

Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630

Volume 23 Issue 6

JUNE 2023



June Zodiac
Gemini (May 21 –
June
20) Cancer (June 21 –
July 22)

WINNING WORDS:

June is the time for being in the world in new ways, for throwing off the cold and dark spots of life.

- Joan D. Chittister

The Month of June

Juno is the ancient Roman goddess of marriage and childbirth. And the month of June is still a popular month for weddings today! As a natural extension of marriage, Juno was also the goddess of childbirth. Another interpretation of the origins of "June" says that the name came from the Latin *juvenis*, "young people," who were celebrated at this time.

Juno, in Roman religion, was the chief goddess and female counterpart of Jupiter, similar to the relationship between the Greek Hera and Zeus. Perhaps not surprisingly, given her role of protector of women and children, this powerful queen of the gods was also considered the fierce protector and special counselor of the state and a guardian angel warning those in times of danger.

June Calendar

June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.

June 14 is Flag Day (U.S.). Be sure to raise the flag!

Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.

June 18 is Father's Day this year. Find activity ideas and learn about the history of Father's Day.

June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army

- **June 21** is the **summer solstice**, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.
- ☐ June 21 is National Indigenous Peoples Day (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.

June 24 brings Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve.

June 28 is the anniversary of the 1969 Stonewall Riots—a watershed moment for LGBT rights in the United States. To honor this event, June is designated as **Pride Month**.

"Just for Fun" Days

June 1: Say Something Nice Day June 8: Upsy Daisy Day

June 3: Chimborazo Day June 21: Go Skateboarding Day

June 6: National Yo-Yo Day June 30: Asteroid Day

June Astronomy

The Full Strawberry Moon

June's full Moon, the full **Strawberry Moon**, occurs on Saturday, June 3. It reaches peak illumination at 11:43 P.M. (EDT) that morning.



State of Oregon Department of Corrections Commissary

DATE:

WEDNESDAY, MAY 17, 2023

TO:

Adults in Custody

FROM:

Anita Nelson, Distribution Services Statewide Operations Manager

SUBJECT:

Commissary News, Updates and Reminders

News:

Due to year-end inventory, sales of the following pre-sale items will be suspended from May 22nd close of business - July 10,2023.

Incentive form

	24	Incentive	Ord	er Form			
Please u	se my Protected	Funds for this order	Please	Please allow upto 6 weeks for delivery as we do not carry an inventory of item Your order was processed			
	Signature Re	quired					
SID: Date:				Shoe Order #			
Name		50 MINISTER STORE MAN AND THE THE THE STORE STOR		Incentive Order #			
Last First				TV Order #			
Institution	Block-Unit	Cell-Bunk		TV Grace is			

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning July 10, 2023.



Financial Services Informational Briefing

Savings Options for Adults in Custody

What is the Transitional Savings Account (TRSA)?

- Funds in the TRSA are protected from debt/obligation collection and garnishment.
- Established per SB844/ORS 423.105 as a means for AlC's to save funds for release from ODOC custody.
- 5% of each eligible deposit is applied into an AIC's TRSA until the account reaches \$500.
- AIC's may elect to transfer funds into their TRSA by submitting a Trust Account Transfer Request form (CD1832) up to \$500.
- AIC's may continue a 5% deduction of their eligible deposits beyond \$500 if courtordered financial obligations (COFOs) are satisfied.
- Funds in the TRSA are not available to AlC's until reentry into the community (no exceptions).

What is the General Savings Account (GS)?

- Funds in the GS Trust Account are not protected from debt/obligation collection or garnishment.
- Established as an optional means for AIC's to save funds outside of the TRSA.
- AIC's may elect to transfer funds into the GS Trust Account once per calendar month by submitting a Trust Account Transfer Request Form (CD1832).
- Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158.

What About External Savings Accounts?

AIC's may have accounts with external banking institutions however, ODOC staff are not able to facilitate. AIC's may not have unauthorized money items in their possession (such as checks).

Note: Trust Account Transfer Request Forms (CD1832) are available on AIC housing units or through Business Services. If the amount being transferred is excessive, it will be limited. The minimum transfer amount is \$5.00.

Please address any questions to Business Services by submitting an AIC communication (available electronically on the tablet).

