

It's Easy Being Green

Micro-hydropower Home Energy Systems

Written by Patrick Gazeley-Romney

For those that have a constant source of running water on their property, such as a river or stream, hydropower might be a good electrical utility choice. Hydropower systems harness the kinetic energy of running water and convert it to electrical energy that can be used in the home to power appliances and lights. Make sure to check local laws before installing a hydropower system on your property.

Most hydropower systems used to power a single home or homestead can be classified as micro-hydropower systems. The average micro-hydropower system usually generates up to 100 kilowatts of electricity while a normal home in the US would only require a 10-kilowatt system to meet energy needs.

A typical micro-hydropower system requires a turbine, pump, or waterwheel to transform the energy of flowing water into rotational energy, which is converted into electricity. The system also needs a channel, pipeline, or pressurized pipeline (penstock) that delivers the water to the turbine. An alternator or generator is the necessary component for electrical production as it transforms the rotational kinetic energy of the turbine into electricity. An inverter and wiring are needed to deliver the electricity to your household grid or battery storage system.

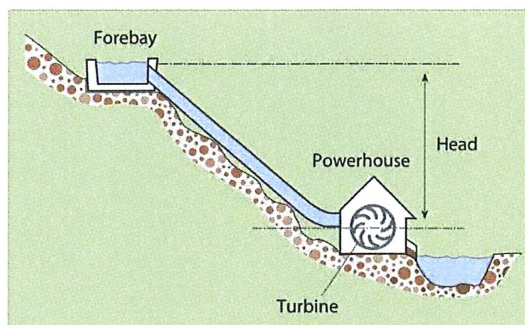
Some counties or municipalities in Oregon may require you to obtain a permit or water rights before installing a hydroelectric system on your property. Some states require that you obtain a separate water right to produce power, even if you already have a right for another use. To make sure your design is up to code and your placement won't negatively impact the water source health or ecology, your first point of contact should be the local county engineer. They will help you check your design and plan for

any flaws or possible environmental hazards and help you avoid any sort of legal troubles in the future.

Quality hydroelectric systems will typically have a long lifespan and maintenance is generally not expensive. Depending on the state and county in which a system is placed, there may be financial incentives to installing a hydropower system. Some incentives include income tax credits, property tax exemptions, sales tax exemptions and special grant programs.

An average micro-hydropower system including the charge control, generator and inverter can run between \$4,000-\$15,000 plus the cost of the pipeline and installation. Remember that the most expensive part of any energy-harvesting system will most likely be the inverter/battery system. An average home battery system for energy storage can easily run a homeowner \$10,000-\$20,000.

Finding ways to save money in the long run is a good practice for anyone who has been incarcerated. It never hurts to be more self-sufficient and resilient when it comes to domestic life. Micro-hydropower systems make sense for anyone experiencing possible long-term alienation from the labor market or financial unrest. If you are interested in "going off grid", saving on utility costs or are concerned with the environmental implications of municipal energy use, hydropower can be a great way to achieve your goals.



Patrick Gazeley-Romney,
Staff Writer, *The Echo*

Patrick Gazeley-Romney is a Staff Writer for *The Echo* and a facilitator for the Gardening, Roots of Success, and Beekeeping programs. Gazeley is also the Secretary for the Enrichment Club.

Drawing Portraits

Part 5 - Proportions of the Face

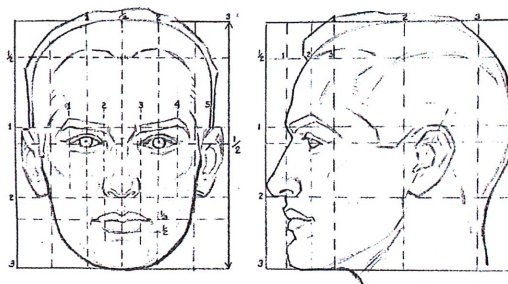
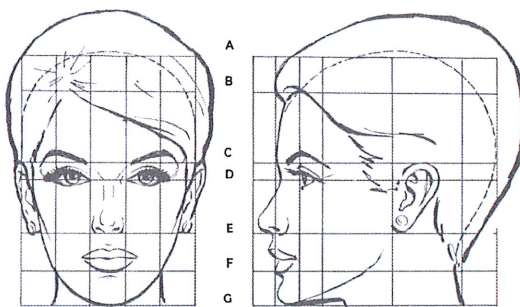
Written by Shawn Crabtree



Shawn Crabtree,
Contributing Writer, *The Echo*

Crabtree is a contributing writer, an instructor of Art Inside Out, and a yoga instructor.

