



THE UNCLASSIFIED

DECEMBER 2022

INTAKE MANAGERS: AMBER SUNDQUIST & MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get it fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

Thank you!

Newsletter content:

- Chaplain's corner
- Prison poetry
- ODOC general announcements
- Calendar
- From the ODOC BLOG
- Tips for the Holidays from your peers at EOIC
- Coloring page.
- Reflections
- Seasonal Fun stuff & Stationary.

if you need more brain teasers during your stay, please kyte C. **Andretti, one request per week, please!**

You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

THANKS



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience! Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

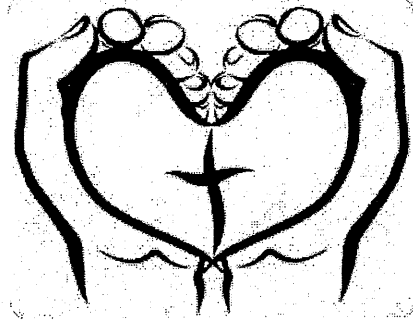
YOUR INTAKE TEAM

Join our Friends & Family email list for the inside scoop!

Get emails about institution news and events.

**TO SIGN UP:
TEXT CORRECTIONS
TO 22828 TODAY!**





Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte **Chaplain Betts**.

Chapel Services

Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

Frankenstein's Smile

By: CCIC AIC Kirk November 2022

The man that I know; how can I help him so?

If I were to explain the measure of pain, there's not enough paper to show.

This man practices patience and self control.

Often exuding a Juggernaut aura, inexorable when letting go.

Never to be mistaken for normal or average just so you know.

Example: in other eyes with no surprise through the door steps a nightmare; unpredictable, formidable, infamous, and intoxicated. What's not to fear!

Well, take it from me, you'd just have to be there.

I really wonder, this guy got to fear something right? All humans do.

What horrors has this Juggernaut King been through? Why doesn't he show us?

Or does he? what traumas has he survived, unleashed or seen.

Maybe what he fears is irrelevant to my safety.

Fearing abandonment, not valued by the one girl he loves. How cruel, how mean.

A man incendiary: unstoppable as any immortal. Living in such pain must be excruciatingly horrible.

I only know this because I've been his closest witness.

I believe he is to receive a beautiful crown in Heaven.

Brutally persecuted with long suffering he gets up and keeps stepping.

Truth, faith, joy and love is his weapon.

Never able to forget all his life long lesson. Scars, bruises and pain become his best friend.

He rises, metamorphosizes.

Phoenix Fire Reborn out of the ashes again.

He is a true man of God, give all the glory to God, Amen.

Wearing a smile and laughing, one would never be able to tell what I just did, no matter how hard you pretend.

The Holy Ghost resides inside, this Juggernaut King is alive but has died.

This Juggernaut King you may have seen: Is inevitably triumphant, Blessed and Redeemed.

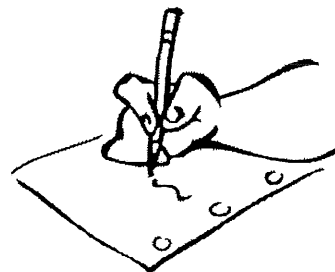


Writing Free Verse

Free verse is the only kind of poem that has no rules at all. It does not have rhyme or regular meter. Free verse typically relies on imagery, alliteration, etc. to convey meaning.

Step 1: Choose a topic for your poem.

Step 2: Brainstorm ideas that relate to your topic that you may want include in your poem.



Step 3: Write your poem.



Oregon

Kate Brown, Governor

Oregon Department of Corrections

Operations Division


3723 Fairview Industrial Drive SE, Ste 200

Salem, OR 97301-4667

Voice: (503) 945-9090

Date: October 14, 2022

To: All Adults in Custody (AICs)

From: 
Rob Persson, Assistant Director of Operations

Subject: 2022 Holiday Period



The 2022 Holiday Period begins Monday, November 28, 2022, and goes through Friday, December 30, 2022. During this time, for AICs with DOC debt and external obligations, the following parameters will be in place:

DOC Debt and External Obligations

- DOC debt (*examples: disciplinary fines, copy, and postage debt*) will be collected through Wednesday, November 23, 2022, prior to the start of the Holiday Period.
- During the Holiday Period, Central Trust will not collect existing DOC debt.
- External obligations (non-DOC debt) such as court filing fees (County / U.S. Court), garnishment orders, and Court-Ordered Financial Obligations (COFOs) will continue to be collected as DOC does not have the authority to suspend statutory collections.
- DOC debt collection will resume in the event an AIC receives a new disciplinary fine sanction during the 2022 Holiday Period.
- At the conclusion of the 2022 Holiday Period, on Friday, December 30, 2022, any funds remaining in the General Spending Trust Account of AICs with DOC debt will be collected in accordance with OAR 291 Div. 158-0065(d).

Spending Funds During the Holiday Period

- Commissary spending limits will be doubled.
- AICs who have DOC debt may spend funds during the 2022 Holiday period from their General Spending Trust Account for the following: postage, copies, institution club & DOC activities, DOC programs, phone transfers, and commissary items.
- AICs with DOC debt cannot make external purchases or disbursements from their General Spending Trust Account during the 2022 Holiday Period.
- AICs should plan accordingly when submitting financial requests, such as commissary orders and Request for Withdrawal of Funds forms (CD28).

Other Considerations

- All plans are subject to COVID-19 tier levels, staffing, and AIC commissary worker / supply chain availability.
- Transitional Savings deductions will continue to take place in accordance with ORS 423.105

The Holiday Period occurs at the discretion of the Assistant Director of Operations in accordance with OAR 291 Div. 158-0065(d). AICs with questions may submit an AIC communication to Business Services (electronic option available on the tablet).



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Date: October 14, 2022
To: All Adults in Custody (AICs)
From: Rob Persson, Assistant Director of Operations
Subject: 2022 Holiday Period

El período de vacaciones de 2022 comienza el lunes 28 de noviembre de 2022 y se extiende hasta el viernes 30 de diciembre de 2022. Durante este tiempo, para los AIC con deuda del DOC y obligaciones externas, se establecerán los siguientes parámetros:

Deuda del DOC y obligaciones externas

1. La deuda del DOC (*ejemplos: multas disciplinarias, copia y deuda de franqueo*) se cobrará hasta el miércoles 23 de noviembre de 2022, antes del inicio del Período de Vacaciones.
2. Durante el período de vacaciones, Central Trust no cobrará la deuda existente del DOC.
3. Las obligaciones externas (deuda no relacionada con el DOC), como las tarifas de presentación judicial (Tribunal del Condado / Tribunal de los Estados Unidos), las órdenes de embargo y las Obligaciones Financieras Ordenadas por el Tribunal (COFO) continuarán recaudándose ya que el DOC no tiene la autoridad para suspender los cobros legales.
4. El cobro de deudas del DOC se reanudará en caso de que un AIC reciba una nueva sanción de multa disciplinaria durante el período de vacaciones de 2022.
5. Al concluir el Período de Vacaciones de 2022, el viernes 30 de diciembre de 2022, los fondos restantes en la Cuenta Fiduciaria de Gastos Generales de los AIC con deuda del DOC se cobrarán de acuerdo con OAR 291 Div. 158-0065 (d).

Gastos de fondos durante el período de vacaciones

6. Los límites de gasto del economato se duplicarán.
7. Los AIC que tienen deudas de DOC pueden gastar fondos durante el período de vacaciones de 2022 de su Cuenta de Fideicomiso de Gastos Generales para lo siguiente: franqueo, copias, actividades del club de instituciones y DOC, programas de DOC, transferencias telefónicas y artículos de economato.
8. Los AIC con deuda del DOC no pueden realizar compras o desembolsos externos de su Cuenta Fiduciaria de Gastos Generales durante el Período de Vacaciones de 2022.
9. Los AIC deben planificar en consecuencia al presentar solicitudes financieras, como órdenes de economato y formularios de solicitud de retiro de fondos (CD28).

Otras consideraciones

10. Todos los planes están sujetos a los niveles de nivel COVID-19, el personal y la disponibilidad de trabajadores de comisariado / cadena de suministro de AIC.
11. Las deducciones transitorias de ahorros continuarán teniendo lugar de acuerdo con ORS 423.105

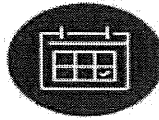
El Período de Vacaciones ocurre a discreción del Subdirector de Operaciones de acuerdo con OAR 291 Div. 158-0065(d). Los AIC con preguntas pueden enviar una comunicación AIC a Business Services (*opción electrónica disponible en la tableta*).

The updated COVID-19 booster



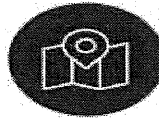
What to know?

- It's the best way to protect yourself from severe illness and hospitalization
- It protects against the original strain and the Omicron variants BA.4 and BA.5
- It's safe and effective and can be given at the same time as a flu shot



When can you get it?

- Two months after any initial vaccine series
- Two months after a previous booster



Where can you find it?

- Contact your provider



Who is it for?

- The updated Pfizer booster dose is for everyone **12 and older**
- The updated Moderna booster dose is for everyone **18 and older**

Oregon
Health
Authority

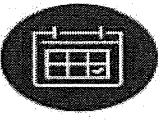
OHA 4320A (09/02/2022)

El refuerzo del COVID-19 actualizado



¿Qué debe saber?

- Es la mejor forma de estar protegido contra enfermedades graves y hospitalizaciones.
- Lo protege contra la cepa original y las variantes Ómicron, BA.4 y BA.5
- Es seguro y efectivo y puede recibirlo el mismo día que la vacuna contra la gripe.



¿Dónde puede recibirlo?

- Dos meses después de la serie inicial de vacunas.
- Dos meses después del refuerzo anterior.



¿Dónde puede encontrarlo?

- Comuníquese con su proveedor.



¿Para quién es?

- La dosis de refuerzo de Pfizer actualizada es para todas las personas a partir de los **12 años de edad en adelante**.
- La dosis de refuerzo de Moderna actualizada es para todas las personas a partir de los **18 años de edad en adelante**.

Oregon
Health
Authority

OHA 4320A (09/02/2022) BPA19014

Flu Vaccinations

Can't I wait and get vaccinated when/if flu hits my community? It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu. Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

You need to get a flu vaccine every year. You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year: a) The first reason is because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research indicates may be most common during the upcoming flu season. b) The second reason annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

Vacunas contra la gripe

¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad? Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

Las vacunas contra la gripe no pueden contagiarte la gripe. Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. • Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. • O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. • O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. • Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

Debe vacunarse contra la gripe todos los años. Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.

AIC Mail

22 hints to speed your mail through Processing.

The Envelope

- 1 SID#, SID#, SID#
- 2 Complete Return Address
- 3 No stickers (except for postage stamp and address label)
- 4 No lipstick
- 5 No glue, tape, or metal tabs
- 6 Go easy on the perfume!
- 7 Keep it less than 1/4 inch thick

The Letter

1. No origami (it will be unfolded, and not all of us are talented enough to get it put back together like you had it.)
2. Tame the sexually explicit stuff.
3. No foreign substances (crayon, lip-stick, glue, white-out, coffee spills, perfume drops, etc.)
4. No "pass this along to another in-mate" letters.

The Greeting Card

- 1 "Normal" size gets through faster than weird sizes.
- 2 No glued-together cardstock (this is common for the "tri-fold" cards where the front page is doubled up and glued together.)
- 3 No metal (including little springs that "bounce" things out at you or musical cards.)
- 4 No foam (often glued under things to make them "3D")
- 5 No glitter. Please, oh please, no glitter.