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

A Letter from the Corrections Ombudsman:

In 2022 the Oregon legislature funded an independent Corrections Ombudsman position located in the Governor's Office. One of the primary purposes of this position is to strengthen procedures and practices which lessen the possibility that objectionable corrections actions will occur.

The Corrections Ombudsman has the powers to investigate, on complaint or on the Ombudsman's own motion, any action by the Department of Corrections (DOC) or any employee thereof without regard to its finality. However, pursuant to ORS 423.425, the Ombudsman may decide not to investigate complaints that are trivial, frivolous, vexatious, or not made in good faith, as well as those that are too long delayed or could reasonably be expected to be resolved through a different administrative process.

The position is located within the Governor's Office and is not accountable to and does not report to the DOC in any manner. All communications to the Ombudsman are confidential

and no person who files a complaint to the Ombudsman pursuant to

ORS 423.400 to 423.450 shall be subject to any penalties, sanctions or restrictions because of such complaint. If any person willfully obstructs or hinders the proper and lawful exercise of the Ombudsman's powers, or willfully misleads or attempts to mislead the Ombudsman in inquiries under ORS 423.400 to 423.450, a Marion County Circuit Court judge, on application of the Ombudsman, shall compel obedience by proceedings for contempt.

Because the modern version of this position is new, it will take some time to establish the office and build the Ombudsman team. While I am processing and replying to all complaints, please be advised that this is a very slow process. For now, please take the survey below and kyte or write a letter with your answers to the address below.

- 1. How many people on your contact list have tried to get validated with the IC Solutions phone system?
- 2. How many have been successful so far?
- 3. What stopped them from getting registered (they have a prepaid phone, can't get a credit card, system is too complicated, etc.)
- 4. How long have you been waiting for someone to get validated (ex. "I haven't talked to my partner in six weeks because they can't get validated).

What other DOC issues are important to you

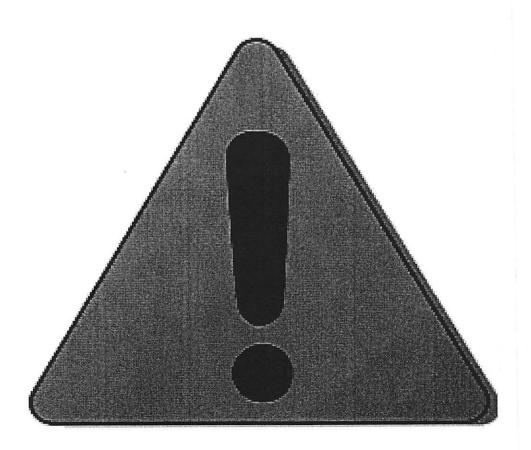
Please send responses by kyte or letter to-

Adrian Wulff Corrections Ombuds 900 Court St. SE Suite 254 Salem, OR 97301

Hotline Number- (833)-685-0842

Thank you, Adrian Wulff, LPC Corrections Ombuds

WCCF will be placed in "Modified Operations" on 6/6/2023, 12:00 PM thru 3:00pm.



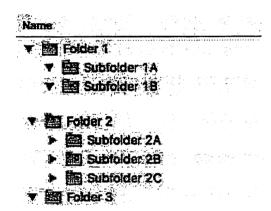
Law Library News

In an effort to minimize the likelihood of device and file corruption, thumb drives assigned to AICs by the Law Library will now be replaced every two years. Each AIC will be required to sign a new Removable Media Usage Acknowledgement Statement (CD 1761) every time your legal thumb drive is replaced.

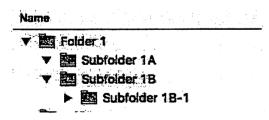
Over the next few months, every AIC with an assigned legal thumb drive will be placed on call out to review their saved files and a Library Coordinator will transfer the files to a brand-new, unused thumb drive. If you do not approve the transfer of your files to a new legal thumb drive, you will not be allowed access to a legal thumb drive until you accept a new one or release from DOC custody, whichever comes first.

The new legal thumb drives have larger storage capacity. AICs will now be limited to two levels of folders on the legal thumb drive. (See example below.) You will be expected to reorganize your existing folders when transferring to the new thumb drive. This will aid you in organization of your files and assist Library Coordinators in auditing your thumb drive each quarter (every 3 months).

