

The Echo

Replacing Equipment
NEW WEIGHT PILE

Upcoming Events
AT EOCI

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The Echo
Volume V, Issue V
May, 2023

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A Publication of the Department of Corrections*

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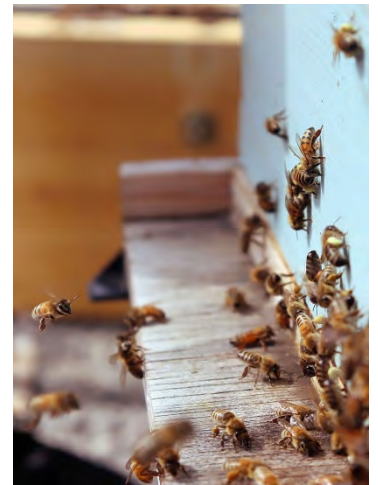
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The Leg Press

Photograph by Phillip Luna



THE OREGON WAY

Shiny New Toys

Weight Equipment Returns to EOCI

Written by Phillip Luna

After more than 30 years the East and West yard weight areas received a much needed renovation. The weight racks were removed on February 8th, 2023 by the physical plant workers and staff who were then tasked with refurbishing the equipment. This process involved stripping paint, rust, and reapplying paint that can withstand the outdoor elements. The safety bars and pins for each rack have been remade or refurbished.

“It took three weeks for us to renovate the weight racks,” said Welder Gerry Hight. *“First we took the racks off the yard, cutting them away from their bolted positions. When we got them back to the Physical Plant we spent the next few weeks wire wheeling them down to their bare metal, removing all the paint and rust. Then we put newly fabricated safety bars on the sides and finally painted the racks with a weather resistant black paint. The crossover cables were also taken apart and powder*

coated and then lubricated before putting them back together.” The Physical Plant workers out counted during the first two weeks of renovations, working from 7 am to 8 pm most of those days.

“Out here at the Physical Plant we are always doing our best to make the facility better for everyone at EOCI,” said Hight. *“We take pride in the job we did working on the weight piles.”*

On April 25th, the process of removing the cable equipment began. Simultaneously, and after several long weeks of refurbishing, the weight racks were rein-

stalled with new mats. While the racks have been refurbished and the barbells completely replaced, the plates will be the same, as they are still in working condition.

On April 27th, the equipment vendor installed the newly purchased cable machines, with the help of the physical plant workers and staff. Some of the old cable equipment will be recycled - refurbished and used to supplement the indoor recreation areas. *“I asked if we could use some of the old equipment for the indoor areas,”* said Electrician Peter Cuddie, *“Neistadt and the Operation Captain approved it. We’re going to refurbish some of this equipment and add it to other areas.”*

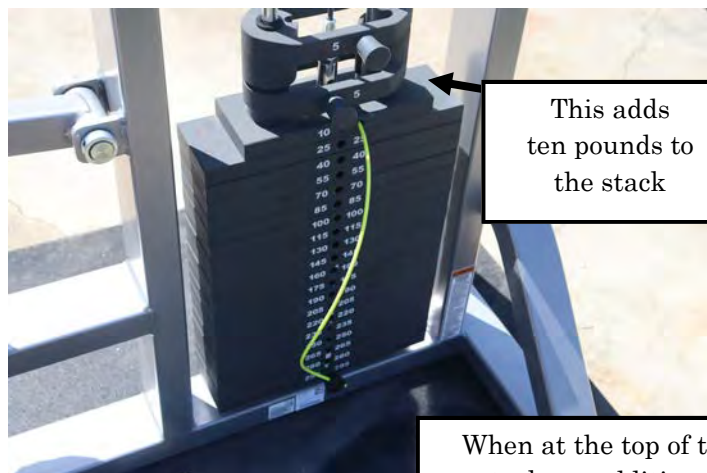
Overall this renovation required months of planning, a more than \$200,000 commitment from the Department of Corrections, and a significant effort from the physical plant workers, staff, and EOCI administration. The end result will serve the EOCI community for years to come. *“It was cool to be a part of this renovation effort,”* said James Paulk, physical plant orderly, *“we are all really grateful to have our weights.”*

Photos continued on next page...

While most of the new equipment is fairly intuitive, here are a few key points you may not have noticed.

The Added 5 Lb Weight

While every weight stack is adjustable in fifteen pound increments, there are two five pound plates that can be added at any time. This allows for weights in between the plate amounts.



This adds ten pounds to the stack



When at the top of the stack, no additional weight is added

Adjustable Leg Machines



Most of the leg machines are adjustable in multiple ways. Both by the length of your leg and the angle of the lift.



This adjustment changes the angle of the lift.

This adjustment helps accommodate the size a person. A person with longer legs should use a larger setting.



Tricep Machine

The machine, pictured right, is actually a tricep press machine. The resistance occurs as you push away from your body.



Resistance as you
push away from
your body



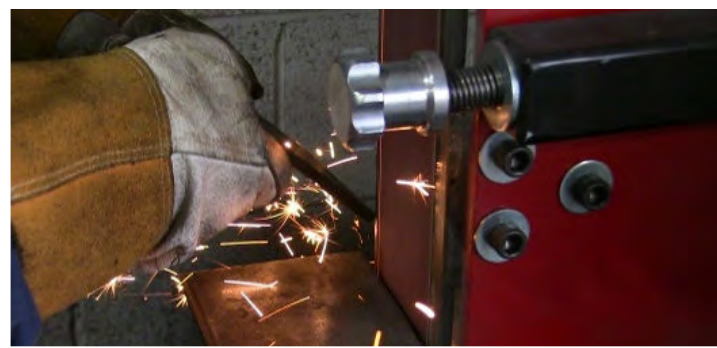
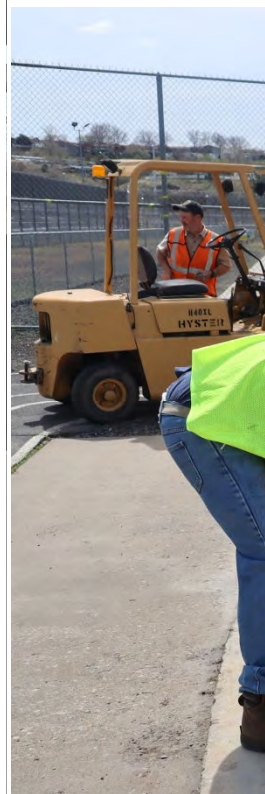
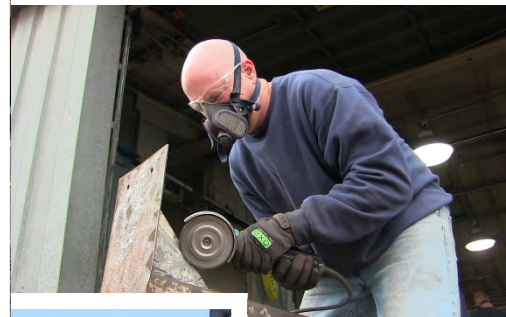
The Leg Press