Using a proportional unit of measurement will increase your overall accuracy. For the sake of drawing portraits in forward facing and profile poses the recognized unit of measurement is typically the width of one eye. (When the face is at an angle, but not full profile this unit of measurement is more challenging to use because the rule of foreshortening comes into play.) It is also helpful to divide the face in half both vertically and horizontally. For forward facing portraits a total of five units of measurement across and seven units down is typical. For side profiles a total of seven units across, including the nose, and seven units down is typical.

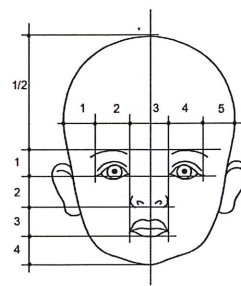


Forward Facing Horizontal Reading: The width of the head is five units. The widest part of the head is above the ears. The widest part of the face is at cheekbone level. The space between the outer edges of the head to the outside corner of the eyes is one unit. The eyes are one unit. The space between the eyes is one unit, which is also the width of the nose and the square base of the chin. The outer edges of the mouth typically line up with the center of the eyes.

Forward Facing Vertical Reading: The eyes are halfway down the length of the head. The hairline is one unit from the top of the head. The base of the nose is one and a half units from the level of the eyes. The bottom of the lower lip is one unit up from the chin line. The ears and bottom of the eyebrows line up at two units up from the base of the nose, and the bottom of the ears are in line with the base of the nose.

Side Profile Horizontal Reading: The front edge of the eye is one unit back from the point of the nose. The ear is one unit wide. Its front edge is four units from the point of the nose and two units from the back edge of the head. The nose projects half a unit from the front of the main skull shape, which is six and a half units wide. The jaw projects no further than the forehead.

Children Proportions: The proportions of a child's head differ from those of an adult. For example, children generally have larger foreheads, so the eyebrows-not the eyes-fall on the horizontal center line. Also, youngsters' eyes are usually bigger, rounder, and spaced farther apart than an adult's. A child's forehead protrudes farther than an adult's and the hairline starts much higher. For an infant, you will want to use horizontal lines to divide the areas from the brow line to the chin into four equal sections. Use these lines to determine eye, nose, and mouth placement. As a child gets older, their face becomes longer and narrower and the facial proportions change accordingly. The chin becomes squarer, and the eyes appear smaller.



Notice that a child's forehead protrudes further than an adult's and that the hairline starts much higher.

Writing with Purpose

Writing Tense and Using Your Active Voice

Written by Phillip Luna

Creating a uniform point of view is important in professional writing because readers need consistency to fully understand your ideas. Unnecessary shifts in point of view, tense, mood, and voice are distracting and may be confusing.

Point of View

- **First-Person:** Your subject is the speaker (*I, we*).
- **Second-Person:** Your subject is being spoken to (*you*).
- **Third-Person:** Your subject is being spoken about (*he, she, it, and they*).

Example: *English teachers must be patient with their students. You have to wait for the students to process the information.*

Shown above, the first sentence is written in the third-person (English teachers) and the second sentence shifts the view to the second person (You). Instead of *you* to start the second sentence, the word *they* would be appropriate.

Verb Tenses

Verb tense should also match as they signal a chronological relationship among ideas.

Example: *After completing an assessment, the student **goes** to see his teacher. The teacher **reviewed** the assessment to see that the answers **were** correct, and the student **thanks** the teacher for their help.*

This sentence is confusing because of the shifting tenses: Present tense (*goes*), past tense (*reviewed, were*), and present tense (*thanks*).

Example: *After completing an assessment, the student **goes** to see his teacher. The teacher **reviews** the assessment to see that the answers **are** correct, and the student **thanks** the teacher for their help.*

Active and Passive Sentences

Simply put, *active* sentences emphasize people or things responsible for actions. *Passive* sentences focus on the people or things that are acted upon. Active sentences should be used most of the time while passive sentences should be used sparingly.

Active Sentences

Use active sentences to indicate responsibility for actions.

- **Active:** *The English teacher graded John's assessment.*
- **Passive:** *John's Assessment was graded by the English teacher.*

Use active sentences to create emphasis.

- **Active:** *A tropical storm in Haiti destroyed nearly 100,000 homes.*
- **Passive:** *Nearly 100,000 homes were destroyed in Haiti from a tropical storm.*

Use active sentences for clearer, shorter sentences.