Other Stuff

1. No laminated cards
2. No postage stamps (or stickers of any kind)
3. No money (all funds should be sent to Central Trust: PO Box 14400, Salem, OR 97309-5077)
4. No blank cardstock (or other "supplies")
5. Be prudent with your choice of photo- graphs, especially with semi-nude children (such as kids in the pool/bathtub.)
6. Nothing over 18 inches (such as maps)

The "Mail Rule" can be located at: WWW.OREGON.GOV/DOC

Processing: What's the Deal?

At TRCI over 5,000 pieces of mail pass through the Mail Processing Center each week. Each item must be sorted, tagged (with the inmate's housing unit), inspected (inside and out), and routed to the housing unit. This process generally takes less than 48 hours. Items such as those listed above can cause significant delays, or even cause the mail to be returned-to-sender.

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Warner Creek Correctional Facility Opens a New Transitional Community Unit



Published by DOC Office of Communications

View all posts by DOC Office of Communications

Published

November 3,
2022

Warner Creek Correctional Facility (WCCF) became the first Oregon Department of Corrections facility to open a Transitional Community Unit (TCU).

The TCU will provide a more normalized environment due to living in a retrofitted housing unit with less of a population than other units for the adults in custody (AIC). Other privileges include more storage, area rugs in the bunk areas, dividers, and partitions between the bunk areas, vending machines, washers, dryers, and toaster ovens.

This unit offers its own kitchen which includes sinks, towels, small appliances, and the privilege to purchase other foods. Having their own kitchen will allow the AIC to learn to cook and feed themselves. Cooking and feeding are basic life skills, paramount upon their release, not only for them, but their family as well.

Great weather added to the day of celebration which was shared by staff at WCCF and across the state, Lake County community members, and all the adults in custody housed in TCU. A BBQ and great music added to a picture-perfect setting as the benefits of the TCU function were shared for the AICs transformation.

The benefits of this unit are to help prepare the AICs for a transition back into the community.

Plans are under consideration to afford more opportunities for the TCU. WCCF will be excited to share the next stage of this project, in addition to the many other proposals in store for the AICs as they come about.

Transitional Community Unit at Warner Creek Correctional Facility

What is the Transitional Community Unit? (T.C.U.)

TCU is where Adults in Custody (AIC) are in a more normalized environment. AICs will be housed in a retrofitted housing unit with reduced population than other units. Adults in Custody will be provided more privileges than most in DOC custody as well as more responsibilities to transition better into the community.

Extra Privileges vs Extra Responsibilities

More storage, (must be within DOC standards per fire marshal)

Area Rugs in the bunk area

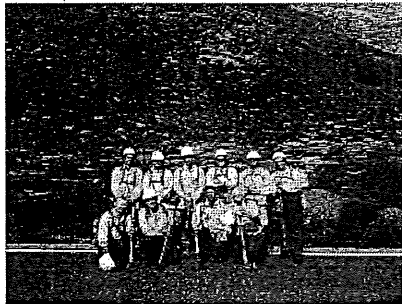
Partitions between bunk areas

Kitchen area with toaster ovens, sinks, access to a refrigerator and a variety of kitchen items

This unit has no orderlies, so every resident of the unit will be required to take on these responsibilities on a rotation basis

All AICs in this unit will be required to have a GED or actively participating in the GED program

Employment will be required



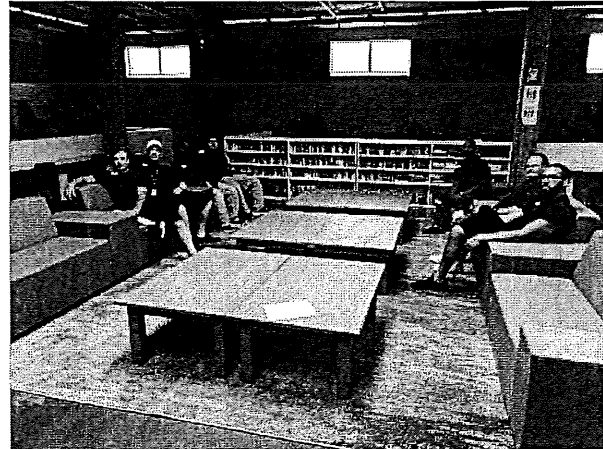
Work opportunities include:

- > Fire Crew
- > Work Crew
- > OCE
- > Trade work
- > Educational tutors

Transitional Community Unit requirements Do you qualify?

- Less than 18 months on sentence
- Level Three Incentive Level
- 3 or less conduct orders in the last 120 days
- No conduct orders over 12 hrs. in last 90 days
- Must be employed and maintain employment up to 30 days before release (supervisor's remarks could be included on application form).
- Has GED or actively participating in the GED Program
- Must show that candidate is actively participating in progression towards a prosocial attitude (MDT will evaluate)

Final review/approval through the MDT



How to apply?

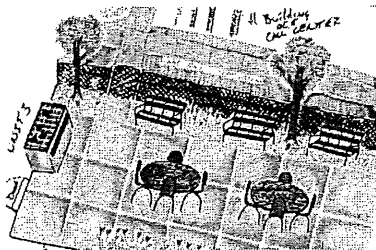
Make a request for transfer through MDT. You must meet qualifications.

- > Less than 28 months of sentence remaining
- > Clear conduct (Incentive Lv. 3)
- > Custody Level 1 or 2
- > Able to transfer to WCCF

After transfer, fill out the application to T.C.U.

The list:

After your application has been approved, you will be placed on the list and will be waiting for your new bunk in the Transitional Community Unit!

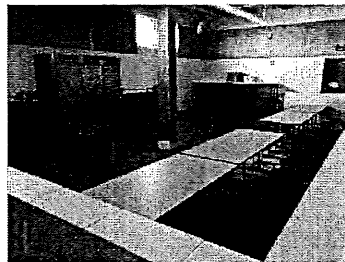


Do you like to BBQ?

The TCU will have an outdoor patio area with seating, gardens, BBQ's and special events.

Special D.O.C. pilot programs will be available to T.C.U. only Adults in Custody.

The Mission of the Transitional Community Unit is to provide a normalized living environment for Adults in Custody (AIC), increase responsibilities, and assist with a successful, positive transition back into the community through employment and development of community-driven skills.



Kitchen Area

The kitchen area will include:

- > Sinks
- > Towels
- > Small appliances
- > A large refrigerator with enough space for everyone.
- > Additional available food for purchase
- > Real kitchen utensils available

For an AIC to learn, cook and feed themselves is a basic life skill which can be a prerequisite for other life building skills. Cooking is a necessity for taking care of yourselves and your children/families (food handlers card required).

Tips for Getting Through the Holidays from your peers at EOCI

Great food, thoughtful gifts, and even that one person that brings up politics at the dinner table - all of these encompass only a small portion of what makes the holidays special each year. Although we might not make it for goofy group photos, because of our incarceration, there are still many things that can be done to make the holidays easier and memorable.

Stay in Contact with Loved Ones: First off, keep in touch with your support group whether that is family or friends. Many individuals tend to be busier during the holiday season; so don't be discouraged if someone doesn't answer right away. Anytime you're able to speak with your friends and family is special. Scheduling specific times to call others is a great way to avoid the disappointment of a missed call. Video visits are another great avenue for scheduling meaningful time with your loved ones.

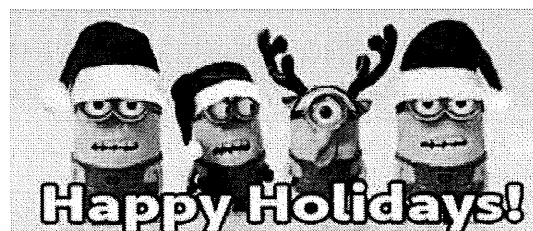
Create a Personalized Card: Unable to connect over the phone? Consider sending some personalized letters or cards, which may also be a more affordable option for you. Making your own holiday cards is a great way to pass the time and utilize your creative side. Whether you are experienced with drawing or a beginner who is just learning about drawing, a handmade card shows you've taken your valuable time to create something with someone specific in mind.

Create a Holiday Recipe: Be creative with canteen recipes! Holiday and promotional items can drastically expand what can be cooked up for your own holiday treat. Tried and true recipes are good too; however, consider spicing it up with something only available for a limited time. Who knows, it could be something you would like to do again in the future.

Attend Institution Events: Take advantage of the unique events scheduled at your institution. These activities can vary but each offers a small change in routine that won't always be available. This may be your only opportunity to participate in certain activities, as they might not be offered again in the future.

Make Goals for The New Year: Start early on your New Year's Resolution. Instead of waiting, make it a goal to establish a good habit by New Year's Day. If you're anything like I am, having an attainable goal laid out helps accomplish the task. Not to mention having something to focus on makes time seem to fly.

No matter how you spend your holiday, positive thinking, and good health and sleep habits will make time go easier. If you can learn a thing or two or make some great memories during this time all the better.



GIVE CHRISTMAS TO SOMEONE ELSE

The following article originally appears in the Winter 2018 edition of Inside Journal®, a quarterly newspaper printed and distributed by Prison Fellowship® to correctional facilities across the country.

Prison is probably the last place you want to celebrate the holidays. Perhaps missing your family has you wanting to skip the holidays altogether. Perhaps you are hoping a loved one will visit, but don't know if they'll make it.

Even if the approaching holiday fills you with dread, there is something you can do to ensure that this Christmas will be a joyful one: *Find someone else to bless.*

You probably know the saying, "It is more blessed to give than to receive." It's true! By focusing on making Christmas special for those around you, you can take your mind off your troubles and inject some joy into the holiday.

We've gathered a list of ideas inspired by men and women in correctional facilities across the country who have found ways to make the season brighter. While facility rules vary, and some of these ideas might not be possible at your institution, they might jumpstart your own creativity.

HOST A CARD OR GIFT EXCHANGE

Invite others from your unit to each purchase or make a gift and bring it to the exchange. Do not label the gifts, so that anyone can feel comfortable taking any item.

DONATE TO AN INDIGENT FUND IF YOUR FACILITY HAS ONE

Consider donating a portion of your financial support to your facility's indigent fund (if one exists). Knowing you'll be brightening someone else's holiday might just lift your spirits and cause a chain reaction.

DONATE A SKILL

If you have a special skill, giving your time and talent can help bless other prisoners. Offer free services, such as a hair appointment, legal research, or tutor in a subject that you have already mastered.

MAKE CHRISTMAS CARDS

Spend a little money at the commissary on items (poster board, colored pencils, etc.) to make Christmas cards. Mail them to loved ones and give them to friends in your unit. Especially consider giving cards to those who may not receive a lot of mail from the outside.

