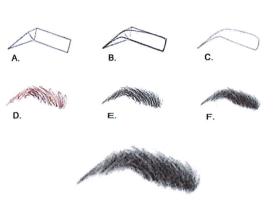


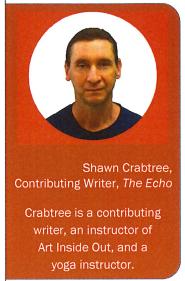


Eyelashes grow in clumps like this. Watch which direction they curve

The eyelashes, like all hair, grow in clusters that are often uneven. Remember, the eye is a sphere so the

eyelashes may look straight when they are dead center to your eyes perspective yet angle either left or right as the eye rounds away from center, the lashes can tend to curve slightly. The upper are always longer and thicker than the lower. The line of the upper eyelid should be darker and have more weight while the lower eyelid should have a highlight.



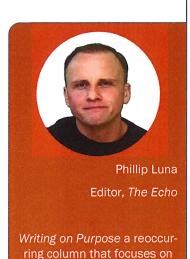


Article Note

For part 1: Graphing, Sketching, and Proportion, check out the August, 2021 newsletter.

For Part 2: Facial Features and Different Angels, check out the September, 2021 newsletter.





creative writing techniques

and skill development.

# Writing with Purpose

Creating Emphasis in Writing

Written by Phillip Luna

In writing, purposeful emphasis is created by means of sentence structure and word repetition. The three most commonly used forms of emphasis are emphatic word order, emphatic repetition, and climactic order. Use of these forms varies depending on the intent of the writing.

#### **Emphatic Order**

A sentence written in emphatic order has the most important information at the beginning or the very end of the sentence. Notice the difference between the following sentences:

#### **Unemphatic Order:**

On October 15<sup>th</sup>, 2021, two students graduated from the Roots of Success Environmental Literacy Program, which was held at Eastern Oregon Correctional Institution.

#### **Emphatic Order:**

Two students graduated from the Roots of Success Environmental Literacy Program on October 15<sup>th</sup>, 2021, at Eastern Oregon Correctional Institution.

The most important information in this sentence is that students graduated from the program – the date and the location are secondary. When the purpose of the sentence is in the middle it can lose its emphasis. Using emphatic order is ideal when writing news articles or reports that are intended to communicate information.

#### **Emphatic Repetition**

<u>Unintentional</u> repetition weakens a sentence, as the following example show:

The disappointing results of the election were all that more disappointing because we were sure our candidate would win, and so were disappointed in the result.

However, <u>deliberate</u> repetition can produce the desired emphasis.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

In this example, the repetition and parallel sentence structure add emphasis to the sentence. This is suited best for creative writing, editorials, poetry, or speech writing.

#### Climactic Order

Climactic order achieves emphasis by building to a major idea. The following examples contrast anticlimactic and climactic order.

#### **Anticlimactic Order:**

Paul Guaguin, near the end of his life, painted "Where Do We Come From? Who Are We? Where Are We Going?" In the hopes of glimpsing the life we live from infancy to our last years.

#### Climactic Order:

Near the end of his life, in the hopes of glimpsing the life we live from infancy to our last years, Paul Gauguin painted "Where Do We Come From? Who Are We? Where Are We Going?"

#### **Summary**

Emphatic order, emphatic repetition, and climactic order are all ways to structure a sentence to achieve a desired purpose - and good writing is always done with purpose. Using emphatic order is more common in professional writing as the intention is usually to communicate information clearly and accurately. By contrast, creative writing often uses climactic order as the goal is to entertain the reader. On a final note, it is also important not to over use these techniques as too much saturation can reduce the value and impact they have on the reader.



### **Enrichment Club**

An Year-to-Date Update on the State of Fundraisers and Donations

Following is a year-to-date update on the status of donations and fundraisers for the Enrichment Club.

#### **Donations:**

**CAPECO:** A \$5000 donation was made to CAPECO, a local low-income assistance organization and food bank.

**The American Cancer Society:** A \$2000 donation was made to the American Cancer Society.

#### Completed/Ongoing Fundraisers:

#### Nintendo Switch Lite

Yes, it is still ongoing. A total of 407 Nintendo Switch Lites have been ordered.

