WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

ADMINISTRATION

How do I validate my international phone number?

Please send the information located below to **customer@icsolutions.com**:

- Telephone number(s) to be validated – Please include country code.
- Copy of phone bill which includes your billing address.
- Copy of one of the following: Drivers License/ID/Passport.
- Your current address.

/s/ S. Lane, OSP Superintendent's Office

GROUP LIVING

AIC Property and Clothing Allowed Past Security Gate

Effective August 7, 2023, AICs will no longer be allowed to take any clothing or personal items with them in or out of the security gate that exceeds the following:

- On Mondays, AICs will be allowed to take canteen items to their designated work area for their use the following week. No items are allowed to come back out. This may include a cup, Tupperware dish, pitcher, food items, condiments, and hygiene items.
- One clear cup or clear pitcher of ice may be taken out with the AIC at the end of their shift, and they may bring the empty clear cup/pitcher back the following day.
- No additional clothing items will be going in or out. AICs that work in the laundry are provided with an opportunity to shower and change out the clothes that they wore to work that day. After their shower, they should wear their clean clothes out. If they need clothing exchanged or replaced beyond this, they will need to go through the clothing room. AICs assigned to other areas, are on a call out for evening showers at which time they can exchange their clothing.
- No bags, backpacks or any other items are allowed through the security gate. AICs should only have their ID, any medication that they are required to always carry with them, and any appropriate paperwork.
- AICs that are in educational programs beyond the security gates will be allowed to take the appropriate books and papers. These will be scanned going in and out of the security gate and they should be able to carry them without utilizing a bag or backpack.
- AICs that attempt to bring things with them will be returned to their housing units/work site, risk having items confiscated in accordance with the property rule and subject to progressive discipline.
- All AICs are REQUIRED to scan in and out using the schedule track. AICs failing to do so will be subject to disciplinary action for Unauthorized Area and Disobedience of an Order.
- AICs not authorized to go through the security gate will not be allowed to be overridden without authorization of the OIC. Unauthorized AICs attempting to pass through the security gate or assisting others to pass through the security gate will be subject to disciplinary actions that may include segregation placement.

/s/ C. Porter, Group Living Captain

Excessive and Altered Clothing

We are currently spending between $2,500 and $4,000 weekly on replacement clothing items. We are asking for your assistance by not having more items than you are authorized to have and to be responsible for the items you are issued. Please turn in excess clothing items to the bins on your unit or to the clothing room during your shower time. Also, blankets, sheets and towels are to be used for their intended purpose. They are not to be used on the floor of your cell or to block view into the cell or bunk area.

AICs are issued the following clothing:

- 5 t-shirts, 5 underwear, 5 pair of socks
- 3 pair of pants
- 1 belt, 1 coat, 1 long-sleeve sweatshirt, 1 pair of red shorts, 1 stocking cap, and 1 pair of tennis shoes, and, depending on work assignment, 1 pair of work boots (to be returned if job changes

AICs are also issued:

- 2 blankets (3 in the winter)
- 2 sheets
- 1 towel

On page 16 of the January 2023 revision of the AIC Handbook it states:

When items wear out, return them to the clothing room on Tuesday or Friday during mainline shower time or your assigned shower time. **No alterations are allowed. You are responsible for your clothing. When an item is lost or intentionally damaged, you may be issued a disciplinary report and charged the replacement cost (this includes towels, sheets, and blankets).**

/s/ C. Porter, Group Living Captain

CORRECTIONAL REHABILITATION

Getting Out by Going In

On July 20, 2023, Getting Out by Going In (GOGI) founder, Coach Taylor, and Coach Carlson visited the Oregon State Penitentiary. Both coaches were impressed with the OSP community and described their visit in one word as "phenomenal". Most people do not know that Coach Carlson visited OSP in 2019 to help us establish our GOGI leadership and help us understand the GOGI tools. With the help of the Lifers Unlimited Club and the Latino Club we were able to purchase our first How to GOGI books. OSP now has 19 trained GOGI facilitators that continue in their leadership studies. They are hard at work facilitating five PowerUp! groups. PowerUp! is also offered in special housing.

A big thank you to Bob Langley, Miguel Mendoza-Castro, and Stephen Weavill for spearheading this event. Thank you to everyone that came together to help decorate, bake cookies, serve refreshments, build programs, create art, take pictures, and share your experiences on how this community is of service.

