



Pay Dates: 11/9, 12/7

AIC/Staff Spotlight TRCI Bakery



TRCI's Bakery is unanimously considered the "best" bakery in the D.O.C.. AIC's who transfer from across the state share their fondness of TRCI's baked goods and always look forward to the Saturday morning pastry or weekly assortment of cake offerings. Led by staff bakery head, Mr. Porter, along with AIC lead Michael Rushford, the bakery team of 20 consists of a motivated group who possess significant pride in their work that resonates throughout. This starts with Mr. Porter, an admired coordinator who treats everyone fairly, but always wishes he could offer more. He understands the pay will unfortunately never match other areas within the institution, but runs his department unique. All applicants must be incentive level 3 unless they previously held kitchen positions for an extended period of time and are required to sign a 1-year contract. This is highly unusual for prison kitchen jobs, but the high turnover requires Mr. Porter to implement a work contract. All skills gained in the bakery translate to outside jobs, whether it be learning the equipment, understanding recipes, or soft skills of working with a team. All bakery workers are cross-trained from the beginning to ensure a team atmosphere where all members are able to contribute equally. Mr. Porter would love to see bakery certificates/licenses offered to AIC's where a program could place them into jobs immediately upon release.

The bakery is entering its busiest time of year, specifically November for Thanksgiving. Most of us are unaware to the wide range of business the bakery serves outside of TRCI. From local schools and fire departments to non-profits, weddings and funerals, assistant manager Ms. Cannel mentioned "prison cookies" are a desirable item on the outside as they offer a mystique that can't be replicated. Outside orders arrive consistently, specifically dinner rolls, cookies, pies, cakes and pastries are the most popular. TRCI's bakery serves as the D.O.C. tortilla, hoagie, and burger bun producer, shipping to the Central Distribution Center weekly. The team stays busy year-round and often work double shifts during institution meal fundraisers. Recently, the bakery supported The Paradigm Shift Clubs' Chicken Strip fundraiser, working 13-hour days as well as an extra-long Saturday. The bakery team is an integral piece to TRCI's operations. The crew loves their job and above all, enjoys serving our population.

Upcoming PSC & TRAC Events

- **22 A Day Bracelet Fundraiser (All Incentive levels): November Delivery**
- **Cribbage (All Incentive levels): Month of November**
- **Matter of Time Concert: Saturday, November 18th**
- **Cribbage Tournament @ TRAC (Incentive level 3): November 28th**
- **No Shave November Competition (TRAC Participants): Month of November**



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 8/8/2023.

PROPOSED RULES:

291-145 Group Activities (AIC)

- Amends rule to correct an error in the rule fixing the account to which unobligated funds are transferred when a club is terminated, thus aligning the rule to current practice.
- Last day of comment period: 12/4/23 5:00 PM

PERMANENT RULES

291-145 Group Activities (AIC)

- Amends rule to provide direction for AICs and employees regarding how clubs and other activities should operate; aligns rule with audit recommendations and policy decisions on fundraising; and changes the term "inmate" to "adult in custody".
- Effective 10/3/23

291-156 Welfare Fund (AIC)

- Amends rule to update business strategies, reflect changes in department philosophy like changing "inmate" to "adult in custody" and clarify the rules.
- Effective 9/29/23

Thank You TRCI!!!

Our Chicken Strip Fundraiser for GOGI was a blast and The Paradigm Shift Club is extremely thankful to all that participated. The event raised **\$994.67** to support our local GOGI chapter. The fundraiser was open to all incentive levels as PSC members served **~865** AIC's between October 19th – October 21st. The bakery team went above and beyond to make this happen and we all appreciate their hard work during the entire week.



Breast Cancer Awareness Month

Thank you for participating in our bracelet and ice cream fundraisers to support breast cancer awareness month. All proceeds will be donated to Tri-Cities Cancer Center.

Breast Cancer Ice Cream: ~\$500
Breast Cancer Bracelets: ~\$2,135.53



BLUES DE' VILLE CONCERT

OCTOBER 13TH, 2023



Band Members (left to right): Brooke Kepler, Shawn Harris, Joseph Bernard, Tommy Dorris



Photos
powered by
Cheeze Kat

As the 2nd TRAC concert commenced, the vibe was set by the smooth sound of Blues De' Ville and new lighting system, syncing perfectly with each beat. TRCI's blues band, led by Shawn Harris, and accompanied by Joseph Bernard, Tommy Dorris, and Brooke Kepler played a medley of songs including; ZZ Top, Lynyrd Skynyrd, Chris Stapleton to name a few. The crowd enjoyed attending a Saturday concert for the first time at TRAC. The recently purchased lighting system offered a new dimension to the show. The multitalented and highly skilled singer/drummer, Joseph Bernard, blew our minds with his powerhouse vocals and intricate drum techniques. Rhythm guitarist, Tommy Dorris, offered another layer to the ambience. Lead guitarist Shawn Harris graced us with his original composition, written while incarcerated. The Blues De' Ville is in a league of their own as one of the four show stoppers at TRCI. Recreation and the blues band are thankful for all your support and love.