Example of 2 folder levels - Authorized:



Example of 3 folder levels - NOT authorized:



We know this may be an inconvenient change for some AICs, but we are confident that the new replacement process will limit device and file corruption in the future. If you have questions or concerns, please kyte the Law Library.

Law Library-Change in Call Out Codes

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				
С	Copies				
Вох	Legal Boxes				
MISC	Miscellaneous				
MU	Make Up (will have service scheduled fol-				
	lowing. 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.

R&D

Clothing Exchange

Use the clothing exchange bags from the bin behind the officer's station. Make sure you get permission from the officer to enter that area. Put what you are exchanging in the bag with the clothing exchange kyte. When filling out clothing kytes, make sure you fill it out completely, front, and back. We don't have time to look up individual information that you should have included. If information is missing the whole bag, kyte and all will be returned to you to complete. Please explain what is wrong with what you are turning in so that the tailors can determine what to do with it. Please include the number of each item you need and what size you want to have returned to you. Please include your unit and bunk as well as job assignment in case we have questions and need to locate you. If you send a clothing kyte through the mail, we will get it after clothing bags are processed and the tags are printed. It will be send it back to you to so you can put it into a bag. You are allowed to exchange clothing once every 2 weeks. This doesn't include socks, underwear laundry bags, shower shoes or shoes. For those items we will exchange one for one as needed.

What we do:

We exchange clothing items one for one. If you need to replace anything from underwear to jackets, you need to turn one in. For underwear if you don't have a pair to exchange you will need to get them from your unit officer who should have a bag of used underwear of various sizes. For socks Please utilize the clothing exchange bags, even if you don't have anything to put into the bag, if you have lost a pair or pairs of socks you will be called down to get used socks to replace them. If you turn in worn out socks or underwear they will be replaced by a new pair and returned in the bag to your unit later that day.

The Foot wear carried by R&D are shoes, boots and shower shoes. If you own shoes or boots you are not allowed to be issued state shoes or boots. We have a few different kinds of boots and you get what you get, we don't have all kinds in all sizes. If you have very odd size feet we will work with you, but only if your feet measure that way. We do not provide "medical shoes" the only odd shoes we have are very wide, again your feet will have to measure as wide.

We are issuing TV Covers, it will take a while to get them all out so be patient. Once one is issued to you it is your responsibility to take care of it, if it becomes damaged you will not be issued another one and you will be charged for the damage. The TV cover we issue is property of WCCF, it is to be returned if you leave just like clothing and locks.

Mattresses can be exchanged if they are bad. You might not get a NEW mattress, you will get the next available mattress just like clothing. Send a kyte to R&D asking to exchange your mattress. It will be date stamped and processed in the order it was received. There is no such thing as a medical mattress and medical will not get involved in mattress exchange. Please don't bother medical with clothing and bedding issues, they are busy enough with legitimate medical needs.

What we don't do:

We do not repair items you send down and return them to you. We will exchange them instead.

We do not issue medical shoes, medical doesn't authorize special shoes or boots, or any other clothing or R&D items.

We don't do special orders such as, a specific color of jeans. We don't have very many "faded" jeans and don't have the time to shuffle through to find just the right pair.

We don't sew new tags on blue shorts, unless you just arrived with blue shorts or just received them from canteen. If your tag is coming lose, please send it in while it is still attached to the shorts so it is obvious that it was sewn in on a machine. Otherwise, shorts without a tag will be confiscated.

We don't take out your laundry, if you turn in wet or dirty towels or clothing for any reason, it will be sent back to you with a warning. If you continue to send in wet or dirty clothing we will utilize progressive discipline.

Meditation Recourses



HKF provides free books and newsletters to those who are incarcerated and to prison/jail staff members. To request free books for yourself or others, please send the complete name and mailing address to

PO Box 61619,

Durham NC 27715

Our Books

Una Vida Sagrada by Bo Lozoff

Ш	We're All Doing Time by Bo & Sita Lozoff (also available in Span-
	ish)
	Finding Freedom: Writings from Death Row by Jarvis Jay Masters
Ш	When Things Fall Apart by Pema Chödrön (also available in Span-
	ish)
	The Untethered Soul by Michael Singer
Ш	Finding God Within: Contemplative Prayer for Prisoners by Chaplain
	Ray Leonardini (also available in Spanish)
	Deep & Simple by Bo Lozoff
Ш	Lineage & Other Stories by Bo & Sita Lozoff
	Nine Paths to Forgiveness: Understanding Ourselves and Others by
	Chris Canfield
	Just Another Spiritual Book by Bo & Sita Lozoff

The 5 minute refresh meditation

So go ahead and get into a comfortable position,

Close your eyes and bring your attention to your breath

Letting go of everything happening around you...

