



Pay Dates: 2/8, 3/7, 4/4, 5/9, 6/6, 7/4, 8/8, 9/5, 10/10, 11/7, 12/5

Happy Valentine's Day & Black History Month

History of Valentines' Day

There are varying opinions as to the origin of Valentine's Day. Some experts state that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on February 14, 269 A.D., the same day that had been devoted to love lotteries.

Legend also says that St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine." Other aspects of the story say that Saint Valentine served as a priest at the temple during the reign of Emperor Claudius, Claudius then had Valentine jailed for defying him. In 496 A.D. Pope Gelasius set aside February 14th to honor St. Valentine.

INTERESTING FACTS

◇◇ ABOUT ◇◇

BLACK HISTORY MONTH

Originally focused on reaching **Black students** in public schools.



Started on February 7, 1926, as **Negro History Week**.

Launched by Dr. Carter G. Woodson.



Celebrated in the US, the UK, Canada, Germany, Netherlands, and the Republic of Ireland.



FamilySearch.org



Kent State successfully promoted Black History Month in 1970.

In 1976, President Gerald Ford officially recognized Black History Month.



Red Lodge Fundraiser Recap

Our first fundraiser this year kicked off with a bang as The PSC delivered **764** burritos, **250** mouth wash orders, and **115** Nalgene lids to the general population in support of Red Lodge Transition Services. The fundraiser was open to all incentive levels as PSC members served and delivered items between October 11th – October 24th. As always, The Paradigm Shift Club is extremely grateful to all that participated along with local restaurant Nelly's Super Tacos. The event raised **\$3,217.94** to support Red Lodge Transition Services.



Upcoming PSC & TRAC Events

- **Pool Tournament @ TRAC: February 12th & February 26th**
- **Pinochle Tournament (All Incentive levels): Month of March**
- **Pinochle Championship: April 3rd**



Date: February 1, 2024
To: All Adults in Custody
From: Health Services Division
Subject: Electronic Health Records

We have some news to share with you! The people who help take care of you and your health at the Oregon Department of Corrections (DOC) are going to start using a new computer system to keep track of your health information. This new system is called an electronic health record (EHR) system. It's like a big computer file that stores all your health information in one place.

This change is important because it will help your doctors, nurses, behavioral health, and dentists work together more easily. For example, they will be able to see your health information at the same time, rather than having to take turns with the paper chart. The EHR will also make it easier for DOC to share information with outside providers and upon your release.

Even though the new system won't be ready for more than a year, we want to let you know about it now since you may start to see some changes like people onsite installing equipment and scanning records. You don't need to do anything different to get medical care right now.

We know change can be scary, but we want to make sure you have all the information you need. We will keep you updated about the new system through AIC newsletters, articles, and flyers.

PSC Salutes Black History Month

Of the many units that participated in WWII, one of the most distinguished combat units is one you have likely never heard of – *the 761st Tank Battalion*. Nicknamed the “Black Panthers,” their battalion motto was “Come Out Fighting.” It was a motto they proved from their first mission to their last. In the early days of WWII, segregation and racial inequality were the order of the day, and there was concern about allowing African American soldiers into combat. It was General Lesley J. McNair, commander of Army Ground Forces, who successfully argued that “colored” units be employed in combat.

The 761st was constituted on March 15, 1942, at Camp Claiborne, Louisiana, where they initially trained in the M5 Stuart Light tank, learning how to maneuver, mount, dismount and maintain their weapons and vehicles. Their final training was at Fort Hood, Texas where they were upgraded to the M4 Sherman medium Tank before deployment to occupy Europe on October 10 1944, where they were assigned to Patton’s Third Army.

They saw combat for the first time in November 1944, fighting through towns like Movenvic and Vic-sur-Seille, often taking the leading edge of the advance. At Morville-les-Vic they endured 183 days of continuous combat operations, something no American unit had ever done before. Of their initial deployment strength of thirty-six officers and 676 enlisted men, the 761st suffered 156 casualties in November ’44, with 24 killed, 81 wounded and 44 non-combat losses.

In December they would be rushed to aid in the Battle of the Bulge where they aided the 101st Airborne and where they would play a major role in the capture of Tillet, where, while supporting the 87th Infantry Division with just eleven tanks, they took control of the city from the 113th Panzer Brigade after two days of intensive combat, losing 9 tanks in the process.

It was this type of fighting spirit that led to their reputation at wars end as one of the most effective tank battalion of WWII, with the unit receiving the Presidential Unit Citation, and numerous individual awards from the Silver Star down, including over 300 Purple Hearts.