- **Active:** *The students sang the pledge of allegiance at the start of class.*
- **Passive:** *The pledge of allegiance was sung by the students at the start of class.*

Passive Sentences

Use passive sentences when the parties responsible for the action are not known.

- **Passive:** *The teacher's window was broken sometime over the weekend.*

Use passive sentences to emphasize the receiver of the action.

- **Passive:** *The English teacher was awarded "Teacher of the Year" for outstanding service.*



Phillip Luna
Editor, *The Echo*

Luna is the Editor of *The Echo*, a Roots of Success facilitator, and the President of the Enrichment Club. He is also a mentor for the IWP Internship Program.

Gardening Program

Accepting Applicants for 2022

To Apply

If you are interested in joining, please send a kyte to R. Peters in IWP that includes ALL of the following:

- The date of your last Disciplinary Review
- Counselor name
- ACRS Score



The EOCI Gardening Program is now accepting applications for the Spring-Fall 2022 season. Open to all AICs (Incentive levels 1-3).



The EOCI Gardening Program consists of two separate but complimentary educational curriculums that will provide AICs with knowledge of gardening techniques, planning, basic plant biology and horticultural science.



Seed2Supper (S2S) is a beginning level gardening class provided by the Growing Gardens organization in Portland. S2S is a prerequisite for the Oregon State Master Gardener class through Oregon State University. All program participants should ex-

pect to participate in both classes throughout the spring and summer seasons.



Classes meet 1-2 times per week for a term of 1 year and consist of lectures, tutoring and testing as well as immersive fieldwork experiences in a garden setting. Participants can expect to receive certificates for Seed2Supper and the OSU Master Gardener through upon successful completion of all program criteria. Classes begin in April.

If you are interested in joining, please send a kyte to R. Peters in IWP that includes ALL of the following:

- The date of your last misconduct report.
- Counselor name
- ACRS Score.

Note: Your application will not be considered if your kyte does not include **ALL** of the criteria listed above.

Applications due by January 1st, 2022



Deadline

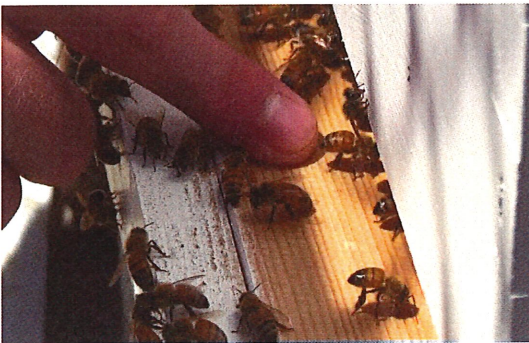
Applications are due by January 1st, 2022.

Beekeeping Program

Accepting Applicants for 2022



The EOCI Beekeeping Program is now accepting applications for the Spring-Fall 2022 season. Open to all AICs.



The EOCI Beekeeping Program endeavors to educate and certify AICs through Washington State Beekeepers Association (WSBA) in the skills of apiary work, giving them a valuable hobby to fill idle time upon release. Not only does the program afford AICs a useful new skill-set, but aims to reduce recidivism by engaging them with the wider community through active conservation efforts and environmental stewardship.



Classes meet 1-2 times per week for a term of 1 year and consist of lectures, tutoring and testing as well as immersive fieldwork experiences involving interaction with bee colonies and hive components. Participants can expect to receive Beginner and Apprentice level certifications through WSBA upon successful completion of all program criteria. Classes begin in April.

If you are interested in joining, please send a kyte to R. Peters in IWP that includes ALL of the following:

- The date of your last misconduct report.
- Counselor name
- ACRS Score



Your application will not be considered if your kyte does not include **ALL** of the criteria listed above.

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- The date of your last Disciplinary Review
- Counselor name
- ACRS Score

Deadline

Applications are due by
January 1st, 2022.

Application Note

Application are kept on file for one year. If you have applied for one of these positions within the last year, you do not need to apply again.

OCE Office Clerk

Accepting Applicants Now!

OCE Office Clerk PRAS Award:

10 – 16 Points

Qualifications:

Must have the ability to read, write and follow instructions. Will be responsible for following specific internal guidelines and procedures. Must be a team player and able to work well with supervisors and workers in all assigned areas. Must be able to multi-task. Extensive computer/software knowledge is required. Must be proficient in Microsoft Office applications including Word, Excel and Access. Must be dependable and flexible as daily routines will change based on customer needs. Must be self-motivated, detail oriented and organized.