Congratulations to the men who have received over 112 certificates in 2023 and a big shout out to the OSP GOGI Facilitators:

Nelson Barillas
Jildardo Blancas-Perez
Dustin Bryant
Konrad Casebeer
Emmanuel Cid
Alejandro Gamboa
Fabian Gomez-Montalvo
Randy Guzek
Jimmy Kashi
Robert Langley
Jose Lizarraga-Regalado
Miguel Mendoza-Castro
Sergio Pantoja-Rodriguez
Visith Phandanouvong
Samuel Santos-Vasquez
Jose Satey-Sanchez
Ricardo Serrano
Felipe Vejar-Fombona
Stephen Weavill

Getting Out by Going In
Time-tested decision-making
TOOLS THAT CHANGE YOUR LIFE

/s/ C. Lenex, Correctional Rehabilitation Manager

COMMISSARY

Commissary News, Updates and Reminders

News

Our vendor has had a price increase on the 13" TV effective July 14, 2023. The new price will be $293.15.

The incentive items are available again starting July 10, 2023 as our year-end inventory has ended. Please note that we currently have guitars in stock so if you have been thinking about purchasing a guitar now is the time. After our stock has sold out, there will be a six-week waiting period for guitars.

Please see below the list of incentive items we offer.

# 1 TV Option	Price
9" Clear LCD TV Item 7829 Note: Earbuds NOT included Includes: Stand, remote w/batteries	$161.00

# 2 TV Option	Price
13" Skyworth SLTV 1369AP Clear LCD TV Item 7840 Includes stand, remote w/batteries and one set of ear buds	$293.15

Guitar	Price
Prison Blues Custom Guitar	$978.00
Upstart Electric Guitar Gig Bag	$81.51

Acoustic Guitars and Accessories	Price
3404 Yamaha F325 Right	$271.70
3410 Yamaha FG820SL Left	$629.30
3415 Yamaha FG800 Right	$407.55

Yamaha Acoustic Guitar Case	$228.80
Dreadnaught Gig Bag	$81.51
Dean Markley Acoustic P/U	$67.21
D'Addario 5FT Instru. Cable	$22.88
Ukulele & Accessories	**Price**
Soprano Ukulele	$114.40
TLK Soprno Ukulele Gig Bag	$35.75
Miscellaneous Accessories	**Price**
Korg TM-60 Tuner / Metronome	$51.47
Planet Wave Tuner/Metronome	$50.00
Yamaha clip-on tuner	$26.81
1/4 5' Guitar Cord	$11.44
Electric Guitar Package Package includes: Schecter Omen 6 Electric Guitar & Schecter Case	**Price**
Right-hand Package	$576.61
Left-hand Package	$607.17
Electric Guitar Accessories	**Price**
Zoom G1X FOUR Guitar	$207.35
9V ACDC Power Adapter	$28.60
Electric Bass Guitar Package Package includes: Schecter Omen 4 Bass Guitar & Schecter Case	**Price**
Right-hand Package	$644.82
Left-hand Package	$675.39
Electric Bass Guitar Accessories	**Price**
Zoom B1X FOUR Bass	$193.05
9V ACDC Power Adapter	$28.60

Yamaha 61 Key Portable Keyboard & Accessories	**Price**
Yamaha Keyboard	$257.40
Keyboard Foot Switch Style Sustain pedal	$30.75
Yamaha AC Power Adapter	$28.60

Black Compression Shorts Waist Extended (size)		**Price**
Small-(23)	Medium-(25)	$13.90
Large-(28)	Xlarge-(31)	$13.90
2XLarge-(34)		$15.75
3XLarge-(37)		$16.80
Misc. Items		**Price**
Yamaha Hph-100 closed back headphones		$102.96
Book Light LED w/Batteries		$15.36

Update

Discontinued:

Timex Women's Ironman Watch
Casio Womens Alarm Watch

Replacement:

Casio Men's Sport Watch Vibration Alarm
retail $42.83

Timex Women's Alarm Sports Watch gray/pink
retail $28.53

HEALTH SERVICES

HEMORRHOIDS

Hemorrhoids are swollen veins around the rectum. Straining to pass hard, compacted stools, or frequent loose stools will sometimes cause enough irritation to these veins to cause pain, swelling and sometimes blood on toilet paper or in the toilet.

