



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

October TRAC Update

- Please direct all future TRAC questions and requests to Recreation Specialist J. Garrett
- WED, THU, and FRI afternoon TRAC time slots are full. Please continue to submit 3 different days/times when requesting to be placed on a callout. We will do our best to accommodate your requests. If you wish to be added to a waiting list for a specific day/time, please specify in your kyte.
- **WED - Evening TRAC Schedule:** Open October 4th & 18th only. For all WED - Evening TRAC attendees purchasing the ice cream fundraiser, you will receive it on WED, 11/1.

TRAC Video Schedule for October's Month of Horror

TRAC Video Schedule for October's Month of Horror



October 2nd - October 6th | Army of Darkness

October 9th - October 13th | The Blob

October 16th - October 20th | The Night of The Living Dead

October 23rd - October 27th | The Man with The Screaming Brain



Are you afraid of the dark? Do you get scared watching horror films alone? Come down to the TRAC and enjoy these horror films with your friends. All films are under 90 minutes and will be played during your TRAC visit on the scheduled week.

Top Played PS4 Games @ TRAC

1. TEKKEN 7
2. MADDEN 24
3. FIFA 23
4. FINAL FANTASY XV
5. GUILTY GEAR STRIVE
6. GRAN TURISMO SPORT
7. SOUL CALIBER VI
8. NEED FOR SPEED RIVALS
9. NARUTO ULTIMATE NINJA STORM 4
10. STAR WARS JEDI: FALLEN ORDER

Upcoming PSC Events & Fundraisers

- **GOGI Chicken Strip Fundraiser (All Incentive levels): *October 5th - 7th Delivery***
- **Insanity Fitness Class @ TRAC (Incentive level 3): *Starts October 10th***
- **FIFA 23 Tournament @ TRAC (Incentive level 3): *October 17th***
- **Breast Cancer Awareness Bracelet Fundraiser (All Incentive levels): *Month of October***
- **Breast Cancer Awareness Ice Cream Fundraiser @ TRAC (Incentive level 3): *October 23rd - October 27th***
- **Creatine Fundraiser (Incentive level 3): *November Delivery***
- **22 A Day Bracelet Fundraiser (All Incentive levels): *November Delivery***



Chicken Strip Delivery Date Change

The Chicken Strip GOGI Fundraiser has been tentatively rescheduled for

October 19th - October 21st

We apologize for the inconvenience and thank you for your patience.



Recreation & PSC Update!



***Double 12 Dominoes Now Available On All Units
In Your Control Point***

***All future PSC Fundraiser products will be picked up at TRAC.
Callouts are made to accommodate work schedules***

22 A Day...

Every year Americans come together on November 11th to celebrate Veterans Day when we recognize the sacrifices and celebrate the accomplishments of our nation's veterans. What many Americans do not know is that every day 22 of those veterans take their own lives. Yes, that number is correct; nationally, it is estimated that 22 of our military service members and veterans commit suicide every day. That's approximately 660 a month and 7,920 a year. But this is a statistic that we can all help change.

A key component of suicide prevention is education and awareness and Mission 22 is an Oregon based organization that takes this task to heart. Their sole focus is to help those who chose to step up when most stood still; they do this by addressing issues such as PTSD, TBI's, suicide risk and prevention, along with many other challenges faced by those who have already given our nation so much.

Join us this year in helping with this important task by donating to Mission 22. Participants will receive a "22 A Day" bracelet to thank them for their donation, and as a reminder of those who have fallen for our nation.



- Limit 1 Bracelet Per Person
- Open to All Incentive Levels
- Minimum Donation: \$2.00
- Order forms coming soon!

