



SECURITY

Property Room Notice

Mail Outs

All mail outs are done with pre-purchased postage USPS flat rate boxes that can be purchased through Canteen.

Once you have purchased a box, bring your ticket and the items you wish to ship to the property room during the 1:00 pm line or at 3:00 pm.

All boxes come with tracking and insurance up to \$50.00.

Box sizes are as follows:

Small Box - 8-5/8" x 5-3/8" x 1-5/8"

Medium Box - 13-5/8" x 11-7/8" x 3-3/8" or 11" x 8-1/2" x 5-1/2"

Large Box - 23-11/16" x 11-3/4" x 3" or 12" x 12" x 5-1/2"

Triangle/Tube (up to 15oz.) - 25" x 6" x 6" x 5-7/8"



Visitor Pick Up

All visiting pick-ups are done on Thursday by call pass during the 1:00 pm line.

Send an AIC communication to the Property Room stating you would like a visitor pick up and the date your visitor will be here. The more advance notice the better.

There is only a small closet for visitor property to be stored so there is a 4-box limit per AIC per week.

All property will be boxed up in a provided USPS Priority Flat Rate box with a CD-28 filled out for the correct postage. As long as the property is picked up there is no charge.

The property has 7 days to be picked up. After 7 days the property will be mailed out at your expense.

The property can be picked up 7 days a week during normal visiting hours.

/s/ B. Stephen, Security

COMMISSARY

Commissary News, Updates and Reminders

While supplies last all holiday items are exempt from your spending limit.

Cheetos Mac & Cheese Jalapeno Cup \$1.58
Cheetos Mac & Cheese Flamin Hot Cup \$1.58
Cheetos Crunchy Cheddar Jalapeno Chip \$ 1.99
Palmer Peppermint Bark \$1.05
BC French Vanilla Cappuccino \$ 1.46
EF Smoked Pepper Jack Cheese Stick \$1.33
Bridgford Sausage Chorizo \$1.91
Canada Dry SF Cranberry Ginger Ale \$1.08
Bigelow Cinnamon Tea \$1.50
Black Ripe Pitted Olives \$1.34
BC Roast Beef & Gravy \$3.04
The Whole Shebang Pork Rinds \$1.01
Sevilla Red Beans & Rice \$.71

/s/ S. Jackson, Commissary

MISCELLANEOUS

Group Living Notice to AICs

We will be opening up the list for single cell requests. If you have two or more years of clear conduct, you can request to be put on the list. Priority will be given to those who have the longest time of clear conduct.

Cpl. R. Holmes, Group Living

OCE Furniture Factory Position

OCE Furniture Factory is accepting applications for fabrication and assembly positions. Inquire about woodworking certification program if interested.

To apply:

You must have been at OSP for a minimum of 6 months.

At least 6 months of clear conduct.

To apply for this position please mail an application to Randy Addington or Virgil Petersen at the OCE Furniture Factory.

Must have:

Social Security number documented in DOC 400

Minimal Call outs, turnouts, school, activities and eventually visits during work hours.

Ability to stand for long hours.

No medical restrictions or Proof of Doctors release to work.

Ability to lift 60 lbs.

Ability to read a tape measure.

Ability to follow instruction from AIC Leadmen.

Ability to get along with both OCE Staff and Corrections Staff.

Ability to focus on task at hand.

Ability and flexibility to work in areas assigned at a moment's notice.

/s/ Al Hannon, OCE

MHI Unit ADL/Peer Companion Position Announcement

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmary (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with individuals unable to care for their own ADL's as well as individuals experiencing significant mental health symptoms. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on MHI are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include assisting individuals around ADL coaching and skill building; increasing social interactions; and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time.

Please submit an application kyte to Kirsan Leep, MHI Program Manager if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year, it is preferred that you have one or more years left on your sentence.

/s/ Kirsan Leep, MHI

HVAC Shop Position

OSP HVAC Shop is accepting applications for a worker position.

Desired skills

- HVAC/R, electrical or mechanical experience preferred.
- Must be a hard worker who is self-motivated, and willing to learn.
- Must be able to lift 75 pounds, work in confined spaces, on ladders or scaffolding, and in extreme temperatures.
- Must be able to work well with others and give and receive constructive criticism well.

Shift is Monday – Thursday 6:30 – 3:30.