Deep Thoughts with Cambell

Love After Love by Derek Walcott

The Time Will Come
When, With Elation
You Will Greet Yourself Arriving
At Your Own Door, In Your Own Mirror
And Each Will Smile At The Other's Welcome,

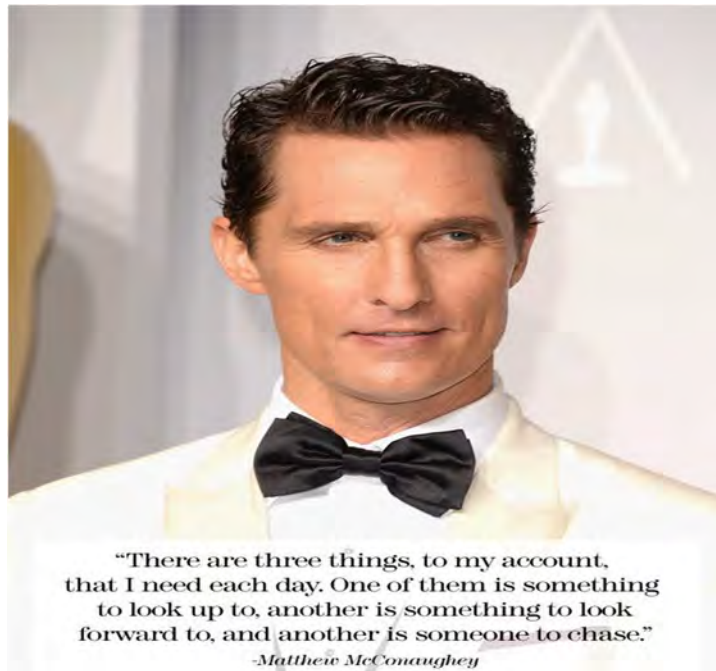
And Say, Sit Here. Eat.
You Will Love Again the Stranger Who Was
Your Self.
Give Wine. Give Bread. Give Back Your Heart
To Itself, to The Stranger Who Has Loved
You

All Your Life, Whom You Ignored
For Another, Who Knows You by Heart.
Take Down The Love Letters From The
Bookshelf,

The Photographs, The Desperate Notes,
Peel Your Own Image From The Mirror.
Sit. Feast On Your Life.



Sports Talk with Garrett



"There are three things, to my account,
that I need each day. One of them is something
to look up to, another is something to look
forward to, and another is someone to chase."

-Matthew McConaughey

RELIGIOUS AFFILIATION SELF IDENTIFICATION FORMS



Are you thinking about the coming Holidays? Are you going to participate in any special Religious event meal or fasting? **Are you records in the DOC400 updated? If you have not done it, please do so.**

Starting in January 2023, Religious Services Managers asked AICs to use the Religious Affiliation Self Identification to be considered to participate in any annual meal celebration, fasting, sack meal, work restriction or other special meal accommodation. AICs religion must be identified in the DOC400 that is associated with the specific event in order to participate. **THE SELF IDENTIFICATION ENTRY IN THE DOC400 DOES NOT RESTRICT AN AIC PARTICIPATION IN ANY RELIGIOUS SERVICE.** AICs can only participate in one special Religious meal in a calendar year.

Karaoke @ MHU October 18th, 2023



Recreation has been visiting MHU on one Wednesday each month with the Karaoke Cart. Last year, the karaoke cart was rolled out to all incentive units and now the recipient, MHU, has become the most energetic and enthusiastic crowd to date. Unfortunately, some singers are turned away after the 90-minute session due to the participation level. The driving force behind this event is Ms. Aguiar, a BHS staff member, who encourages all AIC's to participate as she attends every month. Fun fact about Ms. Aguiar, she actually sings and has an exceptional voice. This month's event was another successful turnout, but we experienced an act of kindness and braveness that should be acknowledged. Edward, an MHU resident, encouraged his friend to sing by saying "don't let fear run your life, get up there and sing, we'll support you." The other gentleman was extremely nervous, but expressed significant courage by singing. The entire room sang along in support. MHU and the BHS staff have cultivated an inviting and positive environment where AIC's feel comfortable to be themselves. All recreation staff are eager to attend the next event.

Matter Of Time



Songs From Bands Such As:

**Sublime, Red Hot Chili Peppers, Tool, System Of A Down, Godsmack,
Chevelle, Shinedown, Korn, Staind, Black Sabbath, and *More***

Band Members:

Thomas Urvina – Lead vocals

Rocky Stinger – Lead Guitar / Backing Vocals

Sean Riggs – Drums / Percussion

Robin Muir – Bass Guitar/Backing Vocals

Saturday, November 18th, 2023

9-10:30 AM -OR- 12:30–2:00PM

To sign up:

Send a kyte to Recreation before Monday, November 13th, 2023 and indicate your first and second choice times. Level 3 only!