All the activity from the day...

All the thoughts swirling around...

All the physical sensations you might be feeling...

And simply focus on your inhale...and your exhale.

PAUSE...

Take a deep breath in...

And as you exhale, drop into relaxation...

Lowering your shoulders,

Softening your cheeks,

Relaxing your arms and your legs...

And allow your body to be rooted in this moment with your breath.

Soft, yet solid.

Relaxed, yet aware.

PAUSE...

As you breathe normally, I want you to imagine that every breath in is cleansing you, clearing space that is taken up by emotions or physical sensation. And every breath out is exhaling those emotions or physical sensations out of your body.

Breathing in, clearing space.

Breathing out, letting it go.

PAUSE...

And now inhale deeply into your belly, feeling your body expand with rejuvenating energy.

And exhale all the way out.

And one more deep breath in, feeling the cleansing inhale refresh you,

And exhale everything else out.

Now bring your breathing to its normal rhythm...

And feel as your body vibrates softly with a cool, fresh energy.

June Education dates to know:

June 6th: GED testing

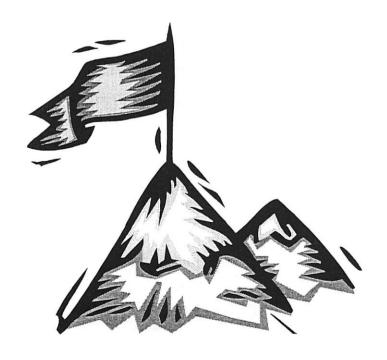
June 7th: GED testing

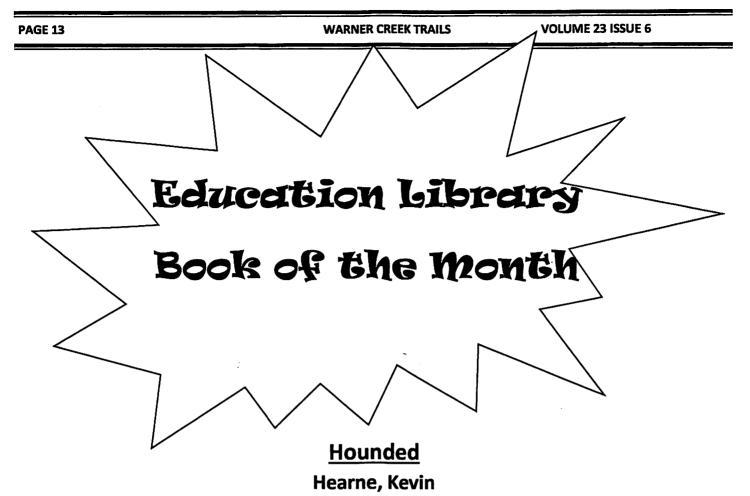
June 8th: GED testing (afternoon only)

June 9th: GED testing (morning only)

June 14th: Last day of school

June 18th: Fathers Day





215.HEK.02.001 - Fantasy / Fiction

Atticus O'Sullivan, last of the Druids, lives peacefully in Arizona, running an occult bookshop and shape-shifting in his spare time to hunt with his Irish wolfhound. His neighbors and customers think that this handsome, tattooed Irish dude is about twenty-one years old—when in actuality, he's twenty-one centuries old. Not to mention: He draws his power from the earth, possesses a sharp wit, and wields an even sharper magical sward known as Fragarach, the Answerer

Andependent Study of the Month:

The Learning Brain

n this 4 -video disk course, you will explore whats going on in our minds that allows us to learn so effortlessly and in so many ways. he course will examine not only the psychological mechanisms, but also the neural mechanisms that are involved. You will discover hat your brain is equipped with multiple, powerful, but very different learning mechanisms that depend on specific neural circuits nd that understanding how learning works can make you a more effective learner

Graduates For The Month Of May

Matthew White
Kyle Kennard

Congratulations on your Achievement!!