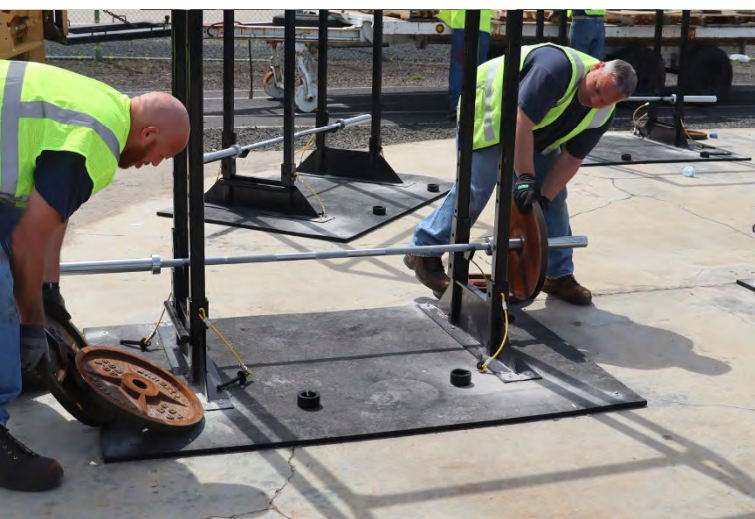
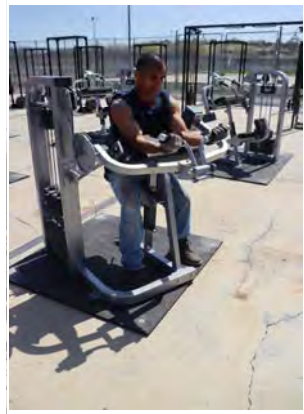
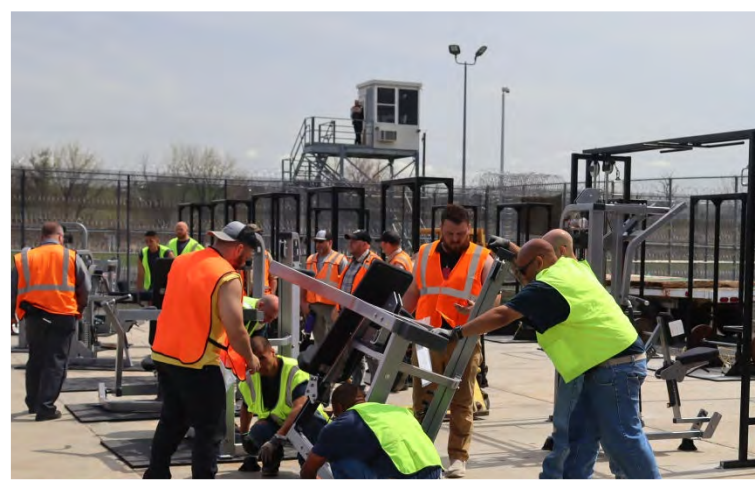
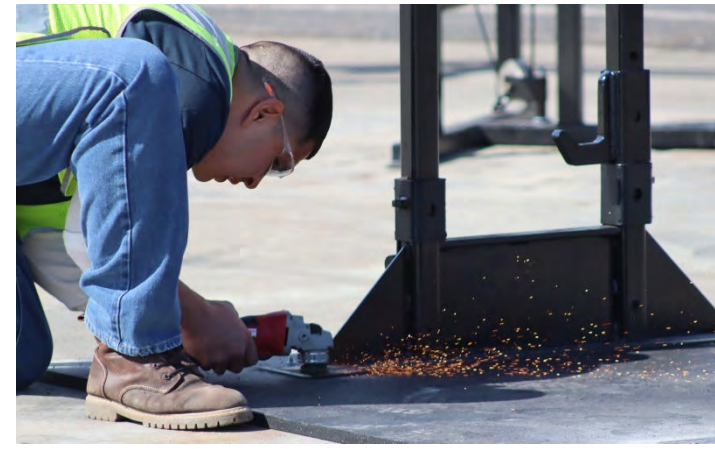


There's no special tricks to
this machine. We are just excited
to have a leg press.

Other Notes: The previous equipment was used for more than 30 years before being replaced.
Keep that in mind! Don't slam down or misuse the equipment.

Salt can corrode metal and sweat has a high salt content. Wipe down machines after use!







Student Shawn Wiesner works his shared garden plot.



Visitor Douglas Pentland discusses the garden program with a student.



Roots of Success class and EOCI visitor/class auditor Pentland.



TALK OF THE TOWN

Environmental Centric Classes

Roots of Success Representative and a JLAD Representative Audit Programs

Written by Patrick Gazeley-Romney

On Thursday March 23rd, IWP welcomed Douglas Pentland, a visitor from the Roots of Success organization. His visit marked the first occasion that a representative from an outside organization has visited the programs offered at IWP since it began offering environmental-related programming five years ago. Douglas sat in on Seed2Supper and Roots of Success classes, and toured the EOCI Apiary, Greenhouse and East side housing units.

During Douglas' visit, the gardening class happened to be planting some spring vegetables including Lettuce, Kale, Chard, Broccoli and Brussels Sprouts. The nine class participants engaged with Douglas, telling him about their experiences in the program, and hopes for the future. Douglas was also able to offer some practical advice and encouragement as he



previously taught horticultural science to people incarcerated at the Riker's Island in New York.

The gardening class recently finished Seed2Supper, graduating nine participants: Efrain Berrelleza, Robert Dixon, Kobe Cordray, Niaz Khoshnaw, Jeffrey Metzger, Christian Reyes, Paul Reyes, Kean-dre Scott and Shawn Weis-ner. Eight of the nine students will be moving on to the OSU Master Gardener course, a 12-week course that will run for the remain-der of the summer.

Gardening class participant Robert Dixon expressed his excitement about the OSU Master Gardener course. *"I'm looking forward to building on the basic knowledge I gained from the Seed2Supper course; to learning about the scientific aspects related to producing my own food."*

This year, class participants are working in pairs and are assigned a plot of their own to take care of. Each pair is responsible for planning what they want to plant, sowing seeds, making starts and weeding and managing pest populations in their assigned areas. The class has sown a variety of spring vegetables and they are currently waiting to plant their summer starts in the latter half of May.

