



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

January 26, 2023

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SECURITY



Property Reduction Update

Property reduction is an ongoing issue and concern. The Fire Marshall will be returning to OSP in February. His primary focus at this time will be on the housing units and in-cell property. Per his previous requirements, the following still applies:

Items authorized to be on the floor:

- 2 pairs of shoes per person
- 1 musical instrument
- Approved medical device (CPAP, prosthetic, walker, etc.)

This means that no boxes or plastic totes can be stored on the floor (we are not including legal boxes at this time). Any plastic totes that you purchased must be able to fit on your desk or shelves within the cell. Please remember that items stored on your shelves cannot exceed 12 inches in height. Legal property limits will be determined by DOJ soon.

No items are to be adhered to the walls, ceilings, windows, doors or bars of the cell. This includes calendars, pictures, posters, sheets and towels etc. You are not authorized to utilize blanket, prayer rugs, or any other item as a floor mat or rug.

Your property shall not exceed the capacity of storage space located in your assigned housing area and designated by the functional unit manager/designee for the storage of your personal property. Designated storage space includes, but is not limited to, drawers, storage box(es), cabinet(s), shelf/shelves, clothing hook(s), or under the bunk. We are still working on a solution for creating a television stand that will allow you to safely secure them in your cell.

Each unit is equipped with containers that are equivalent to the amount of property that is authorized. These containers may be utilized by unit staff to verify that there is not excessive property in the cell. Anytime you move cells these containers will be utilized to verify that your property does not exceed the approved storage capacity for the cell. You will be asked to place your property into the containers. Any property that cannot fit in the container will be considered excessive.

AICs that have excessive property will be required to decide to send their property out of the facility (at your expense) or dispose of the items.

Actualización de reducción de propiedad

La reducción de la propiedad es un problema y una preocupación constantes. El jefe de Bomberos regresará a OSP en febrero. Su enfoque principal en momento será en las unidades de vivienda y en la propiedad de la celda. Según sus requisitos anteriores, lo siguiente todavía se aplica: Artículos autorizados para estar en el piso:

- 2 pares de zapatos por persona
- 1 instrumento musical
- Dispositivo médico aprobado (CPAP, prótesis, andador, etc.)

Esto significa que no se pueden almacenar cajas o bolsas de plástico en el suelo (no incluimos cajas legales en este momento). Cualquier bolsa de plástico que haya comprado debe poder caber en su escritorio o estantes dentro de la celda. Recuerde que los artículos almacenados en sus estantes no pueden exceder los 12 "de altura. Los límites de propiedad legal serán determinados por el DOJ pronto.

No se deben adherir artículos a las paredes, techos, ventanas, puertas o rejas de la celda. Esto incluye calendarios, fotos, carteles, sábanas y toallas, etc. Usted no está autorizado a utilizar mantas, alfombras de oración o cualquier otro artículo como alfombra o tapete. Su propiedad no excederá la capacidad del espacio de almacenamiento ubicado en su área de vivienda asignada y designado por el gerente de la unidad funcional / designado para el almacenamiento de su propiedad personal. El espacio de almacenamiento designado incluye, pero no se limita a, cajones, caja(s) de almacenamiento, gabinete(s), estantes / estantes, gancho(s) de ropa o debajo de la litera.

Todavía estamos trabajando en una solución para crear un soporte de televisión que le permita asegurarlos de forma segura en su celda. Cada unidad está equipada con contenedores que equivalen a la cantidad de propiedad que se autoriza. Estos contenedores pueden ser utilizados por el personal de la unidad para verificar que no haya propiedades

excesivas en la celda. Cada vez que mueva celdas, estos contenedores se utilizarán para verificar que su le permita asegurarlos de forma segura en su celda. Cada unidad está equipada con contenedores que equivalen a la cantidad de propiedad que se autoriza. Estos contenedores pueden ser utilizados por el personal de la unidad para verificar que no haya propiedades excesivas en la celda. Cada vez que mueva celdas, estos contenedores se utilizarán para verificar que su propiedad no exceda la capacidad de almacenamiento aprobada para la celda. Se le pedirá que coloque su propiedad en los contenedores. Cualquier propiedad que no pueda caber en el contenedor se considerará excesiva. Los AIC que tienen una propiedad excesiva deberán decidir enviar su propiedad fuera de la instalación (a su cargo) o deshacerse de los artículos.