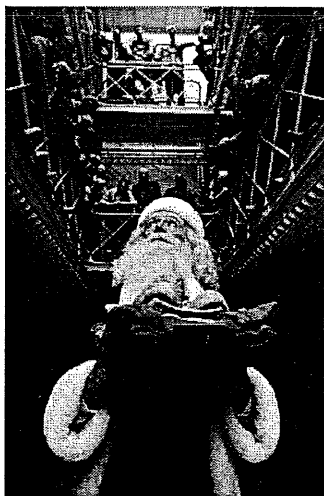
DONATE ITEMS FROM THE CANTEEN

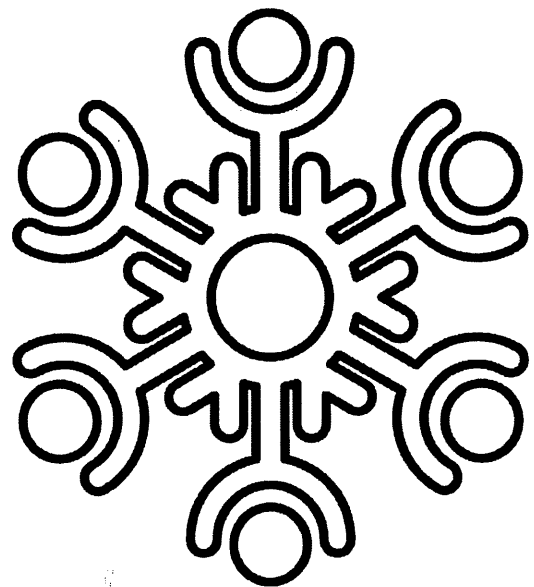
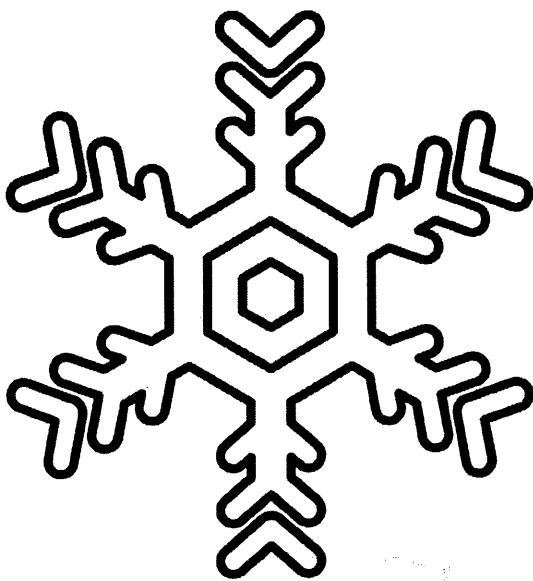
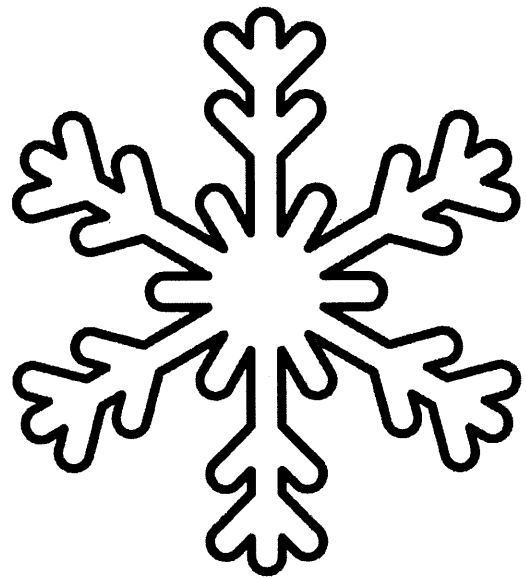
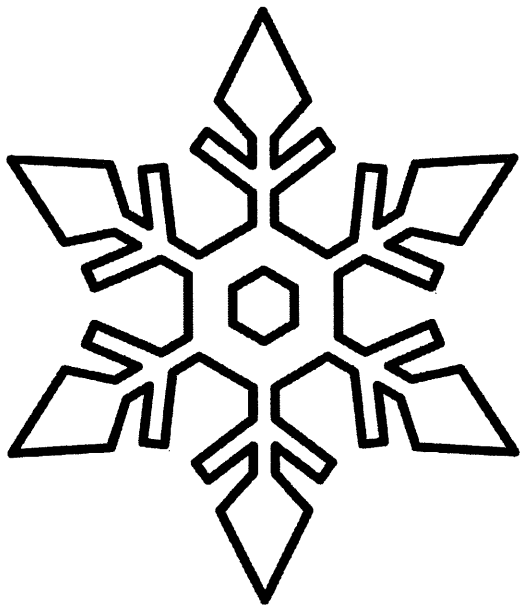
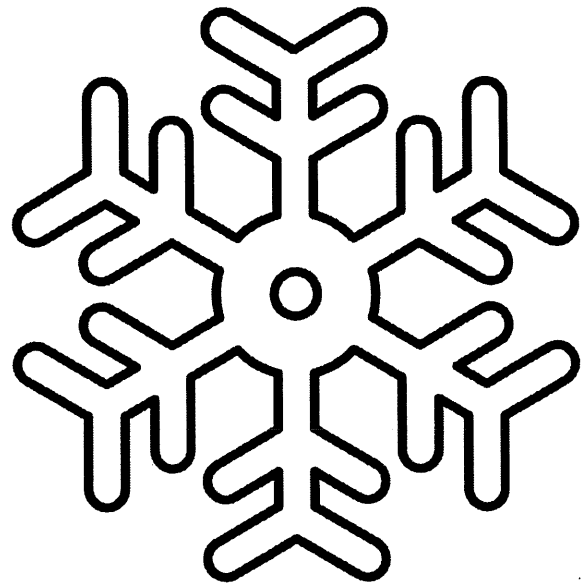
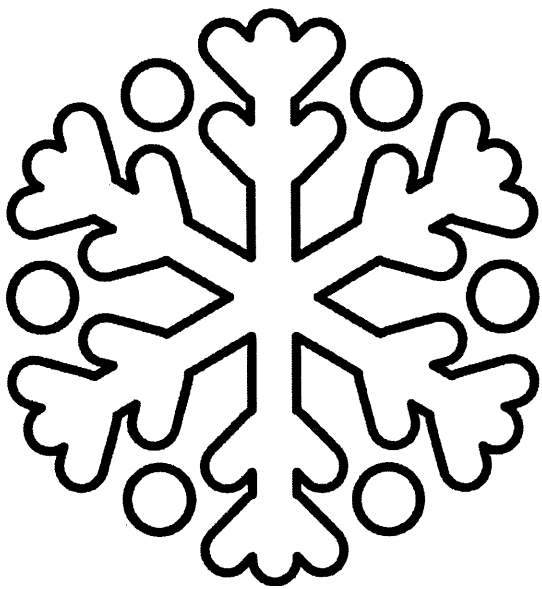
Rally a group of prisoners to purchase socks or toiletry items to donate to a local homeless shelter or relief organization.

GO CAROLING

Form a group from your unit and walk around the yard singing Christmas carols, or go cell to cell with favorites like "Joy to the World," "The First Noel," and "Hark, the Herald Angels Sing."

Christmas isn't about what you get—it's about what you give. So give some thought to how you can brighten someone else's holiday, and you'll find that your own gets better, too.





A Few Things To Think About If You Are Incarcerated

Despite difficult obstacles, there is much you can do, while incarcerated. The following is a list of ways to minimize the negative impact of your experience and maximize the positive.

The recidivism (backsliding/relapse) rate for prisoners across the nation is approximately 80%. This rate drops to about 20% when prisoners attend any type of educational program. Our experience has been that the recidivism rate is even lower when prisoners attend spiritual programs such as ours.

- The Gangaji Foundation Prison Program

Since more than 90% of the nation's prisoners are eventually released, it is important that you work toward the following goals:

Choose your battles wisely (your primary focus):

- 1) Your personal growth should be the focus of your efforts. Don't dwell on issues of your status in prison, the staff at the institution, or your fellow prisoners. You can't control your environment, but you can control what you do with your own life.
- 2) Grievances and litigation are expensive, time-consuming, generally unsuccessful, and frustrating. Concentrate on bettering yourself. There are self-help and religious materials available which can assist you.
- 3) There is no significant merit to being the center of attention or a staunch defender of what's right. It is counter-productive to cultivating serenity.
- 4) Prepare mentally and emotionally for your eventual freedom. If you are a lifer, or even if you are in for a specific term, your "freedom" increases as your own inner attitudes and perceptions change for the better. If you are looking at getting out at some point, then practice visualizing and feeling those positive activities and interactions you will have with people when you get out. This type of visualization is helpful for creating your future.

Nurture relationships:

- 1) Understand that others on the streets do have a life and many responsibilities (especially in view of your absence), and may not be home whenever you call.
- 2) Correspond with those who are positive, supportive, and helpful in terms of a positive future.
- 3) Do not abuse telephone privileges. It is expensive.
- 4) Letters, calls, and visits should focus on positive issues and free world events, and not be a gripe session regarding prison policies. Ask your loved ones to focus on the positive as well.
- 5) Be supportive of others on the street. The inmate is not the only one who has problems. Be sensitive to your family's difficulties. They may experience changes in income, responsibilities, residence, etc., possibly because of your absence.
- 6) Because life in the free world may be hectic, you may have to do more than 50% of the work to maintain the relationship. Remember, your close friends and family are "doing time" with you. Be grateful for those who remain loyal and supportive. Don't waste time and energy being angry with those who cannot be supportive.
- 7) It takes time to build on relationships, to get to an intimate level. Be sensitive to opportunities to discuss your background, offense patterns, etc. Learn to listen.

Contribute to your environment in a positive way:

- 1) Contribute your gifts and talents to help individuals and organizations in and out of the prison environment.
- 2) Your offending behavior was a part of your life, not the whole thing. Certainly there is a need to take responsibility for your past actions and address psychological issues with honesty and without denial. However you must also learn to build on the positive aspects of who you are. Build on positive personality traits and qualities and stop playing the old negative self-talk tapes.
- 3) Be aware of all possibilities for participation at your facility in positive, self-enhancing activities. Learn what is available. Like any new living experience, you must seek ways to participate. Check with staff or fellow inmates to learn what activities are available and how to go about getting involved. You will have to take the initiative to find these. Read bulletin boards, talk to counselors and chaplains for suggestions.
- 4) Find a suitable job and work hard at it. It may differ from your free world profession, but make the best of it.

Find ways to grow: Nurture your physical, emotional, mental, and spiritual health:

- 1) Learn a creative hobby.
- 2) Read the classics of spiritual and world literature. Read something besides novels. Consider reading the Bible, Talmud, Bhagavad Gita, Dhammapada, Upanishads, and so forth. Study self-help, metaphysical, or ageless wisdom literature. In this way, you can learn to understand yourself better, understand the larger view of human evolution, understand the deeper psychological and spiritual aspects of personal transformation, and learn to train yourself to be of service to others.
- 3) Educate yourself. Consider psychological, self-help, spiritual, or vocational correspondence courses. Earn a GED or other educational diploma or certificate. If you have a degree, take courses, if available.
- 4) Attend church services and Bible studies. You will find that the Christian path is deep, profound, and capable of bringing total renewal and transformation to your heart and mind. However, this requires that you really understand the teachings, understand who Christ truly is, and that you let both the Christ and his teachings deeply into your heart.
- 5) Attend groups who are studying Buddhist teachings such as Tibetan Buddhism or Zen. The Buddhist teachings of all lineages offer the most profound path to transformation and awakening. If you are diligent in studying and practice you will gain deep insight into the exact causes of unhappiness and suffering, you will learn how to transform your perception of reality so you can end your confusion and suffering, and ultimately you will awaken your heart and mind with wisdom and compassion, bringing benefit to all beings.
- 6) Attend meditation groups. The practice of meditation is by far one of the single most powerful practices you can do for personal transformation and awakening. Meditation helps you to know yourself at the deepest levels of your being. It has also been proven to be an excellent practice for emotional and mental stability and stress reduction.
- 7) Join civic clubs (e.g. Jaycees, NAACP, etc.), if available.
- 8) Learn to play a musical instrument.
- 9) Learn to exercise regularly. Your institutional meals may not be satisfying, so you may want to balance that factor in positive and healthy ways. Discipline yourself to not overeat; not eating too much is a major factor in creating and maintaining good health. If it is available, eat as much raw, uncooked foods as you can (salads, vegetables, fruits, fruit juices, etc.). Cut down on your intake of meat and eat more vegetables or grains. Take care of your health, medical facilities will not be extensive. Get your sleep and rest.

Take charge of your recovery:

- 1) Request therapy, if available. Most programs have waiting lists based on parole eligibility. Show significant interest in participation. Sometimes it can help in getting enrolled.
- 2) Study self-help literature. It is available by mail.
- 3) Join some type of self-help group, such as Alcoholics Anonymous, or start one if none are available. This type of mutual support will be extremely beneficial for your personal development.
- 4) Perform an honest evaluation of your psychological (emotional and mental) maturity. Your psychological identity may have been very difficult to discuss in your regular life setting. But you must look at this seriously as you study your offending behavior. Be honest with yourself; you will be happier.

