

T.R.C.I. TUMBLEWEED



July 2023

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Pay Dates: 7/6, 8/10, 9/7, 10/5, 11/9, 12/7

UPCOMING FUNDRAISER

Bulk Food (Granola & Trail Mix) Fundraiser

Please join the Paradigm Shift Club in supporting local organization **Made To Thrive** by purchasing Granola and Trail Mix.

- **Incentive Level 3 Only**
- AIC's may purchase up to 2 total bags
- Order forms will be distributed to units after July payday
- **Delivery: August 21st - August 25th**

Fruit & Honey Nut Granola

Ingredients: Rolled oats, Sunflower Seeds, Raisins, Dates, Wheat Flakes, Brown Sugar, Crisp Rice, Coconut, Almonds, Whey Powder, Soy Fiber, Non-Fat Milk, Inulin Fiber, Coconut Oil, Honey



- Price: \$8.00/LB



Antioxidant Fruit and Nut Trail Mix

Ingredients: Currants, Walnuts, Goji Berries, Pecans, Apples



- Price: \$9.00/LB

Disclaimer: The Paradigm Shift Club will be purchasing bulk granola, trail mix and packaging 1LB bags. Club members will weigh and vacuum seal all product upon delivery.

All PSC members have valid Oregon Food Handlers Certificates



Upcoming PSC Summer Events

- **Weight lifting Championship (Incentive Units): July 10th**
- **Chens Chinese Delivery (All Incentive levels): July 24th – July 27th**
- **Tip Basketball Tournaments (All Units): Month of July**
- **Tip Basketball Championship (Incentive Units): August 7th**
- **Bulk Foods Delivery (Incentive level 3): August 21st – 25th**
- **Cross fit Events (Incentive Units): Month of August**
- **Cross fit Championship (Incentive Units): August 28th**



Credit Check

What You Can Do to Protect Your Credit – Given the ODOT/DMV Data Breach in the News

In mid-June, there was a breach of information at the Department of Motor Vehicles (DMV) and 3.5 million Oregon driver's license and ID cards were impacted. There are immediate steps you can take to protect your information from identity theft. You are entitled to a free copy of your credit report once every 12 months from each of the three major credit reporting agencies, Experian, Equifax, and TransUnion. Contact information is listed below.

Equifax Fraud Reporting


P.O. Box 740256
Atlanta, GA 30374

Experian Fraud Reporting

P.O. Box 9554
Allen, TX 75013

TransUnion Fraud Reporting

P.O. Box 2000
Chester, PA 19016-2000



**ANGEL TREE STARTS
WITH A GIFT—BUT IT
DOESN'T END THERE.**

Registering your children
means they'll be eligible
for summer camp, sports
camps, and more!

SIGN UP TODAY!

See your chaplain to find out how.



ATPPPS

FACILITY DEADLINE:

Sept. 15

FORM DROP-OFF LOCATION:

****Pell Grants****

To All Adults in Custody (AICs),

As you know, Pell Grants for colleges/universities are coming back soon. The most important thing to know is **you will not be able to fill out the Free Application for Federal Student Aid (FAFSA®) form** and apply for a Pell Grant on your own for college within the facilities. You will need to apply directly to the approved college/university programs.

There are Federal guidelines the colleges/universities must go through to become a Pell Grant approved program.

- 1) The colleges/universities need to apply with the department to be selected as a program.
- 2) The colleges/universities have to get each facility accredited as one of their participating programs.
- 3) Finally, they have to apply with the U.S. Department of Education to become a Pell Grant program.

Currently the U.S. Department of Education has not finalized these applications. We have two programs previously approved through the 2nd Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the DOC application and to get accredited.

We do not have any new approved sites at this time. If you have any questions, reach out to the Education and Training Unit

****Pell Grants****

A todos los adultos bajo custodia (AIC),

Como saben, las Becas Pell para colegios/universidades volverán pronto. Lo más importante que debe saber es que no podrá completar el formulario de Solicitud Gratuita de Ayuda Federal para Estudiantes (FAFSA®) y solicitar una Beca Pell por su cuenta para la universidad dentro de las instalaciones.

Necesitará aplicar directamente a los programas universitarios/college aprobados.

Existen lineamientos federales que deben cumplir los colegios/universidades para convertirse en un programa aprobado por la Beca Pell.

- 1) Los colegios/universidades deben presentar una solicitud con el departamento para ser seleccionado como programa.
- 2) Los colegios/universidades tienen que conseguir que cada instalación sea acreditada como uno de sus programas participantes.
- 3) Finalmente, deben presentar una solicitud ante el Departamento de Educación de los EE. UU. para convertirse en un programa de Becas Pell.

Actualmente, el Departamento de Educación de EE. UU. no ha finalizado estas solicitudes. Tenemos dos programas previamente aprobados a través del proceso de Becas Pell de 2nd Chance que ofrecen clases a través de Chemeketa Community College en la Penitenciaría del Estado de Oregon y Treasure Valley Community College (TVCC) en la Institución Correccional de Snake River. Estos programas continuarán. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University y Adams State (un programa por correspondencia) han comenzado el proceso de solicitud del DOC y para obtener la acreditación.