While sitting in on the Roots of Success class, Douglas noticed the passion of the participants in discussions about environmental issues. The goal of Roots of Success is to get students excited about environmental problems and help them think about solutions and engage them with pathways to jobs in green industries. *"There are so many entrepreneurial business opportunities for repurpos-ing waste. Seeing the sheer volume of entry level green jobs has me excited for the future,"* says Nicholas Shatlaw, a current Roots of Success class participant. Roots of Success recently graduated 11 students and another 14 students are set to graduate by the end of July.

JLAD Canine Falcon joins *Seed 2 Supper* for the day



Falcon learns about seed germination...



...and soil.



Falcon watches intently as Facilitator Gazeley-Romney places the starts.



Falcon learns to water plants!



Beekeeper Patrick Gazeley-Romney poses with a frame of honeybees.

TALK OF THE TOWN

Two Million Flowers for Each Pound of Honey

EOCI's Hardest Working Residents Kick off the Season With Support From the 2023 Beekeeping Class

Written by Phillip Luna

Who are EOCI's hardest working residents? It's arguably the hundreds of thousands of honey bees from the apiary program. A honey bee must gather nectar from nearly two million flowers to make just one pound of honey. Honey is produced by mixing nectar, which is a sweet substance secreted by flowers, with bee enzymes, then filling comb with that nectar and ripening it for storage.

Every year ten students are selected to participate in the EOCI beekeeping program in support of the apiaries. The program is a yearlong endeavor where

students learn hive management and develop their beekeeping knowledge while completing Beginner and Apprenticeship Certification through the Washington State Beekeeper's Association. After dozens of interviews the fortunate ten are: Efrain Berrelleza, Charley Carnes, Patrick Dills, Dushon Harris, Paul Reyes, Cosmo Seal, Steve Shelton, Joe Tuttle, Shawn Weisner, Jeremiah Mauer, and Lucius Wilson. Classes began in April of this year under the tutelage of experienced beekeepers Patrick Gazeley-Romney, Scott Steffler, Brett Lloyd, and Phillip Luna. This year the students will spend 20 weeks in the classroom in addition to gaining hands-on experience in the field.

Spring time is ripe for swarms of bees. A swarm is a natural process of reproduction for a hive – as the hive fills up with bees a portion of the colony will separate and fly off to create a new hive. EOCI residents should not be alarmed to see a mass of bees gathered around the institution as this is normal for the time of year.

For the beekeepers the primary task in April and May is to catch or reduce the number of swarms from the apiary. A colony of bees can cost around \$180 to \$250 from a distributor – a cost which can be avoided by catching a swarm and introducing it to a new hive. Additionally, beekeepers can preemptively create an artificial swarm (called a split-pictured top right). This can reduce the chance of a swarm event and allow the beekeepers to produce a new hive.

So far this year a major challenge for the program has been the variance in weather. A sunny afternoon followed by a hail storm doesn't provide the best situation for working the apiary. Generally, a hive should not be opened or worked on until outside temperatures reach 60 degrees Fahrenheit. A colony exposed to cold temperatures can suffer from a condition known as *chilled brood*, which is essentially death from exposure.

For the students of the beekeeping program their journey is just beginning and there will be plenty of work to do this season. While honey and beeswax production are the primary products of the apiary, honeybees are also pollinators and are estimated to be responsible for one third of the human food supply globally. The apiary work the students complete this year will help crops around EOCI, including the new honeycrisp apple trees scheduled for installment this year.



Beekeeper's Patrick Gazeley-Romney, Scott Steffler, and Brett Lloyd (not pictured) create a split.



Beekeeping Facilitator Luna demonstrates the process of installing a new colony to the beekeeping class.



Beekeeper Facilitator Luna explains the use of an entrance reducer.

Events and Fundraisers at EOCI

Commonly Asked Questions

Written by Phillip Luna

What's the difference between an enhanced meal and a fundraiser?

An **enhanced meal** is (usually) a level 3-only incentive meal for the AIC population. These meals are at-cost, meaning the AIC pays for the cost of the meal only. Enhanced meals are made in Food Services by the EOCI kitchen workers, but may at times include help from the Enrichment Club on a voluntary basis as needed.

A **fundraiser** is an item (or meal) sold at an additional cost to generate funds towards a charitable donation or the purchase of an item (GOGI books and resources). Fundraisers are usually open to all incentive levels. For the Enrichment Club, if the fundraiser is a food item made at EOCI the members will be responsible for prepping, cooking, hand out and clean up of the event. Although there are kitchen staff that help support the process – including the grilling of burgers.

Where does the money for these events go?

Enhanced meals are sold at-cost and there are no additional funds after the event.

A GOGI fundraiser supports their program and the purchase of their materials.

An Enrichment Club fundraiser supports the donations to charities made by the club. Recently the club voted to make donations to *The Alzheimer's Association* and *Hope for Warriors*. The club is currently working on making a donation to *One Simple Wish* (an organization that helps kids in foster care) and creating a scholarship for college students who have or have had an incarcerated parent. Additionally, this year the Enrichment Club is hoping to make a donation to *Constructing*

Hope, *Mental Health America*, the *Cancer Research Institute*, and *PAWS Pendleton Animal Welfare Shelter*, to name a few.

What events are coming up next?

The Enrichment Club will be offering a Double Bacon Cheeseburger with Curly Fries meal as a fundraiser on May 25th, 2023. This meal will be prepared at EOCI. For upcoming events, the Enrichment Club currently has proposals for a Buffalo Wing and French Fry basket and for a Complete Breakfast Meal (pancakes, eggs, bacon, sausage, etc...), both of which would be made at EOCI if approved.

On the GOGI side of fundraisers, hand out for shaker bottles is anticipated in the month of May. GOGI also plans to pursue some non-food items in future fundraisers.

Food Services is also expected to plan another Enhanced Meal in the near future.

Why so many food items made at EOCI?

Enhanced Meals will always be food items made at EOCI.

The Enrichment Club is currently focusing on items made here because they statistically have the highest percentage of participants and generate the most funds for charity. Food from outside vendors (Safeway, for example) is also popular but more difficult to accomplish and offers smaller margins (less funds generated for charities).

GOGI leadership has elected to try and tackle some of the non-food items. These are typically more difficult to accomplish because they require additional levels of approval and must meet housing unit and property guidelines. You may see fundraisers for some non-food items in the coming months.