Duties and Responsibility:

Areas of responsibility include but are not limited to inventory tracking; costing and tracking shipment of materials; stocking

levels of materials; establishing reorder points; establishing, costing and updating item numbers internally. Enter sales orders and purchase requests into computer system, maintain office files and keep daily tracking logs as needed or requested by the supervisor. This position is responsible for creating reports and verifying information on orders received. This position has contact with customers, staff and visitors to the work site and assigned AICs are required to follow all established guidelines. As there are several different duty stations this position is required to cross train and have a working knowledge of each. Other duties may be assigned by supervisors.

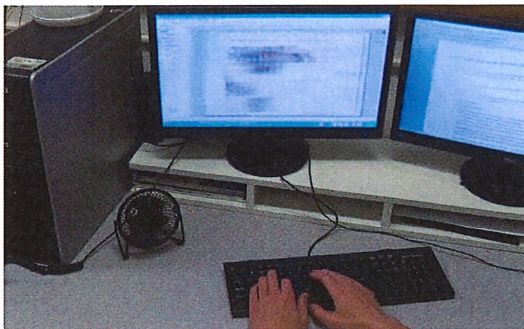
How to Apply

Submit a completed application for 'Office Clerk' with a location of 'Garment Factory' to Institution Work Programs (IWP). List any applicable experience on the application, and be prepared to demonstrate any skills or knowledge listed.

Physical Plant Office Clerk

Accepting Applicants Now!

Physical Plant Office Clerk: 10 – 16 Points



Qualifications:

Must have the ability to read, write and follow instructions. Must be able to multi-

task. Extensive computer/software knowledge is preferred. Must be proficient in Microsoft Office applications including Word, Excel and Access. Must be dependable and flexible as daily routines will change based on customer needs. Must be self-motivated, detail oriented and organized.

How to Apply

Submit a completed application for 'Office Clerk' with a location of 'Physical Plant' to Institution Work Programs (IWP). List any applicable experience on the application, and be prepared to demonstrate any skills or knowledge listed.

Senate Bill 819

What to Know by County

For Multnomah County convictions only:

Effective January 1, 2022, Senate Bill 819 (SB 819) will go into effect. SB 819 established a procedure for people convicted of, and sentenced for, felony offenses to petition their sentencing court for reconsideration of their conviction(s) and/or sentences. The Multnomah County District Attorney's Office has compiled their own process and application for SB 819 consideration.

In a prior newsletter, we indicated that packets would be provided free of charge by the Law Library. The packets were going to be free because Multnomah County District Attorney's Office planned to mail the packets to Dept. of Corrections (DOC). Multnomah County has notified DOC that they will not be mailing packets in for AICs to use. DOC will now be printing the packets. To receive the packet, you will need to submit a CD28, along with a Law Library Request form (CD 1714).

For those that have already requested a SB819 packet from Multnomah County, your request, along with a CD28, will be returned to you for completion.

On your CD1714, please be sure to ask for either the Perceived Excessive Sentence or Actual Innocence packet. The packets will be provided at no charge.

For Lane County convictions only:

DOC has received a five-page document from Lane County District Attorney's Office, which explains their process for SB819 applications. You may request a copy of this document from the Law Library with a Law Library Request form (CD 1714) and CD28.

For all other County convictions:

Other than Multnomah and Lane County, DOC has no further information regarding SB 819. You will need to contact the District Attorney's Offices directly.

Contact Info

Contact the Law Library for more information.

Commissary

Shoe Unavailable

Please note that Commissary will not be carrying the below shoe. We are sorry for the inconvenience and apologize for it being posted. The new shoe form will be updated by the end of week. But if you have already placed an order, the order will be refunded and you are welcome to place another order for a shoe from our Shoe Form.

NIKE Roshe G

Running Shoe
Cost \$120.00



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.

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. CONSIGA 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

Omicron

Provided by Health Services

On Nov. 24, 2021, the World Health Organization identified the latest variant of the SARS-CoV-2 virus and assigned it the Greek letter Omicron. The Omicron variant appears to be more transmissible than the Delta variant and contains many mutations that raise concern.

At this time, the Omicron variant is actively being studied by scientists all over the world.

- **Transmissibility:** While the Omicron variant appears to be more transmissible than the Delta variant, we do not yet know how much more.
- **Disease severity:** No unusual symptoms have been reported following Omicron infection, though it is still too early to determine if it severe causes.
- **Vaccine effectiveness:** It is unknown at this time how effective vaccines will be against severe infection caused by Omicron.