#### Domino's Pizza Package

This fundraiser was a huge success - the highest participation level of any fundraiser in the history of EOC!!

#### **Upcoming Fundraisers:**

#### **Chef's Pantry**

The Chef's Pantry fundraiser is scheduled for handout on November 19th, 2021. As with all fundraisers, dates are subject to change.

#### Pending Fundraisers:

#### Nintendo Switch Lite Accessories

An All-in-One accessory kit and a Nintendo grip case. We are hopeful that get approval/denial from ISM by the end of the year.

#### **Denied Fundraisers/Donations:**

#### Safeway Chinese Food Basket

The vendor could not meet the demands of the institution, quoting the ability to produce only 250 baskets per day.

#### Scented Oils

A scented/essential oils fundraiser proposal has been denied by the Activities Committee due to similar items being available on commissary and because there may be individuals who have allergies or do not appreciate the scent.

#### **Cups and Bowls**

An insulated coffee mug and large bowl with a clasping lid combo has been denied by the Activities Committee due to similar items being available on commissary.

#### Visions of Hope (Stockings of Hope)

A \$200 donation to purchase denim stockings and decorative materials for a modified Stockings of Hope event was denied because the Activities Committee did not approve the activity.

#### **Future Fundraisers and Club Activities:**

The Enrichment Club will be meeting to determine which fundraisers/donations to pursue next year. We are hopeful we can get some really exciting things in the works. Of course, we are disappointed to see some of our proposals denied, but we expected to experience some challenges. As a club, we try to focus on the positive:

- Our Nintendo Switch Lite fundraiser was approved statewide, allowing for the first video game system ever at EOCI and for other institutions to follow suit should they choose to do so.
- The Domino's Pizza Fundraiser was the most participated in <u>and</u> raised more funds than any other fundraiser in the history of EOCI.
- Our \$5000 CAPECO donation is the single largest donation to a charity ever to come out of EOCI - and that's thanks to all of you and your support!

Club Members

#### The Enrichment Club

President: Phillip Luna

VP: Bobby Derrick

Secretary: Pat Gazeley-Romney

Treasurer: Bryan Armas

Ambassador: Will Cote

Members:

Ben Edwards

Warren Doescher

Alex Hernandez

Troy Kirk

Seth Mathews

Edson Molina

Daniel Moore

James Renfro

Nico Sias

**Bryan Simmons** 

**Keaton Stephens** 

**Dennis Waters** 



#### Important Note

This position awards 9 PRAS Points.

Interns will hold the position for a 3 month period.

## Clerk Internship Program

Gain Valuable Work Experience

Written by Phillip Luna

Applicants have been accepted for the new Clerk Internship Program and the selection process is underway. The application period will remain open and any incentive level 2 or 3 AlCs may apply for future position as an intern.

During the three month internship, the selected AIC will develop a variety of clerical and office skills.

#### Intern Goals/Benchmarks:

- Typing Typing courses are part of the curriculum and interns are expected to increase their Words per Minute (WPM). The benchmark goal is 40 WPM or an increase of 20% (whichever is more).
- Excel There are several excel modules to complete with mock scenarios and more than 100 tutorial videos. Interns can expect to learn a variety of excel skills, including: Vlookups, Data Validations, and Conditional Formatting formulas to name a few.
- Writing and Grammar This program will help interns develop their knowledge of the written language. Conventional writing techniques are taught inverted pyramid scheme, use active voice and emphatic sentence structure, for example. There will be several writing assignments for the Coffee Creek Newsletter and The Echo. Interns will be given opportunities to write opinion editorials, listicles, and longform.
- Photography The internship covers basic photography (the rule of thirds, framing, lighting and white balance, etc...). Photography assignments are included as part of the curriculum.
- Video editing Interns will be expected to learn some video editing. Software used includes: Adobe Premier Pro, Sony

Vegas, Adobe Photoshop, and Adobe After Effects to name a few. Video assignments will be given and interns will edit videos for the institution channel (most likely sports filmed at EOCI).