HEARTLAND COUNTRY CONCERT @ TRAC

SEPTEMBER 8TH, 2023

The TRAC monthly concert series kicked off September 8th at The TRAC with Heartland Country. Lead singer Girley Crum led the group of highly talented musicians, which included pianist, David Gilmore, Bassist, Jacob Lawrence, and drummer, Ron Ayala. The new concert venue offers an escape for AIC's to listen to live music in a unique setting. The band performed a morning and afternoon show to accommodate the large number of attendees. Heartland Country plays an assortment of old and new country that takes you down an old dirt road, reminiscing of a slower time. Several artists played include; Elvis, Hank Williams, Garth Brooks, Merle Haggard, and Travis Tritt. This group has performed several shows together over the years and feed off each other well on stage. Their stage presence is natural as the lead singer has fun conversations with the audience throughout the performance. The pianist, David Gilmore, is a classically trained musician who performs mind blowing solos in every song. We're extremely grateful to have Heartland Country in the TRCI band program and look forward to future shows. Next month's concert is Blues De' Ville (ZZ Top, Lynyrd Skynyrd, Chris Stapleton, etc) on Saturday, October 14th @ TRAC.





Deep Thoughts with Cambell

What is Dunning-Kruger effect in simple terms?

The Dunning-Kruger effect occurs when a person's lack of knowledge and skills in a certain area cause them to overestimate their own competence. By contrast, this effect also causes those who excel in a given area to think the task is simple for everyone, and underestimate their relative abilities as well.



“If you’re incompetent, you can’t know you’re incompetent. When you’re incompetent, the skills you need to produce a right answer are exactly the skills you need to recognize what a right answer is.”



Sports Talk with Garrett





**State of Oregon
Department of Corrections Commissary**

DATE: FRIDAY, SEPTEMBER 22, 2023
TO: Adults in Custody
FROM: Anita Jorajuria, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Due to rising cost of goods, our vendors have increased prices on some of the products we carry in commissary. The new prices go into effect on September 23, 2023. We apologize for the short notice. We are updating the commissary order forms as quickly as possible.

Business Office Update

- **All CD28 submissions are being processed off site at this time. Please be patient and allow sufficient time for your funds to be taken.**



Law Library News:

Only one Library Coordinator will be working October 9th thru October 11th, 2023. During those days, only Priority Legal Users with an imminent deadline will be scheduled. Please be sure to provide proof of your deadline to the Library Coordinators in advance. You will need to submit CD1714 Law Library Request Forms for your requests. Be sure to complete all required information on your Law Library Request Forms.

Blues De' Ville



CONCERT

Songs From Artists Such As:

ZZ Top, Lynyrd Skynyrd, Chris Stapleton,

and *FEATURING* an original composition from TRCI's own Shawn Harris.

Band Members:

Shawn Harris – Lead vocals/Lead Guitar, Brooke Keppler – Vocals/Bass Guitar,

Tommy Dorris –Guitar, Joe Bernard – Drums

Saturday, October 14th, 2023

9:00 – 10:30am OR 12:30-2:00pm

To sign up:

Send a kyte to Recreation before Monday, October 9th, 2023

Limited to first 80 sign-ups per show, indicate your preference of AM or PM show.

Level 3, TRCI ONLY



Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs • Eligible deposits are received into this account <ul style="list-style-type: none"> ◦ <i>Examples: Deposits received from friends/family, and PRAS</i> • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money <ul style="list-style-type: none"> ◦ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account • AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) • 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 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

Get your flu shot!

The Centers for Disease Control and Prevention (CDC) recommend everyone 6 months and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. The influenza vaccines does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination. If you have any questions regarding flu vaccination, please kyte Health Services for additional information.

¡Vacúnese contra la influenza!

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación. Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe. Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el sitio en el que se puso la vacuna; y fiebre, dolores musculares y de cabeza pueden presentarse después de la vacuna contra la influenza. Si tiene alguna pregunta sobre su vacuna contra la influenza, por favor contacte por escrito (kyte) a los Servicios de Salud, para obtener información adicional.