12 months clear conduct required

/s/ J. Noland, Physical Plant

CHAPEL

CHAPEL MATERIALS AVAILABLE

THE CHAPEL HAS THE FOLLOWING MATERIALS AVAILABLE TO A.I.C.s

PROTESTANT MATERIALS

NEW CMA HEARTBEAT – Christian Motorcycle Association Magazine

HOW TO BE A CHILD OF GOD – Witness Edition
IN TOUCH – Daily Devotional booklet by Dr. Charles Stanley

INSIDE JOURNAL FOR MEN – Prison Fellowship Newsletter

NEW ORTHODOX BIBLE STUDY – Monthly Reflections by Rev. Fr. Gerasimos (Jerry) N. Markopoulos and Joanna - (Note - This is sent to A.I.C.s on the Orthodox Christianity Wednesday afternoon turnout.)

OUR DAILY BREAD – Daily Devotional booklet

REDEEMING GRACE MINISTRIES – Pastor Tim Ralls – Weekly devotional (note – This is sent to AICs on the Calvary Chapel Saturday evening turnout)

SAFE HARBOR CHURCH (NAZARENE) – Vancouver, WA. – Weekly bulletin, song sheet, prayer requests and Bible study.

STRONG MAN OF GOD – Monthly Newsletter (Rev. Robert Kelley)

THE GOSPEL TRUMPETER – Church of God Monthly INTERESTED IN RECEIVING A FREE LARGE PRINT KJV BIBLE WITH YOUR NAME EMBOSSED IN GOLD? You could receive this bible after completing an eight- lesson correspondence course. Request information from the chapel office.

FREE LARGE PRINT LIFE RECOVERY BIBLE – ENGLISH – Request order information from the chapel office

NEW INFORMATION ON ADDITIONAL BIBLE STUDY CORRESPONDENCE COURSES IS AVAILABLE. Send an AIC communication to the chapel office requesting information.

SEVENTH DAY ADVENTIST MATERIALS

40 DAYS: SPIRIT FILLED LIFE – Devotional Book
INCREDIBLE POWER OF PRAYER, By Roger J. Morneau

OUR HIGH CALLING, By Ellen G. White

CATHOLIC MATERIALS

CATHOLIC SENTINEL – Archdiocese of Portland newspaper

KINGDOM REVELATOR – Catholic Magazine

LIVING FAITH – Daily Devotional

THE SERVING BROTHER – An introduction to the saints

UPDATED THE WORD AMONG US – Daily Meditations – Contains the monthly Missal

The Chapel does NOT have rosaries available for distribution to AICs

MESSIANIC MATERIALS

EMMAUS DIALOGUES – Weekly study from People of the Book

SHALOM TIDINGS – Magazine

To request chapel materials, send an AIC communication to the chapel listing the items you would like to receive. If you request a recurring publication, you will be put on a distribution list and continue to receive the materials as the chapel office receives them.

Have you moved cells? Please send an AIC communication form to the chapel office with your current cell number. The chapel office no longer receives cell move updates from security.

LA CAPILLA TIENE ESTA LITERATURA DISPONIBLE PARA LOS AEC

LITERATURA PARA PROTESTANTES

COMO SER UN HIJO DE DIOS – EDICIÓN PARA TESTIFICAR

NUESTRO PAN DIARIO – DEVOCIONARIO DE HOY
LITERATURA PARA CATÓLICOS

NUEVO EL CENTINELA – Periódico de Archidiócesis de Portland

LA FE VIVA – DEVOCIONES

ACTUALIZADO LA PALABRA ENTRE NOSOTROS – Devocionario de hoy – incluye Suplemento de las Lecturas de la Misa

NUEVO REINO REVELADOR – Revista Católica para gente joven

LA CAPILLA NO TIENE ROSARIOS PARA DISTRIBUCIÓN

LA CAPILLA ESTA OFRECIENDO BIBLIAS GRATIS EN ESPAÑOL Y CON LETRA GRANDE DE LA BIBLIA RECUPERANDO LA VIDA. ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC PIDIENDO LA INFORMACIÓN PARA PODER OBTENER UN EJEMPLAR

SI ESTA INTERESADO EN RECIBIR ESTA LITERATURA ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC HACIENDONOS SABER QUE LITERATURA NECESITA.