No tenemos nuevos sitios aprobados en este momento. Si tiene alguna pregunta, comuníquese con la Unidad de Educación y Capacitación.

Recycling Reminder!

- Please remember to recycle all soda bottles and newspapers/magazines in the appropriate bins on your unit. The earth appreciates it, thanks!
- All proceeds from soda bottle deposits are placed in the AIC welfare fund



Deep Thoughts with Cambell

Happiness Isn't Found in Things, but in Virtue Alone – It's All About What We Value and the Choices We Make

The early Stoics often disagreed about many particulars, but they all agreed that for human beings ***the happy life was to be found only in the pursuit of virtue (arete, or human excellence)***, a pursuit that involved tempering our desires, aversions, and impulses so that they align better with the **four cardinal virtues** of **temperance** (*sophrosune*), **courage** (*andreia*), **justice** (*dikaiosune*), and **practical wisdom** (*phronesis*). Simply put, for human beings, virtue happens to be the best operating system for making our way through the world—it's the program we are all meant to be following. These four main virtues, and the many sub-virtues that relate to them, are where our focus needs to be and they are a package deal—inseparable and complete.

Arius Didymus, who served as one of two close Stoic advisors to the first Roman emperor Augustus, gave us the most complete list we have of the Stoic virtues. His very straightforward definitions present them as essential types of practical knowledge for living:

[*] **Wisdom** (*phronesis*) is the knowledge of what things must be done and what must not be done and what is neither, and leads us to appropriate acts (*kathekonta*). Within wisdom, we'll find virtuous qualities like soundness of judgment, circumspection, shrewdness, sensibleness, soundness of aim, and ingenuity.

[*] **Self-control** (*sophrosune*) is the knowledge of what things are worth choosing and what are worth avoiding and what is neither. Contained within this virtue are things like orderliness, propriety, modesty, and self-mastery.

[*] **Justice** (*dikaiosune*) is the knowledge of apportioning each person and situation what is due. Under this banner Stoics placed piety (giving gods their due), kindness, good fellowship, and fair dealing.

[*] **Bravery** (*andreia*) is the knowledge of what is terrible and what isn't and what is neither. This included perseverance, intrepidity, greatheartedness, stoutheartedness, and industriousness.

To approach life in this way involves a complete revolution in our thinking and attitudes. ***We must stop believing that happiness consists in things and realize instead that it consists alone in virtuous living.*** When we put external things ahead of virtue, we separate our individual nature from the universal one that connects us all together. Toxic emotions arise, along with anxiety and isolation.

Mailroom/Tracking Update

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:

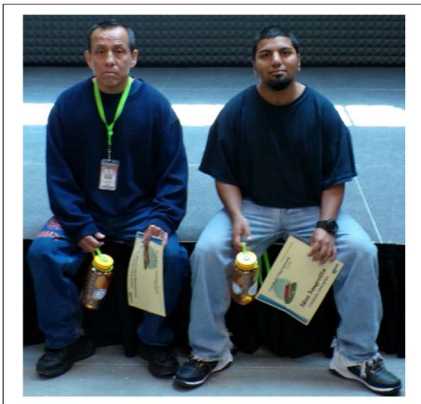
- *Priority Legal Mail through the Legal Library*
- *At institutions where Canteen does not offer shipping boxes, to mail items that are too large/heavy for envelopes (for example, to mail out a dozen books to clear out some of your property).*

“USPS will be phasing out the Priority Tracking manual label, which will result in DOC being unable to provide tracking numbers for outgoing mail. AICs who purchase priority mail boxes from Commissary should be aware of this change.”

Paradigm Shift Club Cornhole Championship & Ping Pong Championship

The Two Rivers Activities Center (TRAC)

June 12th, 2023 & June 20th, 2023



TRCI 2023 Cornhole Champions
Unit 1: (Jose Hernandez-Hernandez, Shree Sangrolla)



TRCI 2023 Ping Pong Winners

1st Place: Gerardo Chavarria (Left) – Unit 13

2nd Place: Daniel Garges (Right) – Unit 2

The newly minted Two Rivers Activities Center (TRAC) was debuted on Monday, June 12th, 2023 and played host to the Paradigm Shift Club 2023 Cornhole Championship. After nearly 8 months of construction, “The TRAC” is nearing a launch date and will serve the entire institution as a recreation center / event space. The inaugural event was received well by AIC’s and staff as they’re all eagerly awaiting its grand opening (tentatively set for August). All parties were impressed with the level of craftsmanship that TRCI’s Physical Plant exuded in the buildout. Last year, the Cornhole Championship took place in TRCI’s visiting room, but fortunately The Paradigm Shift Club was able to utilize the new space this year. The first incentive unit Ping Pong tournament was won by Unit 13 as the final game went down to the wire with Unit 2. Recreation and The Paradigm Shift Club are excited to host future events and tournaments, achieving the ultimate goal of connecting AIC’s with each other through positive and pro social activities.