October 2023 Movie Schedule

Week 1	Run Time	October 6th – October 12th	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Ray Donovan Season 5, Disc 1 & 2 (3 / 3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 3, Disc 3 (3 eps)				
Ch. 52	2:21	Fast 10	PG-13	1:30 pm	6:30 pm	10:30 pm
	2:07	Hereditary	R			
Ch. 54*	Loop	Curb Your Enthusiasm Season 1, Disc 1 - 2 (5 / 5)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		The Last of Us Season 1, Disc 4 (2 eps)				
Week 2	Run Time	October 13th – October 19th	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Ray Donovan Season 5, Disc 3 & 4 (3 / 4 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 1 (3 eps)				
Ch. 52	2:29	Guardians of the Galaxy: Volume 3	PG-13	1:30 pm	6:30 pm	10:30 pm
	1:26	Autopsy of Jane Doe	R			
Ch. 54*	Loop	The Sopranos Season 1, Disc 3-4, (4 / 2 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
	Loop	Strike Back Season 5, Disc 3 (4 eps)				
Week 3	Run Time	October 20th – October 26th	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Ray Donovan Season 6, Disc 1 & 2 (3 / 3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 2 (3 eps)				
Ch. 52	1:48	Midsommar	R	1:30 pm	6:30 pm	10:30 pm
	1:33	Renfield	R			
Ch. 54*	Loop	Curb Your Enthusiasm Season 2, Disc 1 - 2 (5 / 5)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Winning Time Season 1, Disc 1 (4 eps)				
Week 4	Run Time	October 27th – November 2nd	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Ray Donovan Season 6, Disc 3 & 4 (3 / 3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 3 (3 eps)				
Ch. 52	2:24	The Flash	PG-13	1:30 pm	6:30 pm	10:30 pm
	1:37	Event Horizon	R			
Ch. 54*	Loop	The Sopranos Season 2, Disc 1-2, (3 / 3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Strike Back Season 6, Disc 1 (5 eps)				



No-Shave November Contest

MAY THE BEARD BE WITH YOU...

To bring attention to Testicular Cancer, TRCI will be running our own No-Shave November Contest that will be held in the TRAC and available to all who attend. Our goal is to bring the AIC community together and bring awareness to a very serious issue. And a little friendly competition doesn't hurt either.

Sign up in the TRAC by October 27th, 2023

Contest Information:

- Participants will need to sign up at the TRAC on their designated day. **(Required)**
- All participants will have their photo taken during their scheduled TRAC callout before and after growth.
Week of October 30th – November 3rd & Week of November 27th – December 1st
- The winners will be announced during the second week of December.
- There are four categories to enter:
 1. Best Beard (Most amount of growth over the month)
 2. Best Full Beard (Best looking full beard already in progress)
 3. Best Mustache (Most outstanding and full mustache)
 4. Least Amount of Growth (Best attempt at trying to grow a beard)
- After the event is concluded and the winners announced, a select group (consisting of the top 10 from each category, 40 total) will be invited to the TRAC for a meal and a movie.
- After all photos are taken at the end of the contest, the photos will be compiled into a binder and numbered. Upon arriving to your designated TRAC callout and upon request, TRAC attendants will be given a ballot to vote. Voters will look through the binder, select their choice of the 4 categorical winners and turn in their votes to a ballot box. Everyone will get **ONE** vote to ensure a fair ballot process.

Contest Rules:

- Each participant will take a photo of either a clean shaved face or a full beard already in progress (Full Beard contestants will only be allowed to enter the Full Beard Category) to enter. During the final week of November, all participants will take a photo of their growth for the month.
- All participants will have their photo viewed and judged by all others who attend the TRAC.

Awards & Participation:

1. For the winners of each category, they will receive either a 24oz. Tervis Insulated Mug with their choice of logo or a beard treatment kit. Winners will make choice with Mr. Cambell and will be ordered at that time.
2. For the **Top 10** in each category, they will be invited to enjoy a meal (TBD) and watch a movie down in the TRAC, to inspire good sportsmanship for everyone's efforts.