Enriching the Lives of Others

Inside & Out



The Enrichment Club

MISSION STATEMENT

The purpose of the EOCI Enrichment Club is to unite the Adults in Custody (AICs) at EOCI in promoting pro-social behavior. The goal of the club is to improve the quality of life for those inside and outside of EOCI through charitable donations and social events. These social events will promote humanization, normalization and opportunities to demonstrate pro-social behavior.

- ★ Must have clear conduct. Incentive Level 3 preferred.
- ★ Must be in good standing with staff and other AICs. Must be a team player and have a history of working well with others.
- ★ Must have a work assignment or be programming in some other way.
- ★ Must be dependable and flexible for volunteer times. Self-motivated, detail oriented and organized a plus.
- ★ Must obtain a Food Handler's Card.

SIGN UP TODAY!

To apply: Obtain a Food Handler's Card by contacting Ms. Clark, Food Services. Send a communication form to the Enrichment Club with a brief explanation of why you are interested in joining.

AICs who meet the criteria and send a communication form to the Enrichment Club may be reviewed by Administration Staff and added to the waitlist upon approval. All membership must be reviewed and approved by Administration Staff prior to being added as a member of the Enrichment Club. New members must attend at least 50% of meetings and events during the first six (6) months to be considered "In Good Standing" with the club.

TALK OF THE TOWN

A Look Inside “Open Chapel”

Interview with AIC Rocky Hutchinson

Written by the Chaplin



Religious Service’s “Open Chapel” program is more than just a place for religious studies and quiet reflection. AICs often utilize their session time to work on their artwork, creative writings, quiet reading or even watching DVD’s or listening to music. AIC Rocky Hutchinson had this to say about his time in Open Chapel.

What was your first thought when you heard about the “Open Chapel”?

“In my mind I saw a time to be able to study the couture of the library, to pray or meditate, or to read any religious works I so choose. It turned out to be so much more than that. Within the high walls of EOCI’s beautiful chapel, which is covered with wonderful paintings and its amazing architecture, I discovered that all of my thoughts and ideas of what ‘Open Chapel’ was were correct and it offered a lot more. It provides a block of quiet time to study school work, view many of the documentaries they have on DVD, work on your own artwork or even just write letters. The quiet time here is a real blessing.”

What is it that you really like about Open Chapel?

“I really like the fact that EOCI’s Religious Services allows us to have a personal time to reflect on whatever it is we choose to do, whether it be our religion, school studies, art, videos, or anything the Chapel offers. I also like the fact that when I come to Open Chapel it is a safe and quiet place, and that is a rare commodity when you live in a dorm setting. I also like how accommodating the clerks and Chaplains are to those of us that attend the Open Chapel. Such a peaceful environment.”

Do you feel that Open Chapel is helping you with programs or with your well-being?

“The Open Chapel is very helpful to me and it allows me time to complete many personal projects that I have going on. It provides a pause for a few hours from the normal prison time, which is great. It feels like I’m allowed to reflect right when I need to go catch my breath, so to speak. I have been able to do some critical thinking on aspects in education that I am doing and work on art pieces in peace as well. All of the things Open Chapel offers to all of us is indeed helpful to our general well-being.”

If you would recommend Open Chapel to others, what would you tell them?

“I would and I am recommending to anyone who needs any of the things I’ve mentioned here, that they send a kyte for an Open Chapel session and utilize this wonderful opportunity we have been given.”

At this time Open Chapel is only available to Incentive Level 3 AICs. If you wish to request a session, send a kyte to Religious Services. Available Tuesday 8:00-10:45am or Wednesday 1:00-3:45pm.

Sending Requests to Religious Services?

When sending requests and communication forms to Religious Services, please write legibly and be specific with what you are asking for. Kytes or requests that are received that we are unable to understand will be returned which will delay the processing of your request.

If you are sending a communication form specifically to a Chaplain for a personal matter or question, it is important that you explain as best you can your issue or question so that the Chaplain can properly assist you.

Some requests take time to process so please be patient and allow for a 7 to 10 day turn around.

EOCI Chapel "Give Away" Books

April/May 2023

If you wish to receive one of these books send a kyte to Religious Services and list the Title and Author of the book(s) you would like. You may only request 3 titles each month. Kytes and book requests are processed "first come, first served" as quantities are limited.

