

Pay Dates: 1/4, 2/8, 3/7, 4/4, 5/9, 6/6, 7/4, 8/8, 9/5, 10/10, 11/7, 12/5

## January TRAC Update

Happy New Year from everyone at TRAC! We would like to acknowledge the overwhelming institution support throughout this year of ongoing and new programs, appreciation meals, and charity fundraisers. Thanks to all this amazing support, we dramatically increased the number of Peer2Peer classes offered at TRCI and look forward to more in the coming year, targeting new areas of focus. This year marked the beginning of a new era at TRCI as we witnessed our new activity center opening for the first time. We hope to expand on the various offerings and look forward to boldly moving into 2024 as a community.

## Red Lodge Fundraiser Updates

### Mouthwash Update

Due to vendor constraints, we were unable to source ACT Mouthwash 33.8 oz, non-alcohol bottles. We will be substituting to Amazon Basics Mouthwash, Anticavity, Fluoride Rinse, 18 oz. You will receive 2 bottles for every 1 purchased for a maximum of 4 bottles per order. We apologize for the inconvenience.



### Burrito Delivery Schedule Update

Due to staffing availability, the Nelly's burrito delivery dates have been changed to the following;

**WED, January 17<sup>th</sup>: Corridor 2, 3, MIN**

**THU, January 18<sup>th</sup>: Corridor 1, INF**

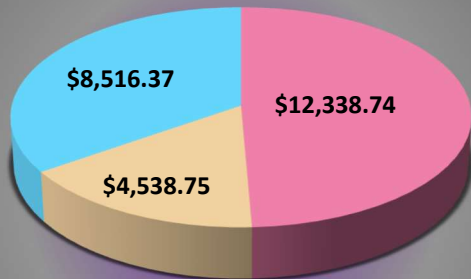
**WED, January 24<sup>th</sup>: Corridor 4, AHU**







# 2023 Paradigm Shift Club Charitable Achievements



- Fundraising
- Direct Donation
- AIC Community Betterment



2023 Paradigm Shift Club Fundraiser Review					
				Fundraising	\$ 12,338.74
				Direct Donation	\$ 4,538.75
				AIC Community Betterment	\$ 8,516.37
				Total Raised	\$ 25,393.86
Date	Event	Type	Supporting	Raised	
1/9/23	Chen's Chinese Food Fundraiser	Fundraising	Autism Society of Oregon	\$ 4,229.55	
3/9/23	Mouthwash, White Strips, Loofa Fundraiser	Fundraising	Operation Smile	\$ 1,392.40	
7/23/23	Chen's Chinese Food Fundraiser	Fundraising	The Wounded Warrior Project	\$ 3,933.90	
8/15/23	Bulk Food Fundraiser: Granola, Trail Mix	Fundraising	Made to Thrive: Local	\$ 542.78	
10/5/23	Chicken Strip Fundraiser	Fundraising	TRCI GOGI Chapter	\$ 994.67	
10/15/23	Nalgene Bottles Fundraiser	Fundraising	The Miracles Club	\$ 831.06	
10/29/23	Breast Cancer Ice Cream Fundraiser	Fundraising	Tri-Cities Cancer Center	\$ 414.38	
10/6/23	Maui Food Bank (Disaster Relief)	Direct Donation	Maui Food Bank	\$ 500.00	
10/31/23	Breast Cancer Bracelet Fundraiser	Direct Donation	Tri-Cities Cancer Center	\$ 2,130.53	
11/10/23	Veterans Bracelet Fundraiser	Direct Donation	Mission 22	\$ 1,608.22	
12/29/23	Holiday Food and Item Donation Drive	Direct Donation	Martha's House	\$ 300.00	
10/15/23	Creatine Sales: Weight Equipment for Incentive Units	AIC Community Betterment	AIC Population	\$ 6,724.40	
11/2/23	Nelly's Burrito Sales: Unit 26 Weight Equipment	AIC Community Betterment	AIC Population	\$ 421.00	
1/1 - 12/31	10% Donated to PSC from All Fundraisers	AIC Community Betterment	AIC Population	\$ 1,370.97	

Thank you to all that participated in our fundraisers and events this year. We are extremely grateful for the overwhelming support from our AIC population who are making a difference inside and outside of prison. This is our attempt to build transparency and display TRCI AIC efforts throughout the year. We look forward to offering new avenues to impact our communities next year. Happy new year!