Plan for your release:

- 1) Begin planning as soon as possible, but no later than six months before your release date.
- 2) Line up treatment, therapy, a support group, and/or a place where you gather with others for your spiritual practice.
- 3) Locate potential housing.
- 4) Make plans for transportation which may include obtaining a driver's license.
- 5) Locate employment or employment services.
- 6) Be realistic about employment possibilities. Consider your energy levels as you make these plans. You have not been accustomed to a real world work place. Know your emotional limitations; know your physical limitations. You may have many parts of your life you are putting back together besides work. Don't overwhelm yourself with a heavy work load at first.
- 7) Plan to take care of yourself first. Once that is done, you will be in better position to help others



**SUCCESS IS NOT FINAL,
FAILURE IS NOT FATAL.
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

Setting Life Goals

For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

Category	What I'm Doing Well	Where I Need Improvement	My Goals
Family			
Friends			
Work/School			
Spirituality			
Body			
Mental Health			

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10 MORE HOLIDAY WORD SEARCH PUZZLES



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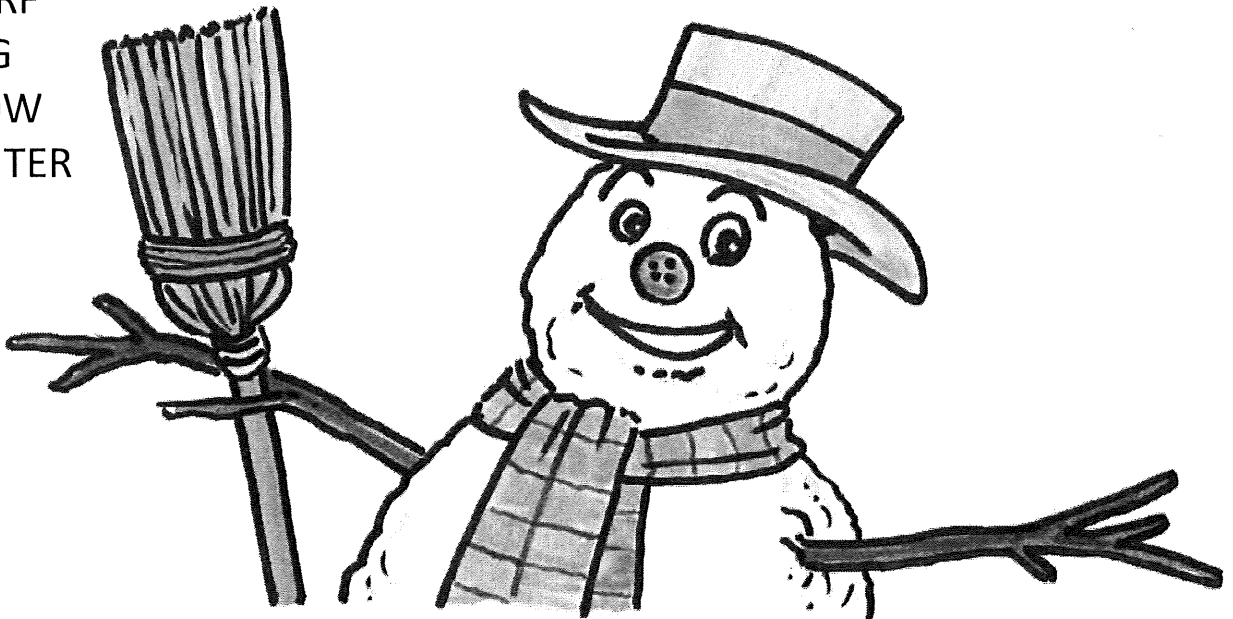
FROSTY THE SNOWMAN

WORD SEARCH PUZZLE

ALIVE
BUTTON
CHILDREN
COAL
COLD
DANCE
FAIRYTALE
FOLLOW
HAPPY
HAT
HILLS
JOLLY
KIDS
LAUGH
MAGIC
MELT
PLAY
PUDDLE
RUN
SCARF
SING
SNOW
WINTER

G	F	B	H	K	M	D	P	G	B
A	R	R	W	G	L	E	S	H	C
U	H	E	A	O	N	V	L	A	D
C	A	T	C	C	R	I	O	T	W
P	H	N	U	R	S	L	S	O	T
F	A	I	R	Y	T	A	L	E	I
D	B	W	L	N	Y	L	O	H	H
E	K	G	K	D	O	A	A	N	A
L	I	C	L	F	R	T	L	N	P
D	D	D	A	N	C	E	O	P	P
D	S	N	O	W	M	T	N	S	Y
U	P	P	C	M	T	A	H	L	S
P	B	L	A	U	G	H	G	L	T
T	I	N	B	U	F	T	L	I	N
O	S	Y	J	O	L	L	Y	H	C

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



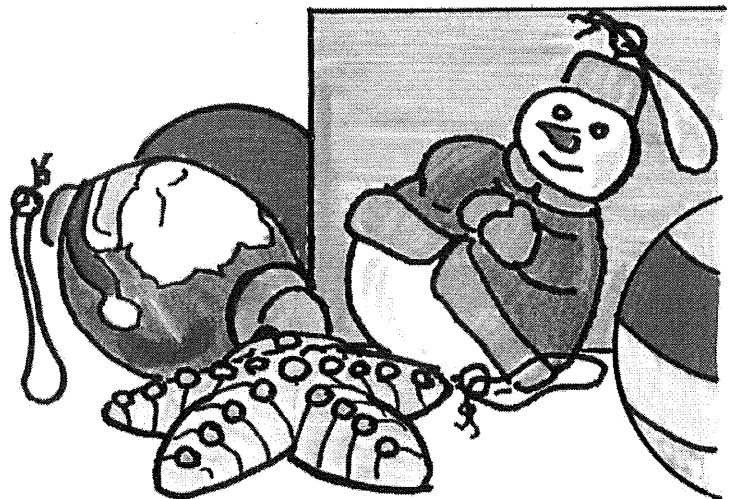
CHRISTMAS TREE ORNAMENTS

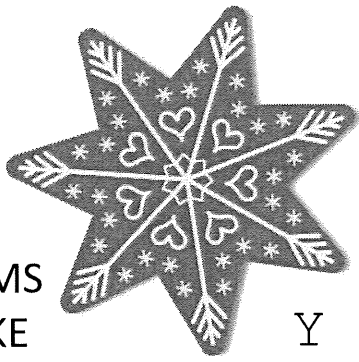
WORD SEARCH PUZZLE

ANGEL
BULBS
CANDLE
CANDY CANE
COLLECTION
DOVE
FAIRY
FRUIT
GARLAND
GLASS
HOLLY
HOMEMADE
ICICLE
KEEPSAKE
POLAR BEAR
RIBBON
SANTA
SNOWFLAKE
SNOWMAN
STAR
TINSEL
TOPPER
TOY SOLDIER
TRAIN
TRIM
VINTAGE
YEAR

E	T	I	N	S	E	L	H	R	E	P	P	O	T	C
R	N	M	G	L	A	S	S	V	I	N	T	A	G	E
T	R	A	I	N	E	N	O	B	B	I	R	W	H	S
O	B	S	C	R	E	I	D	L	O	S	Y	O	T	S
E	O	N	C	Y	T	S	S	S	A	N	T	A	R	B
K	T	O	O	Z	D	D	N	L	M	Q	R	A	B	N
A	L	W	L	A	U	N	H	O	U	Y	E	S	E	P
S	R	F	L	Y	R	I	A	F	W	B	S	T	Z	E
P	F	L	E	G	N	A	C	C	R	M	G	R	W	M
E	E	A	C	I	I	Y	G	A	R	L	A	N	D	D
E	M	K	T	T	L	C	L	Y	N	E	S	N	D	O
K	A	E	I	L	T	O	I	K	Y	D	B	L	O	S
Y	I	U	O	A	P	L	P	C	M	R	L	T	V	A
R	R	H	N	O	E	R	C	T	L	N	U	E	E	E
F	R	N	H	O	M	E	M	A	D	E	B	N	B	A

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





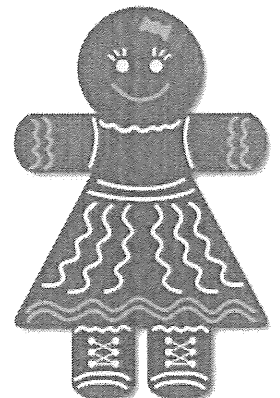
GINGERBREAD

WORD SEARCH PUZZLE

ARMS
BAKE
BUTTER
CANDY
CINNAMON
COOL
CUT
DECORATE
EGGS
FLOUR
GINGERBREAD
GUMDROPS
HOLIDAY
HOUSE
ICING
LEGS
MAN
MIX
MOLASSES
MOUTH
NUTMEG
NUTS
OVEN
RECIPE
SPRINKLES
SUGAR
TOWN
VANILLA
WOMAN
YUMMY

Y	B	A	K	E	S	P	O	R	D	M	U	G	I	S
M	I	X	S	U	G	A	R	B	W	B	O	A	M	S
Y	J	N	U	T	M	E	G	P	C	U	Y	O	K	M
E	D	R	G	F	L	O	U	R	L	T	U	Y	U	R
L	H	N	R	I	N	S	H	L	I	T	M	A	C	A
S	E	V	A	N	N	S	E	O	H	E	M	D	D	L
E	E	G	J	C	O	G	E	Y	U	R	Y	I	O	L
T	N	L	G	E	S	M	E	S	D	S	I	L	U	I
A	W	B	K	S	Y	A	A	R	S	Y	E	O	G	N
R	O	C	V	N	R	N	N	N	B	A	L	H	D	A
O	M	O	T	E	I	E	E	G	N	R	L	J	V	V
C	A	O	O	P	P	R	C	V	N	I	E	O	J	I
E	N	L	W	L	C	K	P	I	O	I	C	A	M	I
D	H	K	N	B	N	U	T	S	P	F	C	C	D	W
H	C	U	T	L	D	M	C	J	L	E	O	I	I	D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

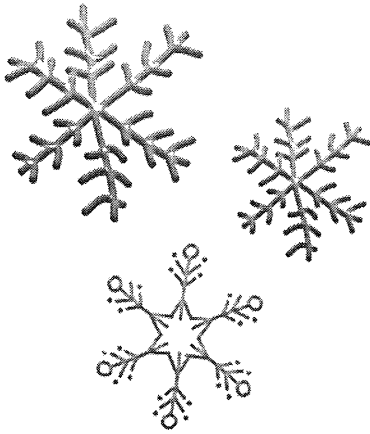


YUMMY HOT CHOCOLATE



WORD SEARCH PUZZLE

The words appear UP,
DOWN, BACKWARDS
and DIAGONALLY.
Find and circle each word.