POR FAVOR ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC SI SE MUDA DE CELDA. LA CAPILLA NO RECIBE INFORMACIÓN ACTUALIZADA DE MUDANZAS

/s/ K. Thompson, Chaplain

Points to Ponder

“Believe you can and you’re halfway there.”

--Theodore Roosevelt



OSP CALORIE MENU WEEK 4: January 31 2022 THROUGH February 6 2022

Monday 1/31/22	Tuesday 2/1/22	Wednesday 2/2/22	Thursday 2/3/22	Friday 2/4/22	Saturday 2/5/22	Sunday 2/6/22
<input type="checkbox"/> Pancakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	Breakfast Burrito <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Applesauce - 4 oz (60) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input checked="" type="checkbox"/> Refried Beans - 4 oz (121) <input type="checkbox"/> Shredded Cheese - 0.5 oz (40) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) <input checked="" type="checkbox"/> Salsa - 1 oz (13) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	<input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	<input type="checkbox"/> Beef Hash - 8 oz (187) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Diced Mango - 4 oz (60) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Catsup - 0.5 oz (17) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1.5 oz (239) Meat Sub: Plain Potatoes - 6 oz (165)	<input type="checkbox"/> Waffles - 2 ea (190) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input checked="" type="checkbox"/> Peanut Butter - 1.5 oz (239) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	<input type="checkbox"/> Bacon & Eggs <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Bacon - 2 sl (240) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input checked="" type="checkbox"/> Jelly - 1 oz (80) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1 oz (159)	<input checked="" type="checkbox"/> Coffee Cake - 1 ea (308) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s
<input checked="" type="checkbox"/> Hot Dogs - 2 ea (202) <input type="checkbox"/> Colleslaw - 6 oz (134) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> Sauerkraut - 1 oz (4) <input type="checkbox"/> Catsup - 0.5 oz (17) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input checked="" type="checkbox"/> Fried Egg Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Grilled Wheat Bread - 2 SL (190) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input checked="" type="checkbox"/> Deli Sandwich <input checked="" type="checkbox"/> Split Pea Soup - 10 fl oz (207) <input type="checkbox"/> Deli Meat (Roast Beef) - 3 oz (94) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Taco Salad <input type="checkbox"/> Taco Meat - 3 oz (170) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input checked="" type="checkbox"/> Tortilla Chips - 2 oz (279) <input checked="" type="checkbox"/> Salsa - 2 oz (26) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Beef Pattie - 1 ea (211) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input checked="" type="checkbox"/> Onions & Pickles - 1 oz ea (14) <input checked="" type="checkbox"/> Wheat Burger Bun - 1 ea (234) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Catsup - 1 oz (34) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input checked="" type="checkbox"/> Dinner Rolls - 2 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Frosted Cake - 1 ea Tea - s/s
<input type="checkbox"/> Cajun Meat Loaf - 5 oz (186) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Peas - 6 oz (133) <input checked="" type="checkbox"/> Wheat Dinner Roll - 1 ea (154) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s	<input checked="" type="checkbox"/> Tamale Pie - 10 oz (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input type="checkbox"/> Tortilla Chips - 1 oz (139) <input checked="" type="checkbox"/> Oatmeal Cookie - 1 ea (263) Tea - s/s	<input checked="" type="checkbox"/> Spaghetti - 6 oz (202) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s	<input type="checkbox"/> Pizza - Veggie & Cheese - 1 sic (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input type="checkbox"/> Lemon Bar - 1 svg Tea - s/s	<input type="checkbox"/> Red Beans & Bacon - 6 oz (172) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 1 oz (102) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input checked="" type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (85)	<input checked="" type="checkbox"/> Chicken Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Chicken Fajita Mix - 4 oz (227) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Salsa - 2 oz (26) Tea - s/s	<input type="checkbox"/> Fish Nuggets - 5 ea (300) <input type="checkbox"/> Pasta Salad - 6 oz (293) <input type="checkbox"/> Tartar Sauce - 1 fl oz (77) <input checked="" type="checkbox"/> White Rice Pilaf - 6 oz (197) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s

Contains pork or may contain pork
 Healthy choice
 High fat/cholesterol
 High sugar
 High fat/cholesterol/sugar
 High fat/cholesterol/sodium
 High fat/cholesterol/sodium (#) Calories

This menu can help AI/CS reduce their calorie intake at each meal by showing how many (Calories) each food item contains. Values listed are best estimates based on current foods purchased. MAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.