/s/ C. Porter, Group Living Captain

ACTIVITIES



T.A.G. Talks Coming Summer 2023

Sponsored by T.A.G. (Taking Accountability Group) and UHURU SASA Cultural Club

This is a show created for the OSP community. We are looking for people who have suggestions for other relevant topics. Also, we are looking for AICs who would like to host or be guests on the show.

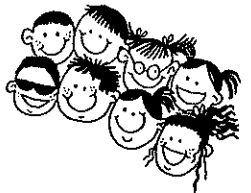
Please send an AIC Communication form to the Activities Floor c/o UHURU SASA Secretary, Xavier Bolden.

1. Post Clemency Results--Conversations with AICs that did not receive the result they were looking for but did not deviate from their focus on transformation: Feelings, thought process, emotions, motivation, etc... (already recorded)
2. It is okay to not be okay--Tackling toxic masculinity in prison.
3. Pros and Cons of T.A.G.--How can T.A.G. facilitators integrate back into their communities without the repercussion of their past lifestyles derailing the objective? Past rivalries, high-risk communities, limited support system, etc.
4. Mental Health--Taking care of what is on the inside.
5. Passions and Hobbies--Showcasing creative talents: music, art, poetry, books, etc...
6. Transformation--Take the community through your journey.
7. Juvenile Offenders--Adolescence thinking vs. Manhood: The struggles of stepping off a dysfunctional stage and rebuilding a solid foundation to build on.

8. Hip-Hop--The powerful influence Rap music has on our youth: 80s, 90s, 2000, and 2020, post Covid.
9. Social Media--Pros and Cons: How do you keep your pivot foot planted when you are exposed to so much information at one time?
10. Death, Trauma, Recovery--The problems teens have dealing with death at an early age. The untreated trauma that leads to emotional dysfunction and the unfortunate cycle of kids learning from kids opposed to seeking help from a proper source. Recovery plans?
11. LGBTQ--Understanding your neighbors?
12. Education--Exploring different genres of learning: Academic, social, political, etc.
13. Prince Roast--I hear I am hard to deal with, unapproachable, my way or the highway mentality: Open mic for my peers to peel away the layers, ask the tough questions, and offer constructive criticism.
14. Relations between staff and AICs--Effective communication, bridging the gap, home vs. workplace, etc...

/s/ T. Olsen, Rec. Specialist Lead

CORRECTIONAL REHABILITATION



A Note About Children Visits

Effective now through May 31, 2023, only one child will have points deducted. Only one child per visit, 17 and under, will be deducted visiting points per session. This is a pilot that will run until May 31, 2023.

/s/ C. Lenex, Correctional Rehabilitation Manager

COMMISSARY

Nintendo Switch, Games and Accessories

In order to purchase the Nintendo Switch, games or accessories, you must be a LEVEL 3 and have Sufficient Funds on your Trust Account.

Send an AIC Communication to the Canteen, Attn: M. McPherson, to be placed on a call out for the following:

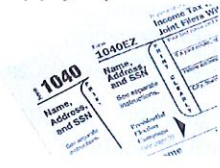
1. Purchase Information (no color option for the console)
2. Game Availability
3. Warranty Information



If you are not the appropriate level or do not have money on your trust account, you will not be scheduled.

/s/ M. McPherson, Canteen Supply Specialist

LEGAL LIBRARY



2022 Taxes & Forms

- DOC will not be providing Adults in Custody (AICs) with tax forms.
- It is recommended that AICs obtain appropriate tax forms (*IRS Form 1040 / Oregon Form OR-40, etc.*) and instructions from a trusted source outside of the institution.
- AICs will need to use their own pre-addressed, postage paid envelope(s).
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- Department staff may not provide tax advice to AICs.

/s/ T. Hickey, DOC Library Services

Library Request Form Reminder



All Legal Library Request Forms (CD1714) need to be filled out completely before schedule processing takes place.