H O M E M A D E T S Y L K M M
V B E O L S H Q U Q O R E I A
S B U V G S Y G X K J E G L R
W P S U P T A O Q S N T C K S
E U M O H R O P S I E N M I H
E T O W C B A H K P B I J I M
T N A R X O J X N U D W F N A
C H R L C U Z R I R Q O S W L
M C Z O O J U I R E I M R A L
A D C O U C P T D D G A E L O
E M R A W A O S W R K E T X W
T W G N Z T F H J O R R A S S
S Q U Z P U C F C I A C W O A
I W R E D W O P L E D R X I D
J H E A T D E P P I H W X I M

CHOCOLATE
COCOA
CREAM
CUP
DARK
DRINK
ENJOY

HEAT
HOMEMADE
HOT
MARSHMALLOWS
MILK
MIX
MUG

ORDER
POWDER
SIP
SPOON
STEAM
STIR
SUGAR

SWEET
WARM
WATER
WHIPPED
WINTER



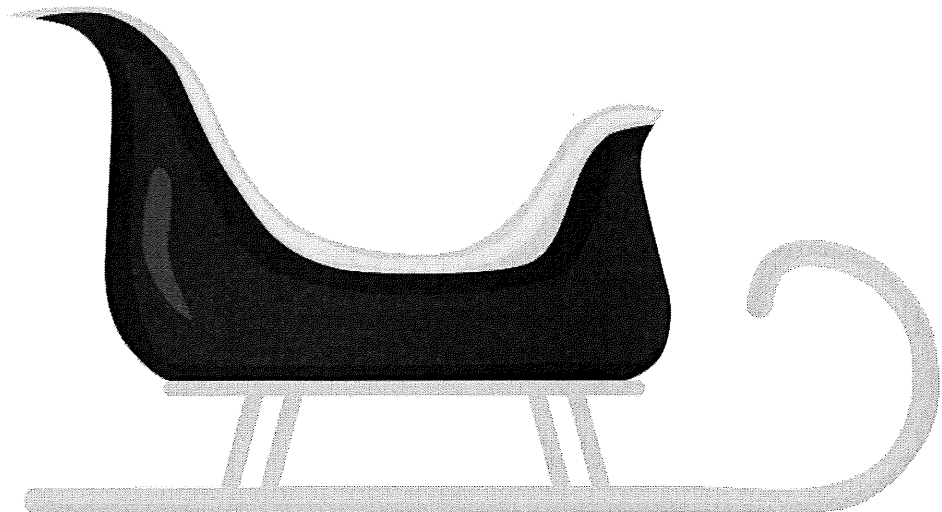
ALL ABOUT SANTA

WORD SEARCH PUZZLE

- BAG
- BEARD
- BELLS
- BELLY
- CANDY
- CHIMNEY
- CHRISTMAS
- COOKIES
- ELVES
- EVE
- GIFTS
- JOLLY
- LETTERS
- LIST
- MILK
- NAUGHTY
- NICE
- NORTH POLE
- REINDEER
- RUDOLPH
- SLEEP
- SLEIGH
- STOCKINGS
- SUIT
- SURPRISES
- TOYS
- WORKSHOP

M	C	S	E	I	K	O	O	C	U	F	A	K	S	N
Y	L	E	T	T	E	R	S	E	W	S	L	W	T	E
T	Y	S	N	V	O	B	L	B	L	I	Y	O	U	R
H	J	S	T	G	G	O	E	E	M	S	L	R	Y	G
G	O	Y	S	O	P	H	E	A	U	A	I	K	H	A
U	L	O	A	H	C	P	R	R	R	H	S	S	P	B
A	L	T	T	C	Q	K	P	E	V	D	T	H	L	V
N	Y	R	E	S	X	R	I	P	I	W	E	O	O	H
N	O	W	T	I	I	N	Z	N	H	N	T	P	D	K
N	I	F	R	S	G	V	L	W	G	V	D	B	U	C
C	I	C	E	S	U	I	T	Z	Z	S	S	E	R	F
G	O	S	E	Z	H	G	I	E	L	S	E	L	E	H
D	R	F	Y	E	N	M	I	H	C	M	V	L	N	R
B	E	L	L	Y	H	Y	D	N	A	C	L	S	F	Z
D	P	S	A	M	T	S	I	R	H	C	E	V	E	U

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.





CANDY CANE

WORD SEARCH PUZZLE

BREAK
CANDY
CANES
CONFECTION
CORN SYRUP
DECORATION
FLAVOR
HARD
HOOK
LARGE
MINI
PEPPERMINT
PULL
RED
SEASONAL
STICKY
STRIPES
SUGAR
SWEET
TREAT
TWIST
WHITE
WINTERGREEN
WRAPPED
YUMMY

W H O S N E E R G R E T N I W
H B C U P U R Y S N R O C C E
K T M L D P Z S F R E K A S T
G Z W B R P F L E G N N U U I
D P K I W C A Y R K E H D G H
E E R H S V L A Z S H S L A W
C P R K O T L C J C U O G R O
O P A R H T E E W S A S O S K
R E C O N F E C T I O N E K A
A R E D B L L U P P Y A D T E
T M S E P I R T S K S L A Y R
I I S D Z V O D C O N E M P B
O N H A R D O I N Z R M I N I
N T G B O P T A C T Y U M M Y
P S O P D S L W R A P P E D J

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



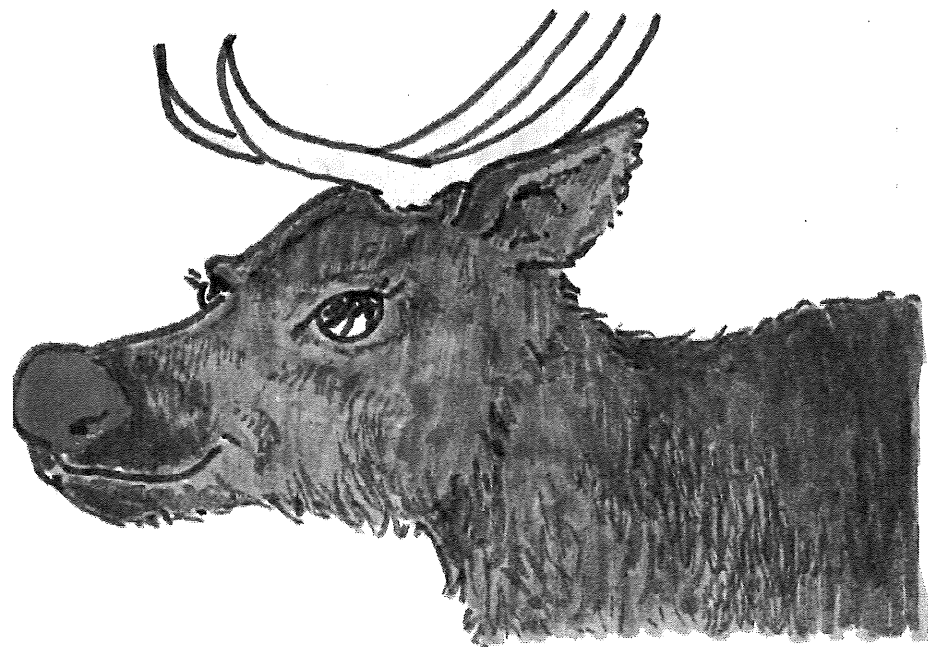
RUDOLF THE RED NOSED REINDEER

WORD SEARCH PUZZLE

BLITZEN
BRIGHT
CHARACTER
CHIMNEY
CHRISTMAS
COMET
CUPID
DANCER
DASHER
DONNER
EVENING
FAMOUS
FAST
FLY
GIFTS
GUIDE
HOOVES
NIGHT
NORTH POLE
PRANCER
RED NOSE
REINDEER
SANTA
SKY
SLEIGH
TEAM
VIXEN
WINTER

E	D	H	L	L	T	S	E	B	R	E	C	N	A	D
D	H	O	F	N	T	S	L	R	R	G	T	E	A	M
A	W	L	N	F	O	I	D	C	E	I	L	K	N	S
S	Y	W	I	N	T	R	H	G	G	T	G	B	R	A
H	T	G	D	Z	E	A	T	E	N	L	N	H	E	N
E	K	E	E	N	R	R	D	H	S	T	P	I	T	T
R	R	N	E	A	X	I	Y	U	P	R	H	Q	W	A
X	R	X	C	D	U	S	O	J	A	O	H	G	C	Y
C	I	T	I	G	L	M	F	N	Y	O	L	W	I	E
V	E	P	W	E	A	A	C	K	O	H	J	E	H	N
R	U	R	I	F	S	E	S	V	T	E	M	O	C	M
C	T	G	X	T	R	R	E	I	N	D	E	E	R	I
N	H	S	A	M	T	S	I	R	H	C	C	L	G	H
T	F	R	L	G	N	I	N	E	V	E	H	B	R	C

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



WORD SEARCH PUZZLE

SNOW DAY



The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.

Find and circle each word.

E L I A R T S L E D
S T E W U S L L A F
D N A N L S I W O S
S I N E K F P W M O
L E G A R L O O R O
L N T R A C K R O L
A E F Y V A E H T G
B U I L D N U T S I

ANGELS
BALLS
BUILD
CREATE
DIG

FALL
FORT
HEAVY
IGLOOS
PLAY

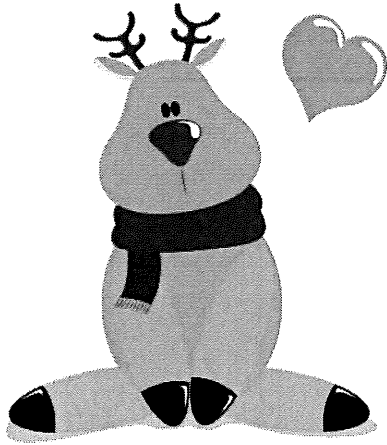
SKATE
SLED
SLIP
STORM
THROW

TRACK
TRAIL
TUNNEL
WET



WORD SEARCH PUZZLE

CHRISTMAS
CAROLING



The words appear UP, DOWN,
BACKWARDS, and DIAGONALLY.
Find and circle each word.

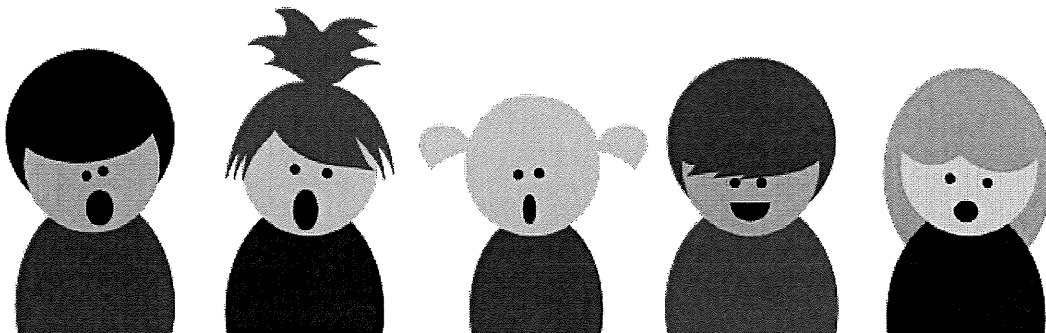
P E H C R U H C C S H
O R C R O W D H A I O
R I A L R R A E H N L
C P O C O L D E A G I
H S N O T E C R P P D
G N F A M I L Y P U A
N I S N O W C O Y O Y
O L N V S D N E I R F
S T R E E T S I S G G

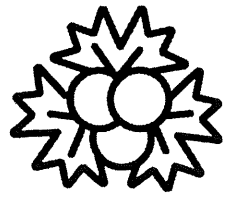
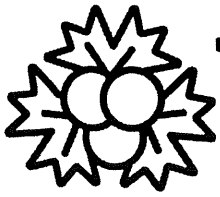
CHEER
CHURCH
COLD
CROWD
FAMILY

FRIENDS
GROUP
HAPPY
HEAR
HOLIDAY

INSPIRE
NOTE
PORCH
PRACTICES
SING

SNOW
SOLO
SONG
STREETS
VOICE











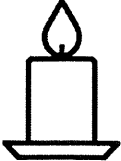




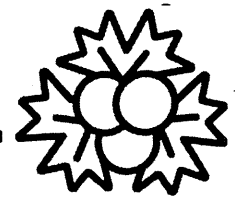
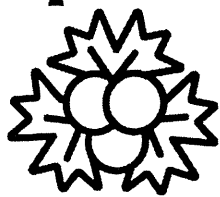