Prevention

- A good fluid intake. You should drink at least 8 glasses of fluid a day. This does not include coffee, cola, or regular teas.
- Choose more fiber in your diet: Vegetables, fruit, bran cereals, and whole wheat breads.
- Do not hold your breath or strain during bowel movements.

Home Treatment

- Keep the area clean, avoid rubbing, dry off gently.
- Apply a non-perfumed lotion or ointment to the area after drying to protect against further irritation.
- The canteen stocks a hemorrhoidal ointment for use, which can help.
- Avoid laxatives if possible, unless ordered by your health care provider.
- If needed, the canteen stocks a natural fiber that you can take. Be sure and take with a lot of fluid, or it can constipate you more.

When to contact Health Services

- If pain is severe or lasts longer than one week.
- If bleeding continues or is heavy or blood is dark in color.

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS

General Population Peer Companion Position Announcement

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

OSP General Population currently has two Peer Companion positions open. The Individuals selected for this position will meet with clients individually or in groups, both for scheduled weekly support or as spontaneous requests. OSP General Population Peer Companions report to the ICH Program Manager and work closely with the Peer Companion Coordinator.

We are looking for motivated, responsible individuals who appropriate boundaries and can work in stressful situations. It is important for Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

GP Peer Companions will have assigned caseloads that they are responsible for, often consulting with QMHPs, the ICH Manager, or the Peer Companion Coordinator to help meet specific client needs. Appropriate communication skills are critical for the position.

Please submit an application AIC Communication form to Tim Assad, ICH Program Manager, if you are interested. One of the positions requires applicants to be bilingual with Spanish and English, the other position does not have this requirement. Applications will be accepted until these positions are full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year. It is preferred that you have one or more years left on your sentence.

/s/ T. Assad, Behavioral Health Services

Physical Plant Paint Shop

Physical Plant is accepting applications in the Paint Shop for one position:

Paint Crew – 14 points – 6:30 am–4:00 pm Monday-Thursday

The selected candidate will have the closest matching skills to those listed below.

Desired skills:

- Self-motivated individual with a desire to learn skills for the outside.
- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Experience using hand tools, paint brushes, and rollers.
- Able to lift 50-75 pounds frequently.
- Reliable individual who maintains regular attendance.

Non- negotiable requirements:

- 12 months at this facility with clear conduct; no exceptions!

Send a completed AIC job application with attached resume to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, July 29

8:00 am	LDS
	Sweat Lodge
	Jehovah's Witness
1:00 pm	Jewish Service
	Seventh Day Adventist
6:00 pm	Calvary Chapel
	Siddha Yoga (2nd and 4th Saturdays)

Sunday, July 30

8:00 am	Spanish Protestant
	Spanish Jehovah's Witness
1:00 pm	Catholic
6:00 pm	Lutheran

Tuesday, August 1

1:00 pm	Agape
	Orthodox Christianity (1st and 3rd Tuesdays)
	Art of Living (Meditate) (2nd and 4th Tuesdays)
6:00 pm	Buddhist (1st and 3rd Tuesdays)
	Pentecostal Service

Wednesday, August 2

6:00 pm	Most Excellent Way Chapel

Thursday, August 3

1:00 pm	TUMI
6:00 pm	Gospel service

Friday, August 4

1:00 pm	Nation of Islam
	Sunni Jumma prayer

Mainline

Week at a Glance

	Monday 7/31/2023	Tuesday 8/1/2023	Wednesday 8/2/2023	Thursday 8/3/2023	Friday 8/4/2023	Saturday 8/5/2023	Sunday 8/6/2023
	BREAKFAST						
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa,Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Chl) - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Cornmeal Hot Cereal (Sfa,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH						
Week 2	Coleslaw (Sod) - 0.75 CP *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Mexican Picadillo (Chl,Sfa) - 1.25 CP Brown Rice - 0.75 CP Broccoli - 0.75 CP Wheat Tortilla (Sfa,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken & Rice Casserole (Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Pork Loin (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
	DINNER						
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Creole Chicken (Chl) - 1.00 CP Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chili Mac (Chl,Sfa) - 1.25 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Hot Roast Beef Sandwich (Sod,Chl,Sfa) - 1.00 SV Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas & Carrots - 0.75 CP Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sfa,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sfa) - 0.75 CP Rotini - 0.75 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS 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

© Powered By: Culinary Suite