• Job Shadowing - Interns will job shadow with other clerks and departments around the institution. This may include, but is not limited to, the Garment Factory, Food Services and various Physical Plant shops.

In addition to the hard skills listed previously, there are several soft skill elements added throughout the course. Interns will learn time and stress management techniques, mindfulness techniques, and develop interpersonal skills. It is important for all applicants to understand this program is a temporary work assignment. At the end of the three month period, if all criteria and benchmarks are met, the intern will receive a certificate and be released from their work assignment.



Currently, only one intern will be hired per cycle, but this may expand as the program develops. For those interested in applying, it is important to get applications in as soon as possible.

Send applications to IWP.



# Getting Tech Support

Warranty Claims and Pre-loaded Games

Written by Phillip Luna

Some AICs have experienced technical difficulties with their Nintendo Switch Lites. Although this is uncommon, here is some technical support related information:

#### Who to contact:

Fully Loaded Electronics (FLE). The cost of a Nintendo Switch Lite is \$485. About \$200 goes to Nintendo to purchase the console, \$280 goes to FLE, and the remaining \$5 is for the Enrichment Club. It is important to understand that the \$280 paid to FLE covers technical support services. Please contact FLE with all of your technical support issues and warranty claims.

#### Submitting your system for tech support:

If you are experiencing issues with your Nintendo Switch Lite here is what FLE states are the most common warranty claim items:

- There are continuous instances of "orange screen", powering down, or otherwise malfunctioning during play.
- Excessive battery drain not caused by playing or over-use.
- The cursor/character moves without joystick input (Joycon drift).

#### What is NOT covered under the warranty:

- Broken screens, seams, plastic, joysticks, or anything resulting from mishandling.
- Battery drain as a result of playing the system constantly plugged in or with inappropriate charging cycles.
- Joysticks that are inoperable due to mishandling.
- Deleted pre-loaded games.

Here is a breakdown of what FLE charges for repairs:

Replace thumbstick - right	\$125.00
Replace thumbstick - left	\$70.00
Replace battery	\$125.00
Replace charging cord	\$25.00
Reload console with games	\$75.00
Transfer games to another console*	\$75.00

<sup>\*</sup>requires the purchase of another console.

The cost includes labor, parts, and shipping.

#### What is the warranty claim process?

Complete a package authorization request <a href="mailto:and">and</a> contact the vendor (FLE). The vendor will mail out a pre-paid package - with your information on it - to send your console in. This will be provided to R&D. When R&D receives a package authorization request and they have the pre-paid box from FLE you will be called down to R&D to mail out your device.

### Can FLE Add Expansions or More Pre-Loaded Games?

As of 10/18/21 - Yes. You can now do this. If you want an expansion for Zelda or another pre-loaded game added, contact FLE and they will quote you a price to do so. Complete a package authorization and mail your console to FLE, with the game(s) or expansions you want added, and money for the content plus shipping both ways, and they will add this to your device.

Important note: All games, pre-loaded or cartridge, are still subject to the institution rules. To be clear, if you add a preloaded game to your device that is not allowed in the institution your switch is now contraband and you will either hot trash or mail out the device at your expense. There will be no exceptions.

#### Fully Loaded Electronics (FLE)

4012 148th St. SE, Upper Office Mill Creek,WA 98012

425-582-3173

1-888-506-0219

Warranty Claim Process is subject to change as the vendor chooses. This is the most current information.

#### Important News



## Stop Payment Request

New Form Available to Cancel a CD-28

Provided by Financial Services

A new form has been approved for AlCs to request cancellation or stop the payment of a submitted Request for Withdrawal CD28/CD28P (check request). In order to initiate the process, AlC's must submit a completed AlC Check Stop Payment Request form, CD1892 to Business Services.

The new AIC Check Stop Payment Request form, CD1892 will be available on your unit and from your institution's Business Services staff upon request. Please note that stop payment requests are only for check

request CD28s/CD28Ps, not internal purchases made through institution programs or clubs. The form is only to be used for CD28s/CD28Ps that generate a check from Central Trust.

If you have questions about this new form, please submit an AIC communication to your institution's business office (*electronic preferred*).

As a reminder, the stop payment fees which are assessed by the US Treasury are now \$10.00.