Odd Man Out

All the items in each list have something in common except one thing. Your job is to figure out which item is the "odd man out" and why.

- 1) Goldfinger; Live and Let Die; A Study in Scarlet; Dr. No
- 2) Alex Rodriquez; Derek Jeter; Tom Brady; Randy Johnson; Jason Giambi
- 3) Snowflake; Elephant; Tree; Automobile
- 4) C; L; V; X; Z
- 5) Flounder; Shrimp; Lobster; Crab
- 6) Meg; Jo; Mary; Beth; Amy
- 7) URL; HTTP; PDF; ESP; WWW

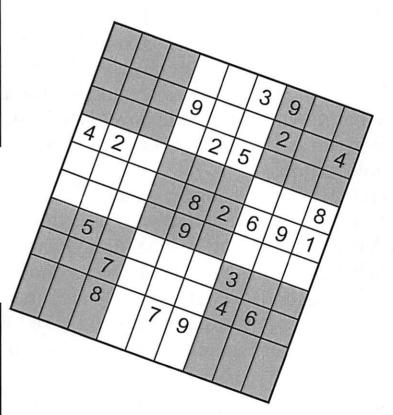
- 8) Berlin; Brussels; Bonn; Baden-Baden
- 9) On Golden Pond; The Devil Wears Prada; Kramer vs. Kramer: Sophie's Choice
- 10) Huntington, WV; Trenton, NJ; Baltimore, MD; Richmond, VA





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SUDOKU!



Father's Day jokes

	What has four wheels and flies? A garbage truck.
	When is a door not a door? When it's ajar.
	Why did the football coach go to the bank? He wanted to get his quar-
	ter back.
	What do you call a moose with no name? Anonymoose.
Ш	Where do cows get their clothes? From cattle-logs.
Ш	I used to be afraid of hurdles. But I got over it.
	Why didn't the sun go to college? It already had a million degrees.
	Why can't you borrow money from elves? They're always a little short.
	How do trains eat? They choo-choo.
	Why don't leopards play hide-and-go-seek? They're always spotted.
	How do Eskimos fix broken dishes? With igloo.
	Why did the belt go to jail? It held up a pair of pants.
	What's the downside to birthdays? Too many will kill you.
	What do you call a rude cow? Beef jerky.
П	Why do golfers always have an extra pair of pants? In case they get a
	hole in one.
	Humpty Dumpty had a great fall. Summer wasn't bad either.
	What do you call a dad who falls through the ice? A pop-sicle.
	Where do fruits go on vacation? Pear-is!
П	What did the baby otter say to its dad? You are a dad like no otter.
	What has more letters than the alphabet? The post office.
	When does a joke become a dad joke? When the punchline is apparent
	Why is Peter Pan always flying? Because he
	Never-lands.
	What did the accountant say while auditing a
	document? This is taxing.
	Why did the orange stop halfway across the
	road? It ran out of juice.
	Why did the Oreo go to the dentist? It lost its
	filling.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 3/31/2023.

PERMANENT RULES:

291-009 Tours

Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

Effective 5/4/23

291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections

Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

Effective 5/24/23

291-069 Security Threat Management

Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload.

Repeals Attachment A "High Alert Adult in Custody" and renames former Attachment B "STM Restriction Scale" to Attachment A.

Effective 4/28/23

291-077 Performance Recognition and Award System

Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.

Effective 5/16/23

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, including amendment to major and minor violation grids; for minor grammatical changes; and for consistency.

Effective 5/23/23

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. Effective 5/24/23



EXTRA POSTAGE

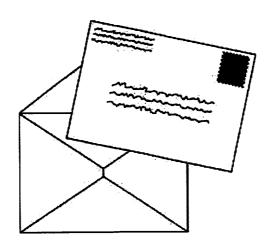
In 2006, Central Trust advised the Mailrooms to discontinue the process of accepting CD28's for "extra postage". This practice has crept back into some facilities, and we have again been asked to discontinue allowing it.

Canteen provides a variety of sizes of envelopes and weight limits. Many Canteens also provide a variety of shipping boxes; those facilities that do not currently have that option should soon.

CD28's can be used for:

Priority Legal Mail through the Legal Library

At institutions where Canteen does not offer shipping boxes, to mail items that are too large/heavy for envelopes (for example, to mail out a dozen books to clear out some of your property).



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