TITLE	AUTHOR	QTY	TITLE	AUTHOR	QTY
2 CHAIRS	BOB BEAUDINE	19	GRAVITY-TRUE FOR YOU BUT NOT FOR ME	MICHAEL EDWARDS	20
21 EORMAS DE PERDONAR	WES DAUGHENBAUGH	6	HISTORIAS FAVORITS DE LA BIBLIA	URA MILLER	1
21 WAYS TO FORGIVE	WES DAUGHENBAUGH	22	HOW TO BE A CHILD OF GOD [GRAPHIC NOVEL]	DAVID HOWELL	47
A BETTER WAY	JOHN BARROW	3	JESUS CALLING [EXERPS FROM]	SARAH YOUNG	15
A BOOK OF BIBLE PROMISES [KJV]	BAKER PUB. GROUP	10	JOURNEY HOME, THE [STUDY]	LUTHERAN HOUR	2
A LA MESA CON CRISTO	MEDITACIONES DIARIAS	1	KRSNA CONSCIOUSNESS TOPMOST YOGA	A.C.B.S. PRABHUPADA	1
ALIMENTANDO LA FE	RICHARE A. BENNET	1	KRSNA: THE SUPREME PERSONALITY OF GODHEAD	SWAMI PRABHUPADA	1
ALIMENTO PARA EL ALMA [VOL 12]	RADIO TRANS MUNDIAL	1	LA PRÁCTICA DE LA PRESENCÍA DE	HERMANO LAWRENCE	8
ALIMENTO PARA EL ALMA [VOL 13]	RADIO TRANS MUNDIAL	2	LENT & EASTER DEVOTIONS [LUTHERAN]	E. JAMES RIVETT	7
ALIMENTO PARA EL ALMA [VOL 14]	RADIO TRANS MUNDIAL	1	LIFE RECOVERY, THE [WORKBOOK]	S. ARTERBURN & D. STOOP	2
ALIMENTO PARA EL ALMA [VOL 15]	RADIO TRANS MUNDIAL	1	LITLE BOOK OF WISDOM	C.S. LEWIS	1
ALIMENTO PARA EL ALMA [VOL 16]	RADIO TRANS MUNDIAL	1	LITURGY OF THE HOURS [MONTHLY]	WORD ON FIRE	8
ANNOTATED TRUE BUDDHA SUTRA, THE	MASTER SHENG-YEN LU	4	LO QUE TODA PERSONA	DEBE SABER	1
BECOMING A DISCIPLE OF JESUS: A BIBLICAL MANDATE	DON ANDERSON	3	MERE CHRISTIANITY [STUDY]	SEVEN URBAN	1
BEYOND A SENSE OF GOOD & EVIL	CLIFF MATOUSEK	5	MULTISENSORY HUMAN: THE EVOLUTION OF THE SOUL	KATHY L. CALLAHAN	1
BIG HOPE [COLORING BOOK]	SILVERTHORNE & HAKINS	3	NO HAY NADIE COME JESÚS	BLAKE WESTERN	9
CASE FOR CHRIST, THE	LEE STROBEL	1	PASTURES OF WONDER	PRISION MINISTRIES MEDIA	2
CASE FOR EASTER, THE	LEE STROBEL	16	PURPOSE DRIVEN LIFE	RICK WARREN	5
CHICKEN SOUP FOR THE CHRISTIAN FAMILY SOUL	JACK CANFIELD	1	PURSUIT OF GOD	A.W. TOZER	5
CIRCLE MAKER, THE	MARK BATTERSON	12	QUESTIONS TO GROW ON [DAILY JOURNAL]	DAY SPRING	22
COMPASSION BOOK, THE	PEMA CHÖDRÖN	2	RADICAL	DAVID PLATT	1
CONSUMED BY HATE REDEEMED BY LOVE	THOMAS A. TARRANTS	3	SHORTTIMER [PREPARING FOR RELEASE]	PRISON FELLOWSHIP	15
EL REINO MILAGROSO	BOBBY W. AUSTIN	3	SPIRITUAL LEADERSHIP	J. OSWALD SANDERS	3
ENJOY LIFE FOREVER [STUDY]	WATCH TOWER	7	TADHKARAT UL-AULIYA (MEMOIRS OF SAINTS)	BANKEY BEHARI	1
ESCAPE ROUTES	JOHANN ARNOLD	38	TRADE YOUR CARES FOR CALM	MAX LUCADO	10
ESSENTIAL PEMA, THE [STUDY]	LELIA CALDER	4	TU BÚSQUEDA DE DIOS	RICHARE A. BENNET	1
FACE TO FACE WITH JESUS [STUDY]	PRISON FELLOWSHIP	7	WHAT TIME IS PURPLE?	TOM HAMMOND	12
FOOD FOR FAITH	RICHARE A. BENNET	13	WHY DO WE NEED A SAVIOUR?	TRACY M. SUMNER	14
FRESH HOPE [COLORING BOOK]	MARIE MICHAELS	3	WICCA: A GUIDE FOR THE SOLITARY PRACTITIONER	SCOTT CUNNINGHAM	1
GOD WILL CARRY YOU THROUGH	MAX LUCADO	6	YOUR QUEST FOR GOD	RICHARE A. BENNET	5



CAREERS

Careers in the Spotlight

Fire Suppression Specialist

Written by Brett Lloyd

When others flee, you forge ahead. Forest fires have become an annual threat that endangers the lives of many throughout the United States. Do you have what it takes to be a Fire Suppression Specialist?

Also referred to as forest firefighters and wildfire fighters, these men and women move dirt, clear brush, and cut down small trees to control the spread of wildfires. They patrol fire areas to put out (or mop up) any remaining burning material.

Roles of a Firefighter

Wildland Fire Suppression Specialists locate fires using maps, Global Positioning System (GPS), and compass.

Once at the fire, they construct firelines using hand tools or power equipment by cutting, scraping, digging and chopping or burning out to remove flammable materials.

If the fire is accessible to large vehicles, firefighters often guide dozers in establishing a fireline.

Other onsite duties include removing brush or other deterrents from access roads, and locating water

sources for helicopters and fire engines. They help in determining fireline location for dozers, while protecting roads and private land.

When the fire is contained, suppression experts will perform mop-up duties by scraping, digging, chopping and applying water to remove heat and extinguish burning materials. They are tasked with determining the initial cause of the fire, while preserving any evidence if a wildland fire investigator is needed.

“In this position, you will be challenged mentally and physically. It betters you as a person by giving you leadership skills, building your arena in fitness and mental strength as well as being paid to travel. It’s a dynamic world in fire and it’s very rewarding.”

- Shilo Springstead, Forest Training Officer

Occupational Risks

Those who choose to pursue a career in fire suppression are physically fit, and capable of hiking long distances across difficult terrain. Aside from the erratic behavior of fire, firefighters work around many hazards such as felling burning trees with a chainsaw and avoiding retardant dropped by slurry bombers and helicopters. This is not a job for the

faint of heart.

Skills and Abilities

Skills needed for success in this occupation include: **Critical Thinking** – being able to weigh the pros and cons of different ways to solve a problem; **Coordination** – changing what is done based on other people's actions; **Service Oriented** – looking for ways to help people; **Judgment and Decision Making** – thinking about the pros and cons of different options and picking the best one.

The following abilities are desirable in this profession: **Problem Sensitivity** – noticing when problems happen; **Oral Comprehension** – listening and understanding what people say; **Static Strength** – lifting, pushing, pulling or carrying; **Arm-Hand Steadiness** – keeping your arm or hand steady; **Far Vision** – seeing details that are far away.

Education

The typical entry level education for this occupation is a high school diploma. Those with an Associate's degree may have a competitive advantage, but it is not a requirement. Blue Mountain Community College in Pendleton, Oregon offers an Associate's Degree in Fire Science/Fire-Fighting.

ODOC Firefighters



AICs interested in wildland firefighting have an opportunity to provide critical support in combating forest fires and wild fires throughout the state. AIC fire crews help manage around 10,000 acres of young tree stands, build and maintain about 105 miles of hiking trails, and maintain public camp-

grounds. Those interested in participating in this ODOC program should send an AIC Communication to their counselor for information and a possible referral.

Wildland Firefighter Apprenticeship Program

In Oregon, the U.S. Forest Service offers the Wildland Firefighter Apprenticeship Program, which is designed to enhance and develop future leaders in wildland firefighting. Apprentices receive pay as they complete a 3,000-hour on-the-job training program at a residential wildland fire academy. The Forest Service covers all training costs. Journey-level status as a wildland firefighter is given upon completion of program.

Wildland firefighter apprentices are involved with wildland fire suppression, management, and control. You may be away from home for weeks at a time, often work long hours outdoors and may fly in helicopters, hike into mountainous areas or patrol on roads to access wildfires. You may also speak to the public about fire prevention. Other duties may include working in a dispatch or fire prevention capacity.