LIBRARY NEWS

JOB OPENING: LEGAL ASSISTANT

Spanish speaking/Bi-lingual

Minimum Requirements:

- GED, High School Diploma or above
 - Non-cash incentive Level 2 or 3
 - Minimum of 1 year misconduct free
 - Ability to follow directions
- Communicate orally to get across complicated instructions, interpretations, and to maintain as much confidentiality as possible
 - No DOC record of staff assault(s)
- No DOC record of prior removal from library assignment that resulted in an adjudicated disciplinary report (DR)
- Minimum of 2 years' time remaining to be served if at a medium custody facility and a minimum of 1 year time remaining to be served if at a minimum custody facility or prior experience as a Legal Assistant

- *Knowledge of (Oregon's?) legal system*
 - *Legal research capabilities*
 - *Legal writing skills*
 - *Typing skills*
 - *Ability to work independently*
- *Ability to work well as a team member*
- *Please send applications to West Law Library*

FIFA Tournament @ TRAC

October 17th, 2023



TRCI Champion: Joseph Sizemore (left)
2nd Place: Gerardo Chavarria (right)



The inaugural FIFA 23 futbol video game tournament of masterful skill and hand eye coordination was kicked off on October 17th in the TRAC hall. The 14 competitors from across the institution battled their hearts out for the opportunity to win a Tervis insulated mug with their choice of team logo and institution bragging rights. Heavy favorite Gerardo Chavarria rolled through his first few rounds on autopilot until he met Joseph Sizemore in the final match. Joseph derailed Gerardo's 3-0 lead with 6 unanswered goals to claim the first TRCI FIFA 23 title. The Paradigm Shift Club coordinated the event and provided ice cream and soda. The final game was displayed on the 130" projector with the lights dimmed. Everyone is looking forward to future tournaments at TRAC.

**PARADIGM
SHIFT**

November Movie Schedule

Week 1	Run Time	November 3rd – November 9th	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Ray Donovan Season 7, Disc 1-2 (3/3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 4 (4 eps)				
Ch. 52	1:43	No Hard Feelings	R	1:30 pm	6:30 pm	10:30 pm
	2:14	Windtalkers	R			
Ch. 54*	Loop	Curb Your Enthusiasm Season 3, Disc 1-2 (5/5)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Winning Time Season 1, Disc 2 (3 eps)				
Week 2	Run Time	November 10th – November 16th	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Ray Donovan Season 7, Disc 3-4 (3/1 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 5 (3 eps)				
Ch. 52	1:59	The Last Voyage of the Demeter	R	1:30 pm	6:30 pm	10:30 pm
	2:24	13 Hours	R			
Ch. 54*	Loop	The Sopranos Season 2, Disc 3-4 (4/4 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
	Loop	Strike Back Season 6, Disc 2 (5 eps)				
Week 3	Run Time	November 17th – November 23rd	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Generation Kill, Disc 1 (3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 4, Disc 6 (3 eps)				
Ch. 52	2:06	Puss in Boots: The Last Wish	PG-13	1:30 pm	6:30 pm	10:30 pm
	2:01	Lone Survivor	R			
Ch. 54*	Loop	Curb Your Enthusiasm Season 4, Disc 1-2 (5/5)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Winning Season 1, Disc 3 (3 eps)				
Week 4	Run Time	November 24th – November 30th	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Generation Kill, Disc 2 (3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 5, Disc 1 (4 eps)				
Ch. 52	1:52	Air	R	1:30 pm	6:30 pm	10:30 pm
	1:51	Gardens of Stone	R			
Ch. 54*	Loop	The Sopranos Season 3, Disc 1-2 (3/3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Strike Back Season 7, Disc 1 (5 eps)				
	Run Time	Veteran's Day Nov 11th – Nov 12th	Rating	Movie Start / Repeat Times		
Ch. 54*	2:10	The Devil's Brigade	PG	1:30 pm	6:30 pm	10:30 pm
Week 4	Run Time	Thanksgiving Nov 22nd – 23rd	Rating	Movie Start / Repeat Times		
Ch. 54*	2:08	A Man Called Otto	R	1:30 pm	6:30 pm	10:30 pm

Insanity Fitness Class @ TRAC **Tuesday's: 3:30PM – 5PM**



TRAC has kicked off its first ever fitness class, the grueling “Insanity” 10-week workout series, coached by AIC Mike Dodge and Derek Jackson. The 15 participants express a level of defeat and enthusiasm at the end of each session, but give it their all! Several participants feel this atmosphere takes them out of prison and offers a unique and healthy outlet. “Coach Dodge” has been instrumental in getting the class off the ground and has plans to progress fitness offerings at TRAC. We look forward to more fitness related classes of this caliber in the future.