Movie to be shown:
January 9th 3:30PM – 7:30PM
Avatar: The Way of Water



For Incentive Level 3

Creatine has finally been approved! We will be providing the opportunity to purchase up to **3 bags per person** of creatine at this time. There are no guarantees, but we hope to continue selling this product in the future so please use and store responsibly.

100% of proceeds from this fundraiser will be used to purchase Rogue Weight Training Equipment and Fitness Prizes, specifically utilized for incentive level 3 events and competitions.

Product: Creatine Monohydrate (Micronized)

Vendor: BulkSupplements.com

Volume: 500 Grams Per Bag (1.1 lbs.)

Recommended Serving Size: 5 Grams

Servings Per Bag: 100

CD28's Due By October 5th

Price: \$30 Per Bag

Creatine Monohydrate Benefits

Creatine monohydrate is among the most well-researched and effective supplements. Unlike other supplements that only affect advanced athletes, creatine benefits you regardless of your fitness level. Benefits include increased lean muscle mass, weight gain, boosting anaerobic strength, supporting cognitive function, improving muscle recovery time, and providing energy and endurance.



Creatine Monohydrate (Micronized)

500g (17.6oz)

SUPPLEMENT FACTS

Serving Size: 5 grams (about 2 tsp)	
Servings per container: 100	
Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g
<small>*Daily Value not established.</small>	
Other Ingredients: None.	

Free of: Added Sugar, Soy, Dairy, Yeast, Gluten, Additives

Suggested Use: As a dietary supplement, take 5g (about 2 tsp) preferably before a workout, or as directed by a physician. Individual needs may vary. Drink plenty of water.

**Use an accurate milligram scale. Contents are sold by weight, not volume. Settling may occur.

Store in a dry, cool place

Distributed Exclusively by:

BulkSupplements.com
7511 Eastgate Rd
Henderson, NV 89011, USA



3008103X
Net - BulkSupplements.com Creatine Monohydrate (Micronized)
10g (0.35oz)

WARNING:
This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a physician before taking any dietary supplement.
KEEP OUT OF REACH OF CHILDREN.
Lot Number: XXXXXXX
Best Before: XXXXXXX

CREATINE MONOHYDRATE LOADING AND MAINTENANCE DOSAGE GUIDELINES

LEAN	MASS	MALE		FEMALE	
		LOADING	MAINTENANCE	LOADING	MAINTENANCE
80	36	9 g	2.25g	6g	1.50g
90	41	10 g	2.50g	7g	1.75g
100	45	11 g	2.75g	8g	2.00g
110	50	13 g	3.25 g	9g	2.25g
120	55	14 g	3.50g	10g	2.50g
130	59	15 g	3.75g	10g	2.50g
140	64	16 g	4.00 g	11g	2.75g
150	68	17 g	4.25 g	12g	3.00g
160	73	18 g	4.50 g	13g	3.25g
170	77	19 g	4.75g	13g	3.25g
180	82	21 g	5.25g	14g	3.50g
190	86	22 g	5.50g	15g	3.75g
200	91	23 g	5.75g	16g	4.00g
210	95	24 g	6.00g	17g	4.25g
220	100	25 g	6.25g	18g	4.50g



I used to be doing time just like you. When I got out, someone gave me a chance to prove myself and do better. Now, I want to do the same for you. Have you done what it takes?

Nancy Pance – Co-Founder

opportunity
oregon

Everyone deserves a chance

Opportunity Oregon is a new business that helps pair AICs who are close to release and have demonstrated a change in their lifestyle with a job upon release.

Informational Session: October 24
Sign Up Now!

What you do in here DOES matter!

We are looking for people who have demonstrated that they have turned their lives around and want the chance to prove it when they are released.

Does this describe you? If so, **you** are the one we want!