This is actively being investigated by scientists worldwide. If needed, Moderna and Pfizer can quickly update their vaccines to improve protection against infection caused by Omicron.

- **Treatment:** It is unknown at this time how effective treatments will be against infection caused by Omicron. This is actively being investigated by scientists.

We know how to protect ourselves and others against infection.

We expect news of Omicron's emergence has caused many people to experience anxiety about the unknown. We can all control how we respond.

- Get vaccinated if you're not. Vaccination remains the best protection against serious illness/transmission.
- If you're eligible for a booster, make your appointment today.

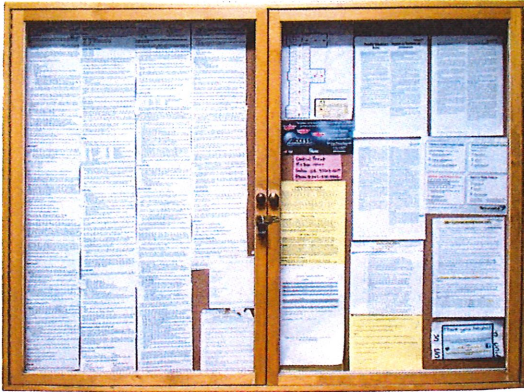
Bulletin Board at a Glance

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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.



Postal Service Change:

Recently, the United States Postal Service (USPS) has changed their process for accepting international packages. Any package over 15.994 oz requires a customs form. Historically, these forms have been available in a physical, carbon-copy form. The USPS no longer accepts these paper forms. The new USPS process is for the sender to declare the items on the electronic customs form at the USPS counter, signing the declaration in the USPS clerk's presence, in their electronic system. Because of these changes, ODOC is no longer able to provide outgoing, international package service (above 15.994 oz.).

New Directions Education Project:

There will be one "packet" NDEP class Winter Quarter 2022 beginning in January.

It will take place through the mail and there will be no in-person instruction. The class will be Writing 115 and taught by Ms. Bose.

Only students who have not tested higher than 115 in writing will be included and those students will be notified shortly.

Valentines Day Photos in Multi:

Order your photo tickets before the end of the year!

1-800 Phone Numbers:

AICs can access certain 1-800 phone numbers from any regular housing unit or yard phone. Recently the Social Security toll-free number 1-800-772-1213 has been made available. Additionally, the Veterans Benefits toll-free number 1-800-827-1000 is also available.

Other 1-800 numbers that are available:

800-273-8255
National Suicide Hotline for Veterans

800-827-0648
Veteran Debt Management

800-830-5084
IRS

800-919-9835
IRS

800-939-4170
IDX, Identity Theft Services

Life Skills Correspondence Courses:

The American Community Corrections Institute (ACCI) offers a variety of cognitive life skill courses that are designed to help AICs overcome self-defeating thoughts and behaviors. These are correspondence courses that any AICs can participate in for the discounted price of \$45.

For more information and a full catalog of courses, contact ACCI directly.

By mail at,

ACCI—CF,P

**1675 N. Freedom Blvd Suit 5 B
Provo, Utah 84604.**

Or have friends or family call,
435-633-2100

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.

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Produced at IWP

Mr. Peters IWP Coordinator

The Echo Staff

Phillip Luna Editor

Patrick Gazeley-Romney Staff Writer

Brett Lloyd Staff Writer

Juan Sanchez Proofreader

Contributing Writers and Sources

Christian Reyes Contributing Writer, Education

Shawn Crabtree Contributing Writer, Art

Mr. Miles Public Information Officer

Ms. Jurgensmeier Distribution Services NWC

Health Services

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Wikipedia.org

Oregon Careers magazine 2021

Complete Book of Drawing by Barrington Barber

Draw Portraits by Douglas Graves

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

Dec 18th Full Moon

Dec 21st Winter Begins

Dec 25th Christmas

Dec 31st New Year's Eve

Jan 1st New Year's Day

Jan 1st Application Deadline

Beekeeping Program

Gardening Program

Jan 17th MLK Day

Jan 17th Full Moon

Feb 1st Chinese New Year

Feb 2nd Groundhog Day

PRAS Posting Dates 2022

January 6th

February 10th

March 10th

April 7th

May 5th

June 9th

July 7th

August 4th

September 8th

October 6th

November 10th

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.