Pinochle Tournament **Of Champions...**

For all Units

On Unit Tournament Starts: March 4th, 2024

On Unit Tournament Ends: March 22nd, 2024

TRAC Championships: April 3rd, 2024

If you are interested in participating in this
Teams Double Deck tournament:

Send a

KYTE to Paradigm Shift Club

By

Monday February 19th, 2024

**Score Cards, Tournament Rules and Details will
Be provided to those who enter.**



Resources for AIC's

Here are a few helpful AIC resources!

College Inside

Open Campus

2460 17th Avenue #1015, Santa Cruz, CA 95062

Opencampusmedia.org

College inside is a newsletter about prison education produced by Open Campus, a national nonprofit newsroom. We produce a monthly print newsletter about higher education in prison that we send to incarcerated people. You can write to the address above to be added to our mailing list or someone with internet access can sign up.

College Guild

P.O. Box 696, Brunswick, ME 04011

Collegeguild.org

Our mission is to provide free correspondence courses that connect incarcerated people with a community beyond prison walls, fostering mutual respect through a shared passion for learning. Anyone currently incarcerated in federal or state prison is welcome, regardless of previous level of education attained. College Guild is free of religious or political affiliation and welcomes students of all identities. Write to the above address and ask for an enrollment package.

Prison Scholar Fund

1752 NW Market St. #953, Seattle, WA 98107

Prisonscholars.org

Programs Include:

- Support for postsecondary students (tuition, textbooks, tutoring, mentoring, & advising) and for returning residents (education and workforce transition). Application requests must include S.A.S.E.
- Digital Equity: computer literacy and navigation
- Employment navigation

Alcoholics Anonymous Corrections Correspondence Service

General Service Office

P.O. Box 459, Grand Central Station New York, NY 10169

If an A.A. member has an interest in sharing about their experiences as they relate to sobriety and problems with alcohol, they can write to the above address with name, gender, primary language, AIC number, estimated release date, facility name an address. They will be randomly matched to an outside A.A. member from another region, with men writing to men and women writing to women.

Narcotics Anonymous

P.O. Box 9999, Van Nuys, CA 91409

NA published a wide variety of materials concerning drug addiction and recovery, some of which are expressly produced for persons currently incarcerated, including Behind the Walls.

AIC Spotlight

Randy Pope - TRCI Yoga Facilitator & OCE Clerk

Yoga Behind Bars, a Washington based non-profit, aims to introduce yoga into prisons. In 2018, TRCI welcomed an instructor from the group that led a weekly yoga class, first in the visiting room, and then in the chapel. AIC Randy Pope was an early participant in TRCI's yoga class and attended regularly until COVID in 2020. At that point, Randy decided to incorporate yoga into his daily cell routine and continue his practice. With the increased cell time, Randy wanted to keep his aging body more flexible by moving without stress on the body. "Yoga was easy in the cell." 18 months after the yoga class stopped due to COVID restrictions, it resumed with the same instructor. Randy was ecstatic to restart his favorite class at TRCI. After only a few months, the class was unfortunately stopped again, due to the instructor's availability. Randy was devastated, but it didn't deter him from pursuing his practice. Randy dove head first into yoga, and fully invested into learning the art, purchasing his own books and materials. "I didn't want to see another program die!" After tiresome persuasion from friends, Randy spoke with Mr. Cambell at recreation and decided to start a Peer2Peer yoga class when the TRAC opened. Randy passionately loves yoga because it "not only stimulates your mind, but balances health, and makes you feel good at the same time." This is a basic level yoga class and open to 10 AIC's on Monday mornings with hopes to expand in the future. If you're interested in a low impact workout that addresses your emotional, mental, spiritual, and physical health, then join Randy and the crew. It's a unique and tranquil setting to start your week by leaving prison behind for 1 hour.

- **Kyte Recreation to sign up**
- **Monday's @ 8AM – 9AM (closed on holiday's)**





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Control yourself.
Alter your thinking.
Delete negativity.

Tutors Wanted:

Treasure Valley Community College is about to re-launch regular Adult Basic Skills/GED classes. If you have an interest in being a tutor and have not already sent a kyte, please send a kyte to the TRCI – Education department. Teachers will be interviewing soon.