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 AIC'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 court-ordered financial obligations (COFOs) are satisfied.
- Funds in the TRSA are not available to AIC'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?

available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

2023 Tip Basketball Tournament

OPEN TO ALL UNITS

Please join the Paradigm Shift Club this summer for our inaugural Tip Basketball tournament!

To sign up, send a kyte with both teammates **Names**, **SID #**, and **Bunk**. We will send a unit bracket along with tournament rules to all participants once we receive all teams that have signed up on your unit. Prizes awarded to 1st and 2nd place incentive unit winners at the championship event on Unit 1.

Important Dates

Send a kyte to: The PSC

Date to sign up by: July 14th, 2023

Return completed brackets to PSC by: August 3rd, 2023

Incentive Unit Championship Tournament on Unit 1: August 7th, 2023

Non-Incentive Unit Competition

Brackets will be separated by top and bottom tier on your unit. The winners from each tier will play each other at a later disclosed date on their unit. Each non-incentive unit winner will qualify for 1st and 2nd place prizes on their unit.



2023 TRCI 3 on 3 Basketball Tournament





2023 3 ON 3 CHAMPIONSHIP		
U-12	1	1
U-1		
U-13	13	
U-14		
U-26	26	26
<i>Minimum</i>		
U-10	10	
<i>Minimum</i>		
		* 1 *
		CHAMPION

Tournament Champion: Unit 1 (from left to right)
 Michael Gill, Nicholas Simms, Martin Maldonado, Frederick Lincoln



The 2nd annual TRCI 3 on 3 Basketball Tournament returned to Unit 1 on Monday afternoon, June 26th. The temperature was hot, but everyone was ready to play. All incentive unit winners were invited to attend along with staff and Unit 1 patrons. Crowd members were enthusiastic and thoroughly enjoyed the event. Several alluded to their surprise and amazement that we were given the opportunity to experience a unique event like this at TRCI. The institution has recently shown immense support for the Paradigm Shift Club unit activities. The club has several more planned for this summer, including a weight lifting competition, cross fit event, and Tip Tournament.

The tournament was won by Unit 1 for the consecutive year who played against Minimum (unit 26) in the final game, led by star player Frederick Lincoln. He left his mark on the final game, converting several 3-point shots and tough lay-ups in the lane. The reigning champs; Michael Gill, Martin Maldonado, Nicholas Simms (alternate), and aforementioned Frederick Lincoln were excited for the tournament, but had minimal info on the dark horse, Minimum (unit 26). The games were all played fair as tempers remained in check. The PSC music cart was bumping and lemonade was flowing. The club would like to thank all of those who attended and participated and look forward to next year!

July Movie Schedule

Week 1	Run Time	July 7 th – July 13 th	Rating	<input type="checkbox"/> Movie Playing Times <input type="checkbox"/>			
Ch. 51	Loop	Shameless Season 11 Disc 2 / Ray Donovan Season 2, Disc 2 (4 Eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:49/ 1:50	John Wick Chapter 4 / Sucker Punch	R / PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	True Blood Season 6 Disc 3 (3 eps.) / Strike Back Season 3 Disc 2 (3 eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Week 2	July 14 th – July 20 th			<input type="checkbox"/> 1:30, 6:30 & 10:30 Times Repeat <input type="checkbox"/>			
Ch. 51	Loop	Shameless Season 11 Disc 3 / Ray Donovan Season 2, Disc 3 (4 Eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	1:33/ 1:55	The Super Mario Bros. Movie / Geronimo: (An American Legend)	PG / PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop / 2:48	The Good Place Season 2 Disc 1 / The Watchmen Series Disc 1 (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Week 3	July 21 st – July 27 th			<input type="checkbox"/> 1:30, 6:30 & 10:30 Times Repeat <input type="checkbox"/>			
Ch. 51	Loop	Ballers Season 1 Disc 1 (5 Eps.) / Ray Donovan Season 3, Disc 1 (4 Eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:14/ 1:40	Dungeons & Dragons / Winter's Bone	PG-13 / R	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	True Blood Season 6 Disc 4 (2 eps.) / Strike Back Season 3 Disc 3 (3 eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Week 4	July 28 th – August 3 rd			<input type="checkbox"/> 1:30, 6:30 & 10:30 Times Repeat <input type="checkbox"/>			
Ch. 51	Loop	Ballers Season 1 Disc 2 / Ray Donovan Season 3, Disc 2 (4 Eps.) (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:03/ 1:37	The Covenant / Car Wash	R / PG	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop / 2:51	The Good Place Season 2 Disc 2 / The Watchmen Series Disc 2 (IN CELL VIEWING ONLY)	TV- MA	1:30 PM	6:30 PM		10:30 PM