Name _____

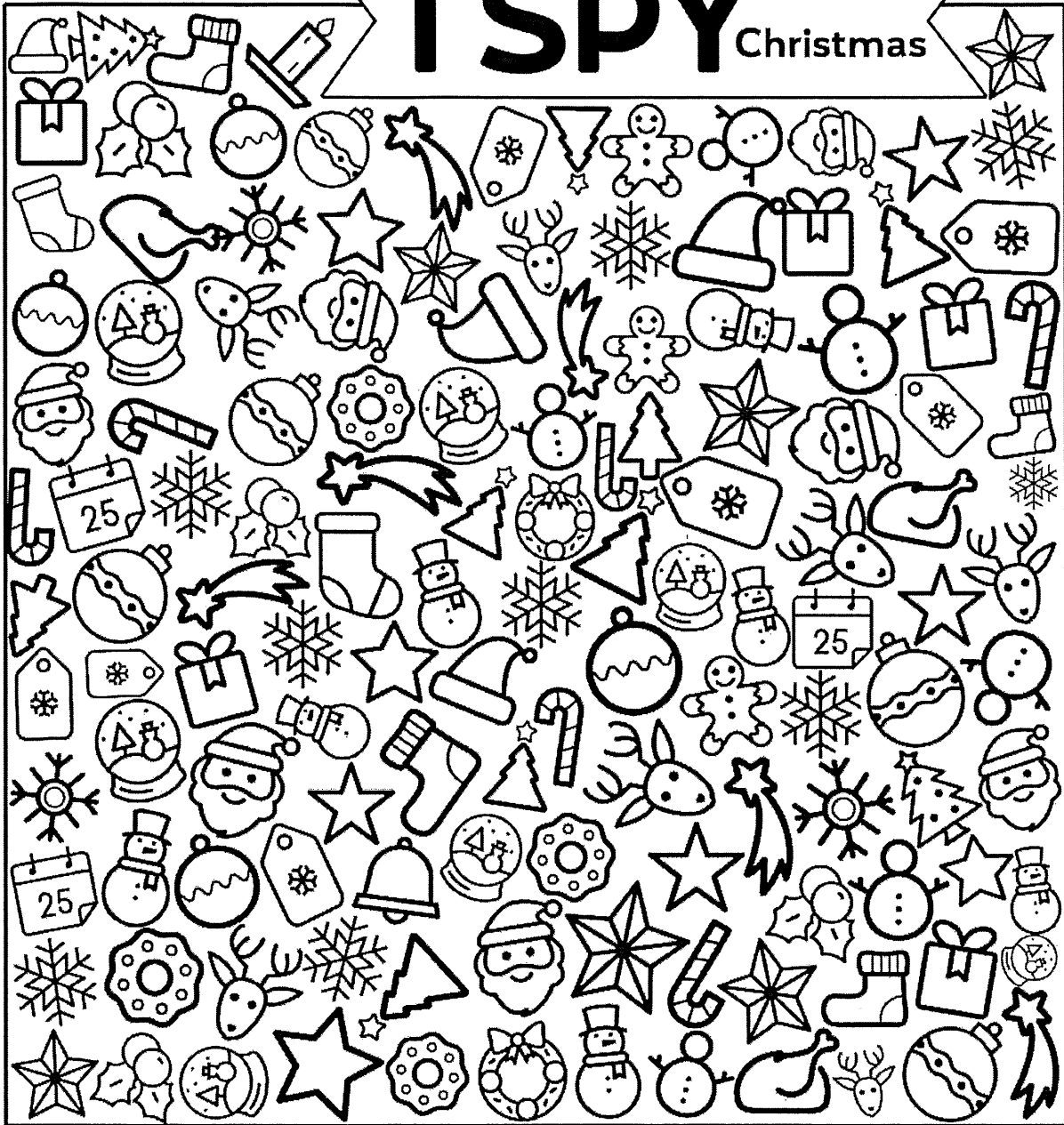
Christmas Sudoku

Directions: Draw in the missing pictures so that each row, column and 2x3 grid contains one and only one example of each picture.

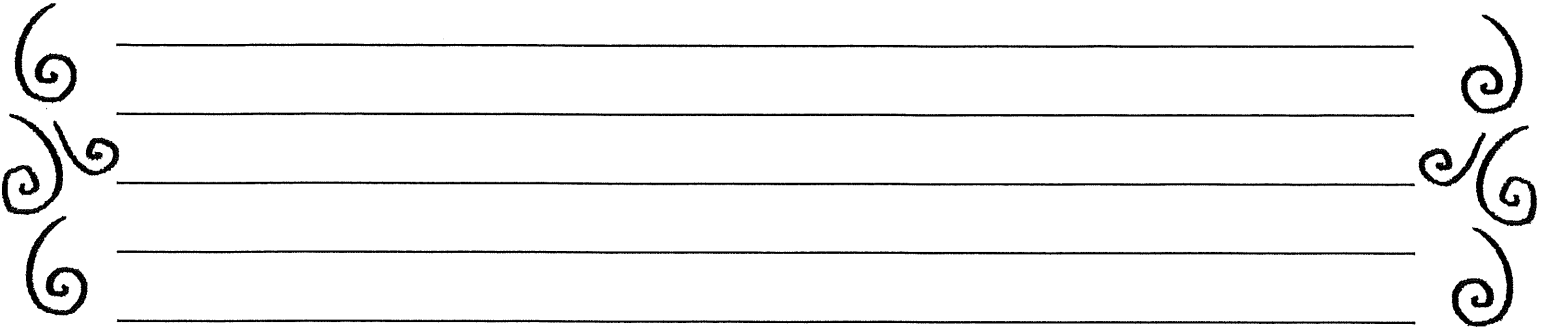
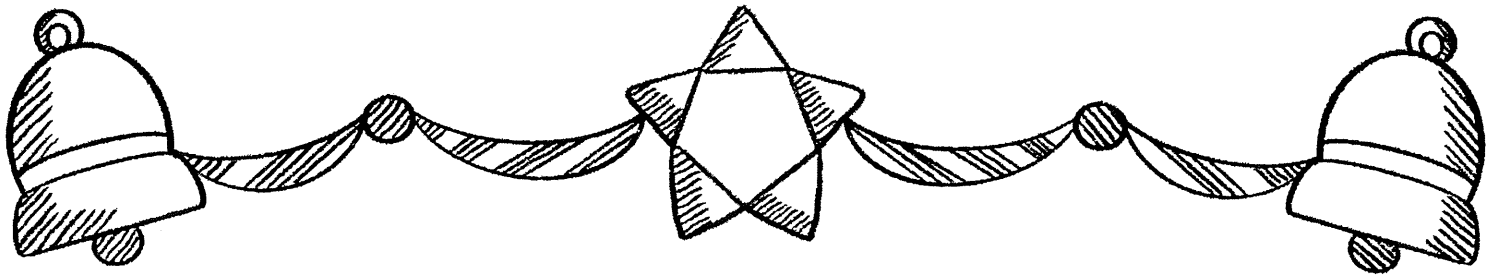
					
					
					
					
					
					



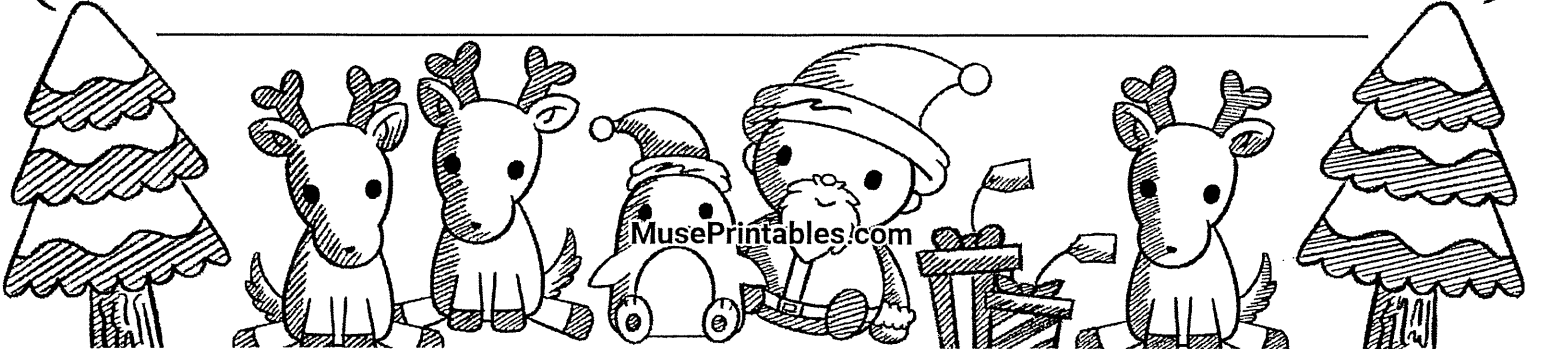
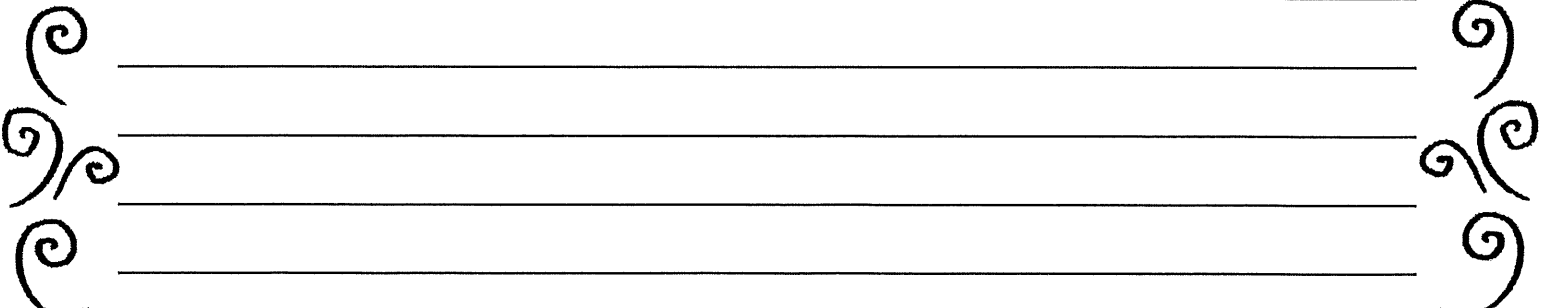
I SPY Christmas