### **USPS**

Delays in Service

Provided by ODOC

The USPS set in motion a plan that will slow down first-class mail deliveries as of Oct 1, 2021. Primarily, this is due to the USPS being unable to rely on air-transportation, necessitating a shift to routing more mail via trucks-on-the-ground. This is predicted to save the USPS \$160 billion over the next decade.

#### What this means for you:

Existing 1-3 day service will shift to 1-5 day service. Oregon is anticipated to have the longest delay of 5 days, except for SRCI, which relies on Boise, Idaho's distribution

center, keeping them at a 4-day delay. Keep in mind there will also be up to two days of processing for letters once they reach our Mailroom.

Delivery standards will be slower for about 7% of newspapers and magazines.

As a reminder, the only way the Mailroom can track a specific piece of mail is if it was sent certified.

**Fun Fact:** ODOC Mailrooms have processed over 1.98 million pieces of mail in the last 12 months.

## Rule Change

Provided by the Office of Administrative Rules

#### **PROPOSED RULES:**

#### 291-124 Health Services (AIC)

 Proposes to adopt rules to correlate with OAR 291-037, Release of Public Records, to reflect current practices and to align with updated public records laws. Previous is the list of status changes made to DOC administrative rules since 07/28/21.

Last day to provide comments extended to: 10/25/21



The following information was made available by Distri-

bution Services. All questions

related to this article should be directed to commissary.

Page 19

## Commissary News

New Shoes and Protein Powder Shortages

Provided by Commissary

#### **New Shoes:**

#### Adidas Advantage Style Shoe



Men's Sizes: 6.5 - 12, 12.5, 13, 14

Item #82641-01 White & Black Shoe/Gray Sole

#### \$73.00



Adidas Retrovulc Mid Lifestyle Shoe

Men's Sizes: 6.5 - 12, 12.5, 13, 14

Item #82642-01 White & Black Shoe/ White Sole

#### \$73.00

#### **Protein Powder Shortages:**

The vendor has notified that Ultra Whey, Muscle Charge and Lean Meal Protein are not available due to ingredient shortages.

Please note that Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. They are continuing to work with each vendor to replenish stock on hand. Your patience is appreciated.

#### **Holiday Cards:**

Holiday greeting cards are available for purchase.

Single holiday card \$1.45

12-pack holiday card \$16.50

#### Soda Tickets:



Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

#### **Price Increases:**

Due to the rising cost vendors have notified of a price increase on some of the products carried in commissary. Please note that over the next couple of weeks you will see an increase on the commissary order forms. These increases are due to but not limited to increasing transportation cost and or increasing packaging costs.

Commissary prices, items and sizes are subject to change without notice.



Contact Info

#### PREA Advocate:

You may write the PREA advocate at:

ODOC PREA Advocate 2575 Center Street NE, Salem, OR 97301

### **PREA**

For Your Information

Sexual abuse and harassment are never okay. Tell Someone. GET HELP.

Call the Inspector General's Hotline:

- 1. Pick up a handset
- 2. Press 9 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301

The Oregon Department of Corrections has a zero tolerance policy for sexual abuse and harassment. Your family can report on your behalf by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CON-SIGA AYUDA.

Llame al Inspector General:

- 1. Al numero de ayuda:
- 2. Levante el teléfono

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la oficina del Gobernador por escrito.

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301

Sus amigos o familiares pueden hacer un reporte llamando a la linea del Inspector General al 877-678-4222.

## Donating DVD's to Multi

The Process to Donate a Movie or TV Series

#### Donating DVD's:

- 1. Send a communication form to Multi with the title, year, and movie rating.
- 2. Staff determines if the movie is on the SWANK-approved list and whether it is already in the institution.
- 3. If it is SWANK-approved and not in the library, it is sent to the Operations Captain for approval.
- 4. Multi will send notification of approval or denial to you.
- 5. You may order the approved DVD(s) through an approved vendor.

#### Important:

- Do <u>not</u> order the movie until you are notified of approval.
- All DVDs must come from an approved vendor (Amazon, Wal-Mart, etc...).
- All donated movies become the property of ODOC and not the AIC.