Section A - Case Information (Required)

Deadline Date: _____ Jurisdiction/Court: _____
Examples: Multnomah County/County Court/Court of Appeals/U.S. District Court

Case Number: _____ Case Name: _____
Examples: 10-10-00000 Example: State v. Your Last Name

Type of Court Filing: _____
Examples: Direct Appeal/Motion/Corpus Post Conviction/Mandamus

Are you represented by an attorney? Yes No If yes, attorney's name: _____

Subject of your appointment: _____

Section B - Program Schedule (Required)

Work Assignment: None Hours: _____ Days: _____

Program: None Hours: _____ Days: _____

	S	M	T	W	T	F	S

Section C - Select Equipment type

Thin Client: Computer Research Word Processor

Miscellaneous: Copies Forms

Desk Research Legal Assistant Mail Out Other: _____

Comments: _____

This is a reminder that before submitting a Library Request Form, you must completely fill out Section A (Case Information), Section B (Program Schedule), and Section C (Select Equipment Type). If a section or question does not apply to your situation, write in the letters "NA".

Incomplete forms will be returned for completion.

/s/ R. Polk, Library Coordinator

HEALTH SERVICES

Proper Fitting Shoes



Having proper fitting shoes is important to your-foot health. Wearing shoes that are comfortable and fit your feet can help prevent injuries such as blisters and calluses are important. Shoes that fit properly may also help you stick with your exercise program or daily activity. ODOC Canteen has a variety of shoes that can support healthy feet. When choosing shoes, consider the following:

Size your feet in the afternoon, late in the day. The size of your feet can increase up to half a shoe size during the course of a single day of standing or walking because of swelling. Try your shoes on with the socks you will exercise in.

Also, your feet relax with age so wider, longer shoes are needed as we get older.

Ensure your shoes provide comfort and cushioning. Stand on your tiptoes to make sure that your heel does not come out of the shoe.

Make sure that the shoe bends easily under the ball of your foot. Make sure there is no tightness or rubbing and that the shoe's arch support matches up with your foot's arch.

After lacing, make sure that the lace holes on either side of the shoe are at least one inch apart. If they are too close, you will not have enough room to adjust the laces. If they are more than two inches apart, the shoes may be too tight.

Make sure the front of the shoe is wide enough so that your toes can spread, and make sure your longest toe is about the width of a thumbnail from the end of the shoe by pressing down with your thumb.

Learn your foot shape:

Lay a brown grocery bag flat on a hard surface. Get your bare feet wet then walk across the paper.

If your footprint shows the entire sole of your foot with little to no curve on the inside--or if your shoes show the most wear on the inside edge it means you've got low arches or flat feet and tend toward overpronation--meaning your feet roll inward. Overpronation can create extra wear on the outside heel and inside forefoot. You'll want a shoe with a motion-control feature and maximum support.

If the footprint shows only a portion of your forefoot and heel with a narrow connection between the two--or if your shoes wear out mostly on the outside edge--you have high arches and tend to underpronate (also called supinate)--meaning your feet roll outward. Underpronation causes wear on the outer edge of the

heel and the little toe. Look for a cushioned shoe with a soft midsole.

/s/ C. Coffey, Medical Services Manager

EDUCATION



Federal Student Aid (FAFSA) Information

Free Application for Federal Student Aid (FAFSA) is available to take effect on July 1, 2023.

- You can apply for FAFSA in July 2023.
- FAFSA will consist of 36 questions.
- All incarcerated individuals who meet the general eligibility requirements are eligible regardless of conviction or sentence length.
- FAFSA funds will cover tuition, textbooks, and fees.

More information on FAFSA will appear in AIC newsletters as July 1 gets closer.

/s/ K. Arrington, DOC Education

JOB ANNOUNCEMENTS

Physical Plant HVAC Shop Position

OSP HVAC Shop is looking to fill a worker position.

This position will give someone the opportunity to learn installation, maintenance, and repair of HVAC and steam systems.

The desired candidate will embody this list of personal traits:

- Self-motivated with a desire to learn new skills.
- Willingness to take direction, give and receive constructive criticism, and work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Maintain regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Must be able to lift 50 pounds, work in confined spaces, on ladders or scaffolding, and in extreme temperatures.