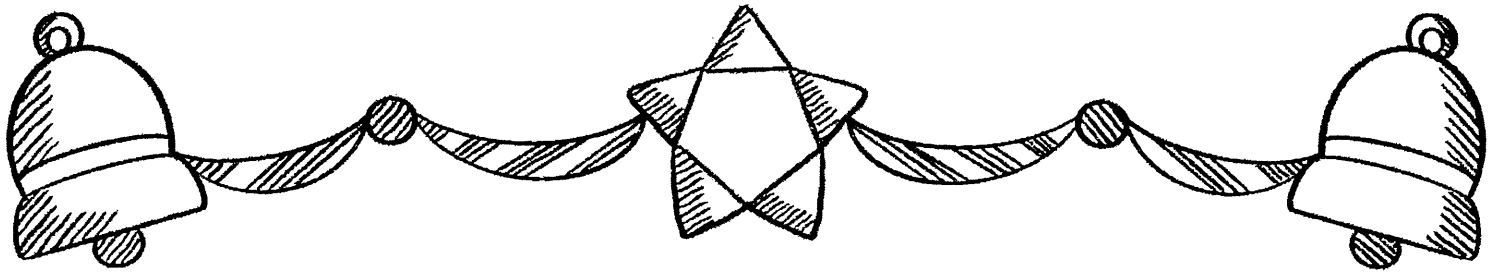


- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |

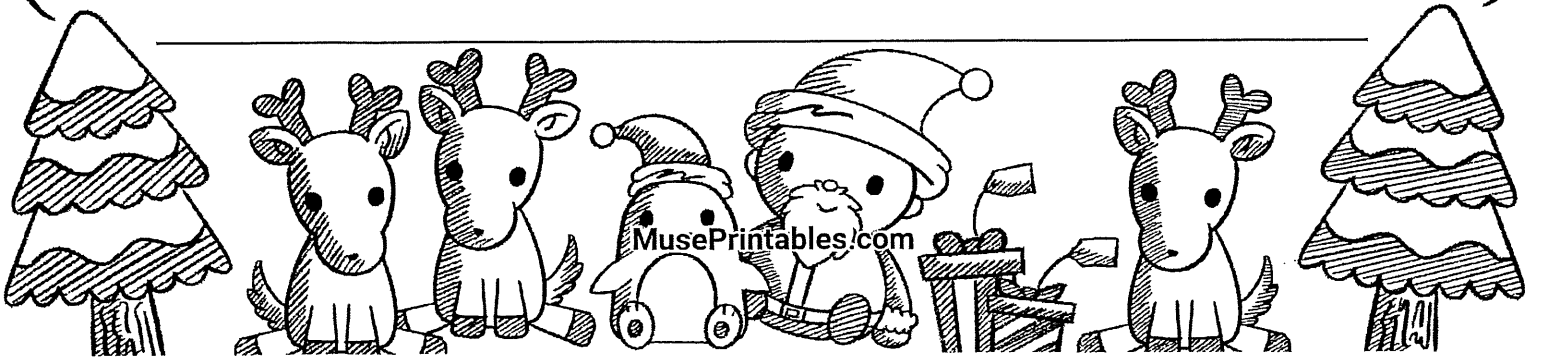


A series of horizontal lines for writing, consisting of 18 lines in total, arranged in a central column.

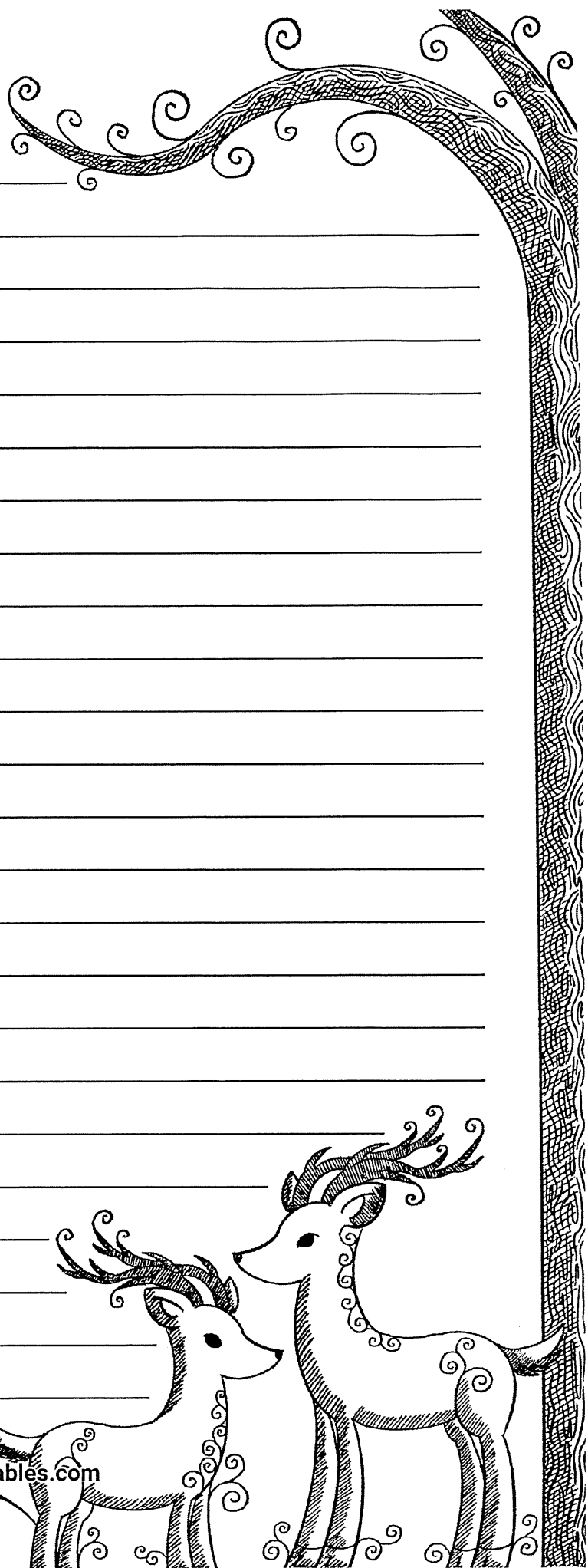




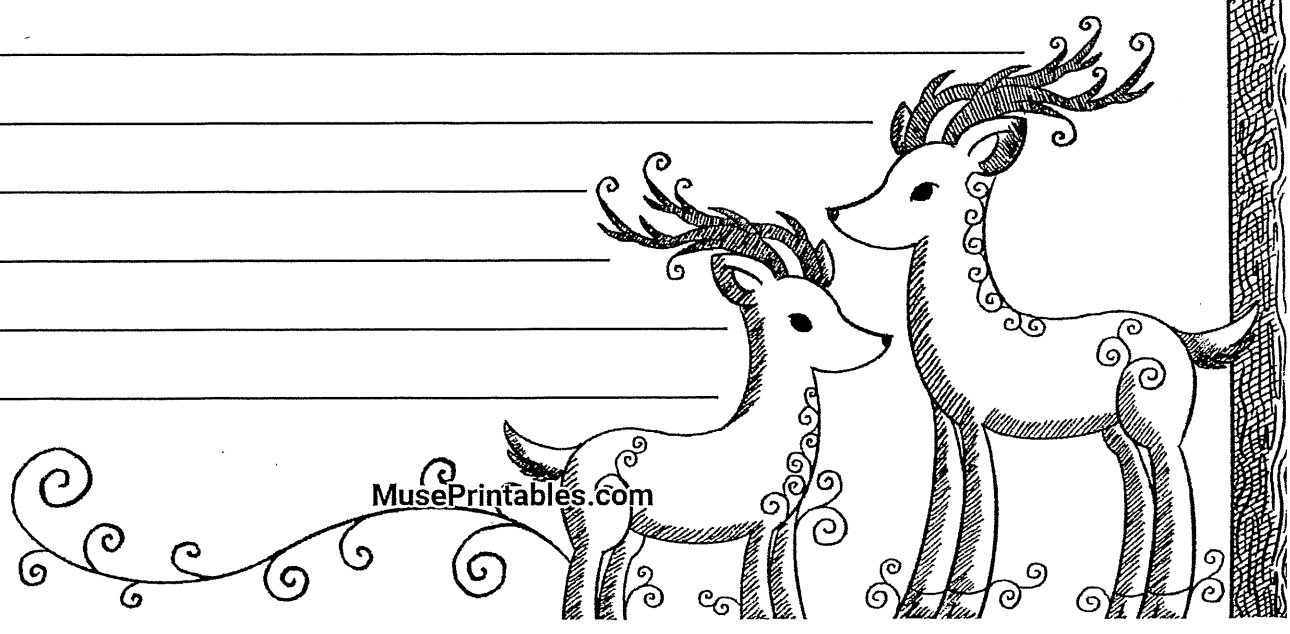
A large central area containing 18 horizontal lines for writing, framed by decorative scrollwork on the left and right sides.



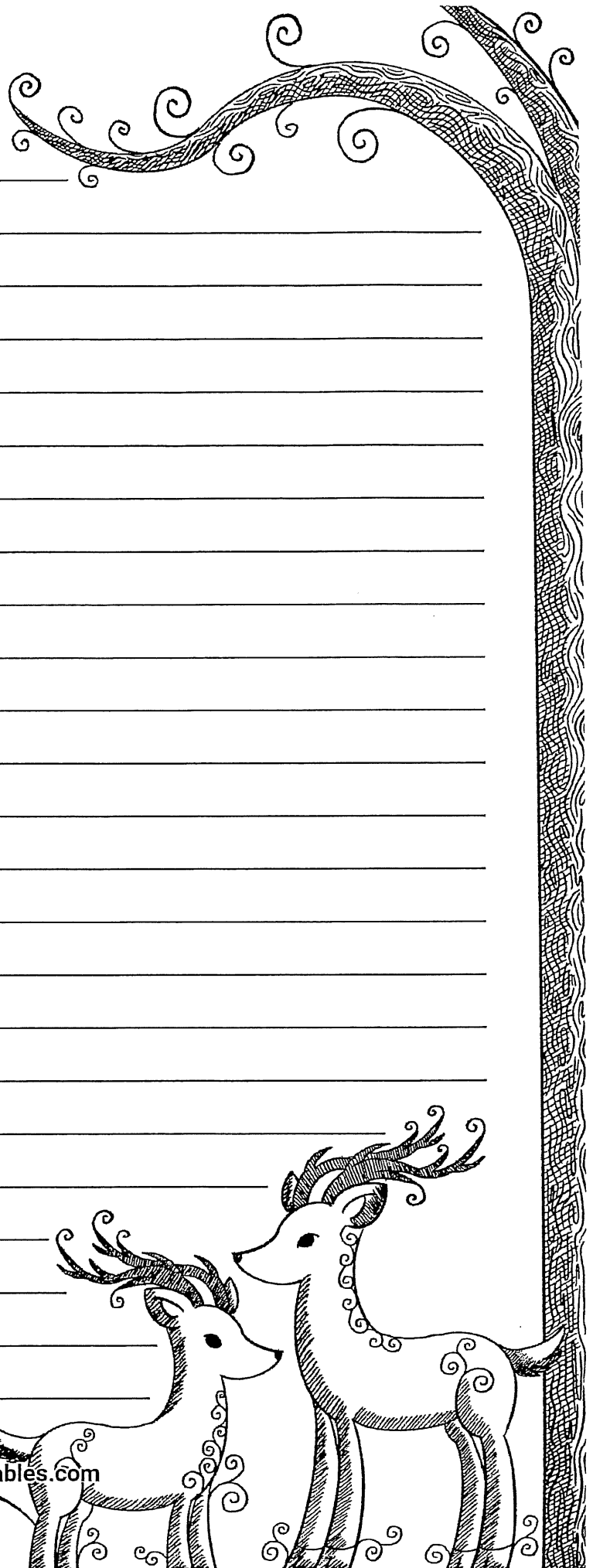
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A series of horizontal lines for writing, spanning most of the page width.