In order to qualify for this apprenticeship program:

- Be a U.S. Citizen or U.S. National.
- Meet Interagency Fire Management qualifications.
- Take the required Work Capacity Test.
- Possess and maintain a valid driver's license.
- Pass a drug test.
- Meet entry age requirements (18-37). If you are a veteran or eligible for the Land Management Workforce Flexibility Act, you may apply if you are older than 37.
 - If you are a male born after 12/31/59, you must be Selective Service registered or exempt.

Salary and Outlook

Last year, the median hourly wage for firefighters in Oregon was \$33.38, with an average annual salary of \$69,936. In 2021, Oregon had 4,725 jobs related to this field, with 367 annual openings. Available jobs for fire suppression are expected to grow 10.2% over the next decade.



JOY'S OF LIVING ASSISTANCE DOG PROGRAM

Meet Scout

Mix of Bernese Mountain Dog and a Standard Poodle

Provided by the JLAD Program



Scout is one of the newest puppies to become a part of JLAD (Joy's of Living Assistance Dog Program). He is a mix between a Bernese Mountain dog and a standard poodle and is much bigger than the other puppies his age. Bottom left, Scout is in a picture with Rayna, a black lab puppy who is also new to the program. Scout and Rayna are two days apart in age. According to JLAD Program Facilitator Ms. St. Peter he is full of energy and happy to be anywhere. This is the first Bernese/Poodle in the program. All of the AIC trainers are excited to work with this new breed.

Scout arrived in the middle of April. AICs are encouraged to say hello if they see Scout around EOCl.



HEALTH SERVICES

HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

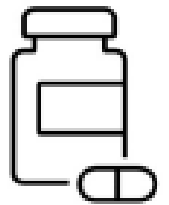
Studies have found that healthcare staff who are exposed to these medicines can have side effects from them. Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.



Apply Now!

OCE WORK OPPORTUNITY

The Garment Factory at EOCl is recruiting for the position of OFFICE CLERK

OCE POSITION TITLE: Office Clerk

PRAS POINTS: 10 – 16 Points

Quotes from Garment Factory Workers:

“It’s a good opportunity to learn new skills to better your life when you are released. Keeps you busy and the days go faster. Also working here can alleviate stress if you are saving money for release. It’s just one less thing to have to worry about.”

“Working as a Clerk in the Garment Factory is a great job. It’s good money, more than you will make anywhere else. And the work is challenging, which I like.”

What are the Duties?

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. Data entry of sales orders and purchase requests into database and accounting 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.

Do I Qualify?

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.

How Do I 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.



Opportunity Here!

? Are you interested in attending a flagging certification class?

Class requires a minimum of participants. If there is not enough interest at this time, class will be re-scheduled for a later date.

? What is the cost?

A \$95.00 payment must be received in advance to attend. Payment can be through your trust account via a CD-28, or by a money order or cashier's check mailed in by family or friends from the community.

? Is flagging for you?

Certification ***does not*** guarantee employment. Flagging requires stamina (long hours on your feet in adverse weather conditions), the ability to travel to remote worksites, and often an initial investment in your own gear.

The certification is through **Chemeketa Community College** and is good for three years in four states: Oregon, Washington, Idaho, and Montana. Flagging job opportunities are numerous, do not limit you to live in one place/area, and pay well.



? How to apply?

If you are interested or have questions, Send a communication to **Transition Services**.

If there is enough interest in the course, you will receive information on the date and time of the class with further instructions for payment (*payment must be received by the due date to be scheduled for class*). Again, this class requires a minimum number of participants.

The Pony Xpress

From the EOCI Writing Workshop - April 25th, 2023

Provided by Bridgeworks Mentors Tracy Schlapp and Dan Wilson

The following was information provided in the recent Writer's Workshop at EOCI.

WRITING PROMPT: Ancestors

By Raquel Almazan from *The Sentences That Create Us*

Edited by Caitis Meissner, PEN America

PART 1 Imagine

Close your eyes and imagine your great-great-great-great-great grandparent. Imagine details about this person - what do they look like? Start writing as you imagine being together. What do you see, taste, touch, smell? Keep your pen moving as you answer these questions:

Can you speak to this ancestor? Can you ask your ancestor questions and receive answers that you have wanted or needed to know?

Can you make some connection between the current cultural and social traditions of your family of the past? How are your ancestors still present in your life, or is there a break in the lineage between you and your past?

JOURNAL WRITING use the free writing results as building blocks to write a full letter to your ancestor. Ask question. Draw from the past and the present together, stating needs, wishes and desires for healing, understanding, knowledge, or particular forms of strength.

PART 2 Listen

Now that you have made a picture of this person:

- Imagine what your ancestors are saying to you.
- Notice the sound of their voice.
- Are the answers hard to hear or soothing?
- What does your ancestor see for you, or wish for you?

JOURNAL WRITING Begin a letter, addressed to you. From the perspective of your ancestors, write their response to questions you carry.

PART 3 Write the First Draft

Looking through your writing. Look for threads or ideas that you would like to explore. Now is the time to move from the free write to the first draft!

READING

On Earth We're Briefly Gorgeous

By Ocean Vuong

In this passage of his memoir (which is written to speak directly to his mother,) Ocean Vuong recounts translating for his mother in a butcher shop. They have recently immigrated to the United States and he must use his new English language skills to communicate for his mother and grandmother as they navigate Hartford, Connecticut.

“The men roared, slapping the counter, their teeth showing huge and white. You turned to me, your face wet, pleading. ‘Tell them. go ahead and tell them what we need.’ I didn’t know that oxtail was called *oxtail*. I shook my head, shame welling inside me. The men stared, their chortling now reduced to bewildered concern. The store was closing. One of them asked again, head lowered, sincere. But we turned from them. We abandoned the oxtail, the *bun bo hue*. You grabbed a loaf of wonder Braed and a jar of mayonnaise. None of us spoke as we checked out, our words suddenly wrong everywhere, even in our mouths.

In line, among the candy bars and magazines, was a tray of mood rings. You picked one up between your fingers and, after checking the price, took three—one for each of us. ‘*Dep qua,*’ you said after a while, barely audible. ‘*Dep qua.*’

No object is in constant relationship with pleasure, wrote Barthes. *For the writer, however, it is the mother tongue.* But what if the mother tongue is stunted? What if that tongue is not only the symbol of a void, but is itself a void, what if the tongue is cut out? Can one take pleasure in loss without losing one self entirely? The Vietnamese I own is the one you gave me, the one whose diction and syntax reach only the second-grade level.”