Qualifications:

- GED/HSD (Verified through IED or hard copy)
- Current CASAS scores of 242 in Reading and 236 in Math
- Ability to work effectively with education staff
- No major DR's or Program Failures for the past year.
- Demonstrate adequate physical condition to meet daily attendance requirements
- Good oral communication skills
- Good personal hygiene and neat persona appearance at all times. (i.e., Be odor neutral)
- Willingness to complete tutor training, as assigned.
- Willing to read and sign Inmate Authorization to Use Computers (DOC Rule #86)

Desired Qualifications:

- At least one year remaining on sentence
- Patience with students
- Sensitivity to cultural, physical, academic, and linguistic differences
- Strong interpersonal communication skills
- Strong organizational skills
- Capable of handling multiple tasks
- Bilingual (English / Spanish) preferred

Please note if you have been a tutor in the past at TRCI or another institution.
Thank you for your interest.

FEBRUARY 2024 VIEWING SCHEDULE

Week 1		Run Time	February 2nd – February 8th	Rating	Movie Start / Repeat Times		
Ch.14 *	Loop	Game of Thrones Season 4, Disc 2-3 (2/2 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 6, Disc 5 (3 eps)					
Ch. 15	3:12	Avatar: The Way of Water		PG-13	1:30 pm	6:30 pm	10:30 pm
	1:59	Paycheck		PG-13			
Ch. 17*	Loop	The Sopranos Season 5, Disc 3-4 (4 / 3 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Weeds Season 2, Disc 2 (6 eps)					
Week 2		Run Time	February 9th – February 15th	Rating	Movie Start / Repeat Times		
Ch.14 *	Loop	Game of Thrones Season 4, Disc 4-5 (2/2 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Vikings Season 6, Disc 6 (3 eps)					
Ch. 15	1:50	The Nun II		R	1:30 pm	6:30 pm	10:30 pm
	1:29	Life After Beth		R			
Ch. 17*	Loop	Curb Your Enthusiasm Season 10, Disc 1-2 (5/5)		TV-MA	1:30 pm	6:30 pm	10:30 pm
	Loop	The Tudors Season 1, Disc 3 (3 eps)					
Week 3		Run Time	February 16th – February 22nd	Rating	Movie Start / Repeat Times		
Ch.14 *	Loop	Game of Thrones Season 5, Disc 1-2 (2/2 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Succession Season 1, Disc 1 (3 eps)					
Ch. 15	1:33	Strays		R	1:30 pm	6:30 pm	10:30 pm
	1:44	Oculus		R			
Ch. 17*	Loop	Sopranos Season 6.1, Disc 1-2 (3/3 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Weeds Season 3, Disc 1 (3 eps)					
Week 4		Run Time	February 23rd – February 29th	Rating	Movie Start / Repeat Times		
Ch.14 *	Loop	Game of Thrones Season 5, Disc 3-4 (2 eps)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		Succession Season 1, Disc 2 (3 eps)					
Ch. 15	1:37	The Blackening		R	1:30 pm	6:30 pm	10:30 pm
	1:35	The Man with the Iron Fists		R			
Ch. 17*	Loop	Curb Your Enthusiasm Season 11, Disc 1-2 (5/5)		TV-MA	1:30 pm	6:30 pm	10:30 pm
		The Tudors Season 1, Disc 4 (1 eps)					
Run Time		President's Day February 19th – 20th		Rating	Movie Start / Repeat Times		
Ch.15	2:30	Lincoln		PG-13	1:30 pm	6:30 pm	10:30 pm



NOTICE REGARDING PETITION REQUESTING AMENDMENT OF ADMINISTRATIVE RULE

On January 9, 2024, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-105-0015. A copy of the petition is posted in the legal library rule manual.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-105-0015 including any comments on whether options exist for achieving the rule's substantive goals in a way that reduces any negative economic impact on businesses. Any public comment must be received no later than March 11, 2024, at 5:00 PM. Comments must be submitted in writing to the address below:

Rules Coordinator
Department of Corrections
3601 State St.
Salem, OR 97301



Coffee in Visiting



Common Grounds is now offering coffee to all visitors and AIC's in the visiting room!

Please follow the below process to order:

For Visitors: Visitors may purchase \$4 individual coffee tickets upon checking in at the visiting entrance. Visitors may also purchase 1 coffee ticket per AIC.

- **1 ticket per visitor**
- **1 ticket per AIC**



Upon entering the visiting room, visitors must communicate to the visiting room staff that they purchased coffee tickets. They will then receive a coffee order form to fill out and return to the visiting staff.

- **All orders are picked up by Common Grounds barista's at 8:30am & 1:30pm**
- **Coffee orders will be fulfilled and delivered shortly after**

For AIC's: AIC's may bring a maximum of 1 coffee ticket from their housing unit to purchase a drink as well.



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?

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.