All applicants must have a year of clear conduct with a level 3 NCI.

Please send completed applications to Noland/Willette Physical Plant HVAC Shop.

/s/ P. Willette, Physical Plant HVAC Shop



Physical Plant Electronics Shop Position

The Electronics Shop is accepting applications from AICs interested in a career as a low voltage electrician.

This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB Electrical License.

The desired candidate will embody the following list of personal traits:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take direction, constructive criticism, and work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable, maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.

All applicants are required to have close to five years left on their sentence or more, must have a year of clear conduct with a level 3 NCI, and must have the desire to be able to be a productive member of society when released.

Send applications with Resume to Palmer/Schaeffer Physical Plant Electronics Shop. Good Luck!

/s/ S. Palmer, Physical Plant Electronics Shop



RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, January 28

8:00 am LDS
Sweat Lodge
JW
1:00 pm Jewish
SDA
6:00 pm Calvary Chapel

Sunday, January 29

8:00 am Spanish Protestant
Spanish JW
1:00 pm Lutheran (1st/3rd/5th Sundays)
Urantia Study (1st/3rd Sundays)
6:00 pm Catholic

Tuesday, January 31

1:00 pm Agape
Orthodox Christianity
(2nd/4th Tuesdays)
6:00 pm Buddhist (1st/3rd Tuesdays)

Thursday, February 2

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, February 3

1:00 pm Nation of Islam
Sunni Jumma prayer

A Point to Ponder

“The most difficult thing is the decision to act, the rest is merely tenacity.”

~Amelia Earhart

tenacity

[tuh-nas-i-tee] *noun*

the quality of being very determined; persistent forward momentum with a game plan; to never stop trying to achieve a goal even in the face of seemingly insurmountable odds



		Mainline					Week at a Glance	
		Monday 1/30/2023	Tuesday 1/31/2023	Wednesday 2/1/2023	Thursday 2/2/2023	Friday 2/3/2023	Saturday 2/4/2023	Sunday 2/5/2023
Week 1	BREAKFAST	<u>Ham & Cheese Muffin</u> Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Vegetable Scramble</u> Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Beef Hash</u> Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Ketchup - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>French Toast with Maple Syrup</u> Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sta) - 3.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Fried Egg & Cheese Muffin</u> Flourina - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Poultry Sausage & Eggs</u> Canned Fruit - 0.50 CP Scrambled Eggs (Sta, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	<u>Oatmeal, Eggs & Fresh Fruit</u> Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta, Chl) - 1.00 EA Breakfast Pastry (Sta, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH	<u>Grilled Cheese & Tomato Soup</u> Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sta) - 2.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Barbeque Pork Sandwich</u> Coleslaw (Sod) - 0.75 CP *Barbeque Pork (Chl, Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sta, Sod, Chl) - 0.75 CP Broccoli - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Tuna Salad on Lettuce</u> *Soup of the Day (Sod, Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Lettuce Salad with Chicken</u> Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Sliced Dressing (Sta, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Lettuce Salad with Chicken</u> Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Sliced Dressing (Sta, Sod) - 2.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>Tacos</u> Taco Meat Blend (Sta, Chl) - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	<u>PB&J Sandwich</u> *Soup of the Day (Sod, Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod, Sta) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 1	DINNER	<u>Salisbury Steak</u> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl, Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	<u>Turkey a la King</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Ala King (Sod, Chl) - 0.75 CP White Rice - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SLC Margarine (Sta) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	<u>Ranch Chili w/ Baked Potato</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl, Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sta, Chl) 2.00 TBS Blended Vegetables - 0.75 CP Combread (Sod, Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	<u>Pizza, Soup & Salad</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sta) -1.00 EA Lemon Bar (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	<u>Chicken Pot Pie</u> Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sta, Sod) - 2.00 EA Broccoli - 0.75 CP Cookie (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	<u>Beef Stew with Rice</u> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod, Chl, Sta) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Tea - 8.00 FLOZ	<u>Bean & Cheese Burritos</u> Texas Slaw - 0.75 CP Burrito Beans - 1.00 SV Shredded Cheese (Sta, Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.
*Items contain or may contain pork. Meat-Alternative Trays are available at lunch and dinner only.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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