Donated movies must be new and sent from an approved vendor to:

Eastern Oregon Correctional Institution
Correctional Rehabilitation
2500 Westgate
Pendleton, OR 97801



### Bulletin Board at a Glance



#### **Financial Aid:**

The FAFSA is not available to incarcerated students until 2023.

The FAFSA Simplification Act, part of the Consolidated Appropriations Act of 2021, will expand eligibility for the federal Pell Grant to include incarcerated students. These students will be able to take advantage of the grant in 2023.

The DOC Education Office in Salem will give updates on when FAFSA applications are available.

#### **New Directions Education Project:**

There will be no NDEP classes within the institution fall quarter 2021 because of ongoing COVID restrictions. NDEP is hopeful to get back to in - class winter quarter if the COVID levels are down. They are looking at other avenues to present classes, but have nothing concrete at this time. If this changes, you will be informed by the NDEP Liaison.

#### **Holiday Photos:**

Don't forget to submit your order by October 20th, 2021.

#### Sports Return to EOCI:

Signups are available on your housing unit bulletin board. All participants must wear masks.

#### Clerk Internship Program:

Applications for the paid internship program are still being accepted. This position is a temporary 3-month assignment and awards 9 PRAS points.

#### **Mandatory Blanket Wash**

A Unit - 10/13/21

B Unit - 10/20/21

G Unit - 10/27/21

E/F Units - 11/3/21

H unit - 11/10/21

### Self-Addressed Stamped Envelopes (SASE):

Per management in Salem it has been directed to all mailrooms in Oregon that SASE envelopes must have the sender's information in the left corner. When filling out a SASE write your name and address in the center of the envelope AND in the upper left corner. Write the address of the sender in the top left corner below your address.

If you have questions send a communication form to the mailroom.

#### **Oops! Article Correction:**

The September *Echo* ran an article about canteen price increases. The sub-header stated contact the Law Library for more information, while the article stated to contact canteen. Obviously, the Law Library has nothing to do with Commissary! Please contact Commissary for issues related to Commissary and the Law Library for legal requests/legal assistance and issues related to the Law Library.

#### Article Note

Bulletin Board at a Glance is a section that highlights important information and information contained on your housing unit bulletin board.

Please see your housing unit bulletin board for complete information.



## The Echo

Eastern Oregon Correctional Institution Newsletter

The Echo is now distributed to housing units on the 15th of each month, or on the closest regular work day if the 15th falls on a weekend.

#### Note from the Editor:

Writing an article for your local newsletter is a great way to demonstrate an interest in your community here at EOCI. How you spend your time while incarcerated can influence the parole board, clemency or SB819 petitions, or even the hiring supervisor for work assignments while you are here. Participating in classes, programs, volunteering your time, pursuing education, or being in a work assignment that allows you to earn a certification/license or save money for your future are all ways to build up your resume. Writing an article for the benefit of the community is another resume building item.

If you are interested in submitting an article, contact IWP and we will provide the criteria to you.

#### The Echo - Volume III, Issue X - October, 2021

#### Produced at IWP

Mr. Peters IWP Coordinator

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Patrick Gazeley-Romney Staff Writer

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**Financial Services** 

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Keys to Drawing by Bert Dodson

How to Draw What You See by Rudy De Reyna

Drawing Realistic Faces by Carrie Stuart Parks

Draw Real People by Lee Hammons

Writing by Joseph Trimmer

#### **Important Dates and Events**

Oct 20th Full Moon

Oct 31st Halloween

Nov 7th Daylight Savings Time Ends

Nov 11th Veterans Day

Nov 25th Thanksgiving

Dec 21st Winter Begins

Dec 25th Christmas

Dec 31st New Year's Eve

Jan 1st New Year's Day

#### **PRAS Posting Dates**

January 7th

February 4th

March 4th

April 8th

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

#### Get The Echo Via Email!

A publication of Eastern
Oregon Correctional Institution,
Pendleton, Oregon.

Direct questions and comments to EOCI Institution Work Programs (IWP).

Friends and family can text "CORRECTIONS" to 22828 the receive *The Echo* in a monthly email.