Context

Roland Gerard Barthes was a French literary theorist whose ideas explored a diverse range of fields and he influenced the development of schools of theory including structuralism, semiotics, social theory, design theory, anthropology, and post-structuralism.

XPRESS SKILLS: Stages of Writing

Simple ways to think about the delicate process of getting writing onto the page, reading it in the workshop, and finally releasing to the public arena.

PHASE 1: Journal and Free Writing

QUIET YOUR INNER CRITIC

The struggle is real. Can you remember the sheer delight of picking up a crayon and drawing as a child? The joy was the activity and the outcome was secondary. If you find yourself struggling to write words start to fill the page with abstract lines, scribbles, big loops until words form.

FIND YOUR IDEAS THROUGH WRITING

Once you are writing words, imagine that the ink is wet, so you have to keep writing forward (keep the pen moving) otherwise the ink will smear. The exercise allows the words to release. Writing in your journal (or brainstorming with a writing partner) empowers you to let the ideas spill out, like an overturned bottle of ink. Once that ink dries, come back to it. What do you notice when you read it with fresh eyes?

PHASE 2: Making a Writing Plan

SELECT AN IDEA TO DEVELOP

As you read through your journal entries, writing assignments, even ice breakers, you may find something worth further investigation. It may even be a fully realized idea. As you read, if you find yourself overwhelmed by too many thoughts, isolate one word or one phrase. You can pick it on purpose or pick it at random. At this point, you have little at stake, so give yourself a chance to take a risk.

MAKE A MAP

You need to think about how to connect your ideas. If words are cars, sentences are the roads, and punctuation acts as road signs. Even if you know where you are going, it is important to have a route in mind. Select a form (poem, essay, short story, etc...). Your writing provides the reader with directions as to how to travel from point A to point B. It shows them the sites along the way. Sketch an outline to help you focus; it can be as detailed or as simple as you like. You are in complete control of the route.

WRITE FROM POINT A TO POINT B

With map in hand, it's time to arrange those words into sentences and those sentences into paragraphs. Allow the free-write voice in your head to be loose and keep the pen mobbing and at the same time have your inner director keep an eye on the map. How do you get from this place to this junction? What did you notice along the way? What happened next? How did that feel? Let that conversation between the free voice and the directing voice be loose and compassionate. In some writing, the goal is to find the most direct route. Some writing takes the LONG way.

TEST THE WRITING

Once you are satisfied that you have found the route. Read it out loud to yourself. Have you chosen the form you want to use? Are you curious to try a different route? Have you discovered something new? Are you flirting with the ideas, or are you willing to settle in and really work with them? At this time, you will want to commit to the piece. Here comes the hard work.

PHASE 3: Writing in the World

DRAFTS AND DRAFTS

Woodworking is analogous to writing. The work starts with the rough cut a chainsaw makes against the tree. The labor contains multiple stages of processing, shaping, sanding, refining, and finally the polish. Woodworkers refine with sandpaper grit measured from the rough to fine. If they applied an oil to a section before they have finishing sanding, they make a mess. As an early writer, I would polish and polish my opening paragraph and then, find myself up against a deadline trying to conclude the essay. Try to put equal attention on all parts, keeping the deadline in mind. And when is it time to let go of the rough draft...

ACCEPT AND MOVE ON

One of my favorite poetry teachers once said, “There is always a better word.” When I was 20 and struggling to find my voice—to string words together into sentences—this observation overwhelmed me. As I age, I have found this thought comforting. Life experiences teaches a confidence to do one’s best and then attend to the next thing. And so, you may just be sick of the draft and ready to share it. Or the deadline has come and you must simply trust that the feedback is going to move you through the process to the final draft.

REWORKING

As a graphic designer, I came to say: “Don’t fall in love with your own work.” It was my reminder that I would be filtering client feedback and opinions. In some cases, those directions would fly in the face of what I considered to be a nearly finished piece. I had to be open that the client might request a COMPLETE rework. I needed to stay loose enough to be willing to try another route; make a different argument; write something new. Starting over may seem impossible, but generally good work leaves parts that can be reused and fit together in new ways.

SUPPORTING THE WORK

Writers need editors. The best editors are able to move through the writing and provide direction to the writer. They may even better understand what is going on because they have a 35,000 foot perspective. Editors provide strategic advice, they tighten sentences and they help get a draft into a final form.

Good editors provide feedback that build writers’ skills and encourages them to keep going.

PAGE EDITING & PROOFREADING

There is a special place in heaven for proofreaders and page editors. These are the people who attend to the details - spelling and punctuation—but also check consistency in thinking, verb tense, accuracy. Published works will often have multiple readers and several proofreading’s to ensure the piece represents the best version of the writer’s idea.

RELEASE

Letting something precious live in the world without your protection can be terrifying on the one hand, and a complete relief on the other. Let yourself take a victory lap when you are satisfied with the work. Let it lie, share it with your people. One of the great joys of being a reader is riding along with another person for awhile. And conversely, one of the pleasures of writing is connecting with new passengers.

XPRESS SKILLS: Prepping A Written Draft for Feedback

Read Your Piece Out Loud

- Start at the beginning, reading slowly.
- Listen to your words.
- Mark where you stumble. Keep reading until you reach the end.
- Mark repeated words in close proximity, do they add or subtract from the meaning?
- Do you need to pause between phrases?

Simplify

- Cross out extra words, can you retain the meaning?
- Do the sentences flow from one to the next?
- What is the rhythm of the sentence?

Practice Reading

- Even the draft requires practice
- Stand up and read to a trusted ally

COLUMNS

May is National Fitness Month

Fitness Information

Provided by Health Services

May is National Physical Fitness month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 times).

AND

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you’re doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

Intensity is how hard your body is working during a physical activity.

Moderate-intensity aerobic physical activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell if it’s a moderate-intensity aerobic activity is that you’ll be able to talk, but not sing the words to your favorite song. Here are some examples:

- Walking fast or hiking
- Riding a bike
- Pushing a lawn mower

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your heart rate has gone up quite a bit. Use the Talk Test for the intensity of your aerobic physical activity. If you’re being active at a vigorous level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples:

- Running
- Swimming laps
- Playing basketball

Build Up Over Time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you haven’t been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

Muscle-strengthening Activities

Physical activities to strengthen your muscles are recommended at least 2 days a week. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

To gain health benefits, you need to do muscle-strengthening activities to the point where it’s hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 **set**. Try to do at least 1 set of muscle-strengthening activities. To gain even more benefits, do 2 or 3 sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity—whatever works best for you. There are many ways you can strengthen your muscles, whether it’s at home or the gym. Try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight
- Heavy gardening or landscaping
- Some forms of yoga

Notices You May Have Missed

From Your Housing Unit Bulletin Board and Brief Announcements

Provided by ODOC and Various Sources

Law Library

EOCI Library will be closed starting the afternoon of Tuesday, May 2nd through Friday, May 5th.