Opportunity Oregon is a program making a difference in the lives of the formerly incarcerated in Oregon through education, job training and job placement assistance. The program provides employment opportunities to individuals who have been released from incarceration and are looking to rebuild their lives outside prison walls. Opportunity Oregon is working towards raising awareness among Oregon employers about the benefits of hiring individuals who have been incarcerated. Through partnership with local businesses willing to hire individuals with a criminal record, they provide ongoing support to ensure participants maintain their employment and thrive in their new path. Opportunity Oregon's mission is to break the cycle of recidivism, remove barriers to employment and provide program participants tools they need to succeed.

Nancy Pance of Opportunity Oregon is hosting an informational session Tuesday October 24th to help you learn more about this program. If you are interested in attending and are 2 years or less to release, send a communication to S. Robson, Transition Coordinator no later than October 6.

NOTE: Space is limited, and preference will be given to those closest to release.

Support Breast Cancer Awareness Month



- Purchase Pink Bracelets for the month of October to support TRI-Cities Cancer Center
- Open to All Incentive Levels
- Minimum donation: \$2.00
- CD28's due by October 5th, 2023



Ice Cream Soiree

- Purchase 1 soft serve ice cream dessert to support TRI-Cities Cancer Center
- Open to all *Incentive Level 3 TRAC participants* currently on the scheduled callout (pick up order form @ your next TRAC visit)
- Your ice cream treat will be available at your scheduled TRAC time during the week of October 23rd – 27th
- Cost: \$5.00 per person
- CD28's due by October 5th, 2023

Soft Serve Treat Includes

- 12 oz Vanilla or Chocolate Soft Serve Ice Cream Cup
- Choice of Toppings; Chocolate Sauce, Caramel Sauce, Berry Sauce, Pink Sprinkles, Peanuts
- 1 Fudge Brownie



Religious Services Ch. 53 Schedule

October

CALMING SUNDAY	FAITH MONDAY	CALMING TUESDAY	FAITH WEDNESDAY	CALMING THURSDAY	FAITH FRIDAY	FAITH SATURDAY
1 <u>Lotus Pond</u>	2 Christian <i>I Can Only Imagine</i>	3 <u>Water Falls</u>	4 Latter Day Saints <i>"Infinite Gift"</i>	5 <u>Tropical Cascades - Disc 2</u>	6 Catholic <i>"Great Adventure" #3 & #4</i>	7 Native <i>"The Great Indian Wars"</i>
8 <u>Open Waters</u>	9 Muslim <i>Islam - Empire of Faith</i>	10 <u>The Living Ocean</u>	11 Seventh Day Adventist <i>Christianity Lite - "On the Road" Hal Steenson</i>	12 <u>Nature's Windows</u>	13 Messianic <i>"Death By Religion" Dean Wheelock</i>	14 Jehovah's Witness <i>"The Prodigal Returns"</i>
15 <u>Tropical Cascades: Disc 1</u>	16 Buddhism <i>"Seven Wonders of the Buddhist World"</i>	17 <u>Ocean Waters</u>	18 Seventh Day Adventist - Span. <i>"Time Changer" (movie)</i>	19 <u>Hawaii Beaches & Reefs</u>	20 Orthodox Christian <i>"from the Little Mountain"</i>	21 Asatru <i>"Hermetic Order of the Golden Dawn - Part 1"</i>
22 <u>Thunder Storm</u>	23 Jewish <i>"Passover Essentials"</i>	24 <u>Reefscapes - Nature's Aquarium</u>	25 Wicca <i>"Witchcraft - Rebirth of the Old Religion"</i>	26 <u>Flowers of Provence</u>	27 Protestant - Spanish <i>War Room (movie)</i>	28 Catholic - Spanish <i>"Saint Anthony: The Miracle Worker of Padua"</i>
29 Reformation Day - Special Movie: "Luther"	30 Other Faiths <i>"What is Rastafari?"</i>	31 <u>Tropical Cascades - Disc 1</u>				