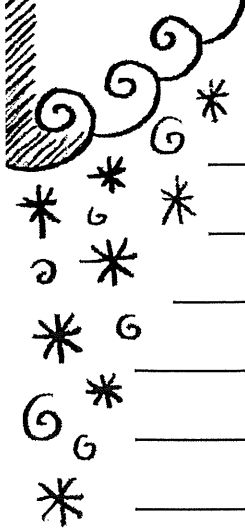
MusePrintables.com



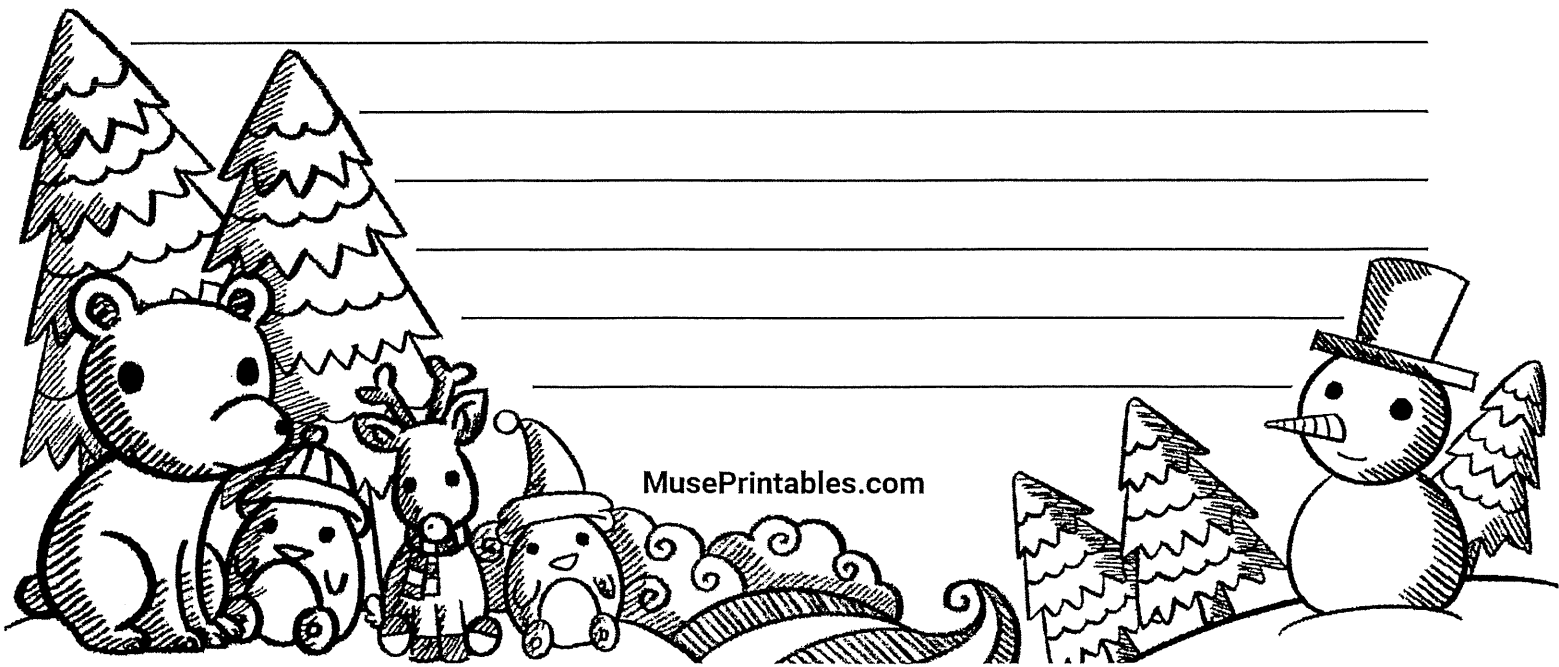
A series of horizontal lines for writing, spanning most of the page width. There are 20 lines in total, evenly spaced.



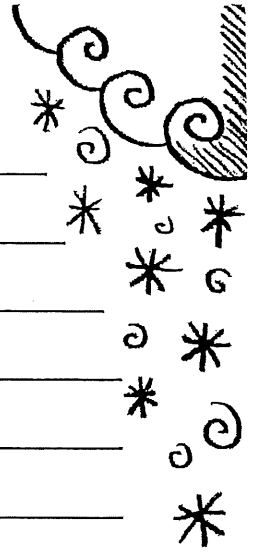
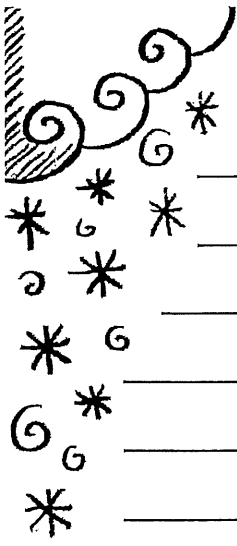
MusePrintables.com



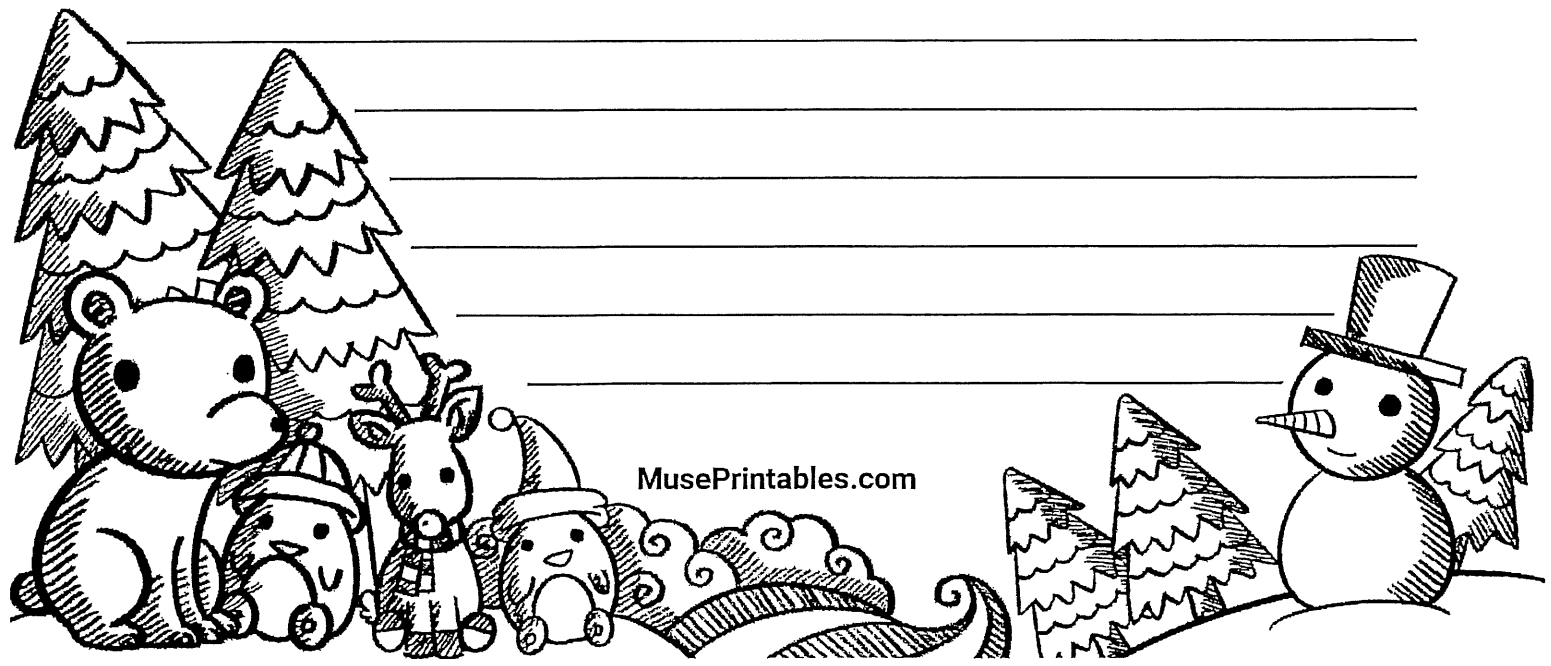
Handwriting practice lines consisting of ten horizontal lines.



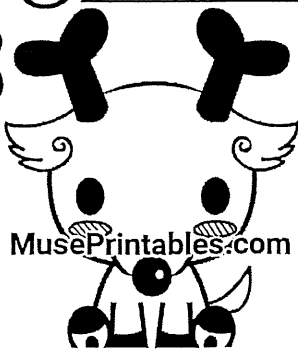
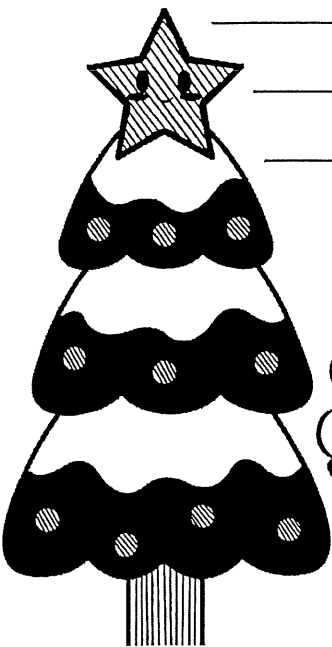
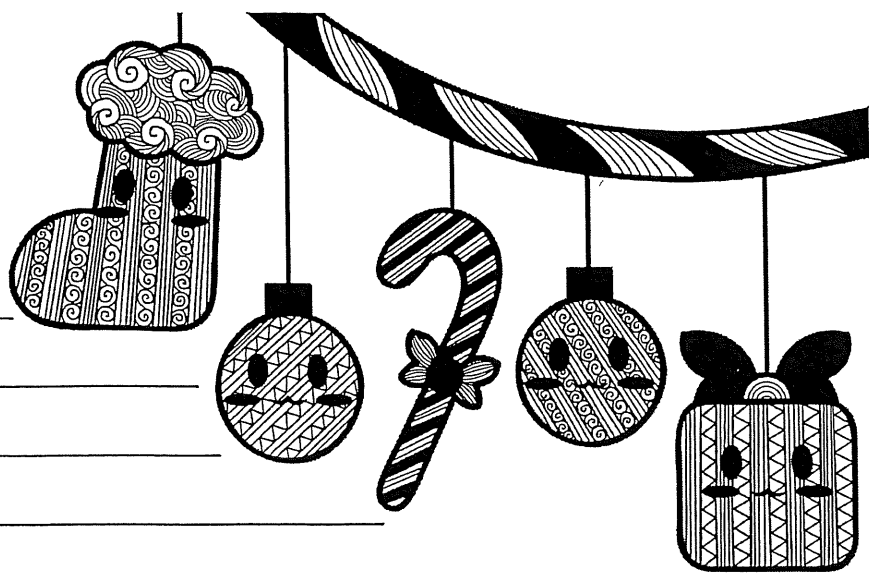
MusePrintables.com



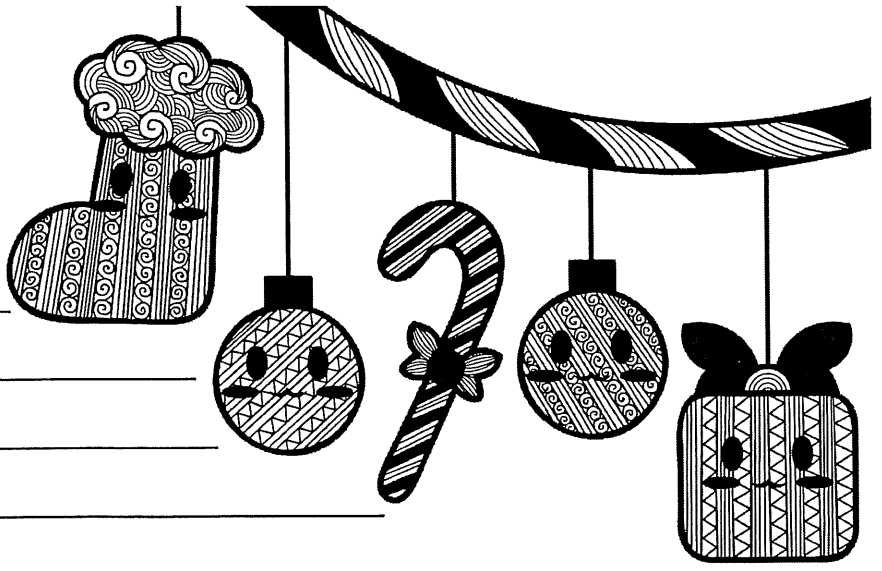
Handwriting practice lines consisting of 15 horizontal lines. The first four lines are closer together, while the remaining eleven lines are more widely spaced.



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A series of horizontal lines for writing, starting from the top left and extending across the page.



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A series of horizontal lines for writing, located below the illustrations of Santa Claus and the reindeer.