During these days, no attorney calls will be scheduled.

Library access will be given to AICs with deadlines during Monday’s sessions and the Tuesday morning session.

Message for AIC Newsletter & to be posted in Law Library.

In an effort to fully schedule law library resources, such as computers, Law Library is changing how we enter call outs. For call outs entered on or after May 1, 2023, all call outs for legal appointments (with the exception of attorney calls) will now have a Section code of “LAW.”

The Location code will indicate what your law library appointment is for. Below is a list of location abbreviations and their meanings:

Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)

Note: At this time, no changes to how call outs are entered for staff scheduled calls between AIC and attorney will be made.

Rule Changes

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 3/13/2023.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to permanently adopt changes to the rule that were temporarily adopted on 1/1/2023 reducing the maximum consecutive sanction to DSU from 180 days to 90 days; for minor grammatical changes; and for consistency.

Last day of comment period: 5/19/23 5:00 PM

Public Hearing: 4/27/23 10:30 AM

291-113 Education and Training Programs

Amends rule to align with current practice; change “inmate” to “AIC”; and for other minor grammatical revisions, clarifications, and consistency.

Last day of comment period: 5/19/23 5:00 PM

Clothing Room

The Clothing Room will only re-tag clothes if you have the old tag or it is still attached to the article of clothing. If there is no SID tag on the clothes or you do not have the tag, the Clothing Room will not put a tag with your SID number on it.

Package Authorizations

Package authorization requests are now sent J. Stewart, Security Operations.

CONTRIBUTORS

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!**



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

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

Meet *The Echo* Team

Mr. Peters IWP Coordinator, *The Echo* Supervisor

Mr. Peters has worked in the Department of Corrections for 25 years. He has worked in Security, Inspections, and Correctional Rehabilitation. In 2016 he became the IWP Coordinator.



Phillip Luna
*Editor
Copywriter
Photographer*

Luna is the editor of *The Echo* and a contributing writer for the Coffee Creek Newsletter. He is also a Certified *Roots of Success* Facilitator, a Beekeeping Program Facilitator, the facilitator for the NCRC Prep Course, and the mentor for the Clerk Internship Program. In his spare time he is pursuing a Bachelor's Degree and is the current President of the Enrichment Club.



Patrick Gazeley-Romney
*Writer-at-Large
Photographer*

Gazeley is a Staff Writer for *The Echo* and a certified facilitator for the Gardening, *Roots of Success*, and *Mindfulness* programs. He is a Journeyman Beekeeper and facilitates the Beekeeping Program. He was also the first person in the nation to complete the *Roots of Success* Apprenticeship. Gazeley has a Bachelor's Degree from Portland State University. In his spare time he is the Secretary for the Enrichment Club.



Brett Lloyd
Contributing Writer

Lloyd is a Staff Writer for *The Echo* and a facilitator for the Gardening and *Roots of Success* programs. He is currently pursuing his Journeyman Certification for the Beekeeping program and will be a program facilitator. Lloyd holds a Bachelor's Degree in Environmental Economics from Cal State Monterey Bay. In his spare time he is an avid artist and video game enthusiast.



Juan Sanchez
*Proofreader
Contributing Writer*

A veteran of the US Marine Corps, Sanchez served as a tanker on M1A1 battle tanks. He is the proofreader for *The Echo*, manages the EOCI Institution Channel (channel 53), and runs the videogram program. He is a newly certified *Roots of Success* facilitator and occasionally writes articles for *The Echo*.

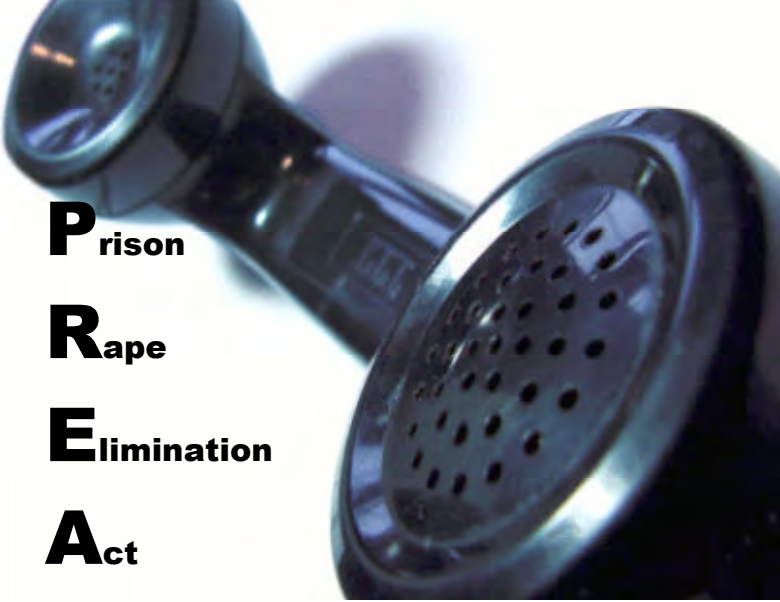
Friends of *The Echo*

Scott Steffler
Contributing Writer

Steffler is a Legal Assistant in the Law Library, a Beekeeping Program Facilitator, and an occasional contributing columnist/source for *The Echo*. Steffler is currently pursuing a degree in Statistics from Ohio University.

Your Name Here
Contributing Writer

To learn more on how to become a contributing writer, send an AIC communication form to IWP.



Prison
Rape
Elimination
Act

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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press *999 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, marque *999.

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

También puede reportar a la oficina del Gobernador por escrito.

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

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

PREA Advocate:

You may write the PREA advocate at:

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

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
				Steak Meal	Good Friday	
				PRAS		
9	10	11	12	13	14	15
Easter						
16	17	18	19	20	21	22
		Holocaust Remembrance Day				Earth Day
23	24	25	26	27	28	29
			Administrative Professional Day			
30						

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
				PRAS Day	Full Moon	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Mother's Day						Armed Forces Day
21	22	23	24	25	26	27
				Burger and Fries Fundraiser		
28	29	30	31			
	Memorial Day					

For Paper Copies: Please Return to the Officer Station After Reading