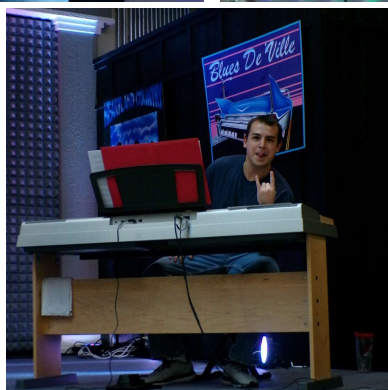
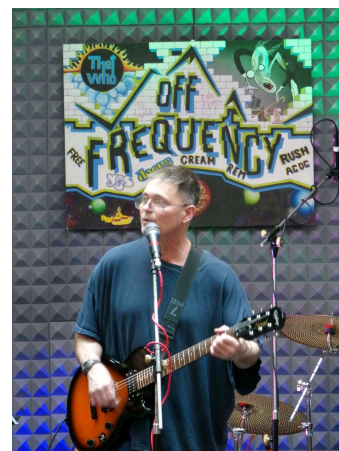


# OFF FREQUENCY @ TRAC

## December 15th, 2023



**Band Members: (Left to Right) Andrew Evans (Andy Ray), William Osborne (Wild Bill), Richard Gustafson (Richie Hayes), Damon Hoyer (Damien Dudley), Nicholas Simms (Charly Staax)**



Photos powered by Boneyes

On Friday December 15<sup>th</sup>, 2023 the “Off Frequency” band put on a show at TRAC to bring some life into the holiday season. The band has 5 members; Front man Rich Gustafson on lead guitar and vocals, Andrew Evans on rhythm guitar and vocals, Billy Osborne on bass guitar and vocals, Nicholas Simms on keyboard, and Damon Hoyer on percussion and vocals. They performed light rock and folk based rock with slight hints of psychedelia from bands such as Tom Petty & the Heartbreakers, Pink Floyd, and Crosby, Stills, Nash, and Young. Their set list also included three of lead man Rich Gustafson’ own original songs that were well received by the crowd. Crazy percussionist, Damien Dudley graced us with his Bob Dylan-esque vocals for the first-time live-in concert as he sang Tom Petty’ “A Face in the Crowd.” The crowd went bananas and afterward he played the tambourine while Ritchie Hayes sang “Teach Your Children” by Crosby, Stills, Nash, and young. Guitarist Andrew Evans wowed us with his gritty vocals as he performed “Born to be Wild” and “Come Together”. Nicky Staax moved our hearts and minds with his Manzarek style piano solos.



## **PAINTER WANTED – Physical Plant Paint Shop**

### Minimum Skills:

- Complete TRCI Admission & Orientation Class
- Incentive Level 3
- GED or High School Diploma Required
- Program Compliant
- Attention to Detail (Organized, Productive, Hard-Working, Quality Work)
- Team Oriented
- Regularly Lift 50 lbs.
- Bend and/or Stoop (possible long periods)
- Stand (long periods)
- Basic Tool Knowledge
- Run/Operate Computer
- Learn/Operate Benchmate (a computerized maintenance program)

### Preferred Skills:

- Follow Operational and Safety Guidelines
- Multitask while maintaining **Quality Work**
- Customer Service Oriented
- Painting Skills (spray, brush & roll, etc.)
- Capable of pushing heavy tool cart on occasion

### Hours of Work:

- 7:00 am – 2:45 pm (Monday thru Friday)

### PRAS Points:

- 12 Points (ability to increase with performance improvement per schedule)

**Please send application to Physical Plant, ATTN: Paint Shop Supervisor Mr. Board**

Cheeze Kat  
enjoying his  
favorite beverage

# AIC Spotlight

Jason Cizek - TRCI Artist & Photographer



Jason “Cheese Kat” Cizek has been working on and off for the Recreation Department under Mr. Cambell since 2015. Currently working as the TRAC / institution event photographer as well as “in-house” artist, Jason is involved in a multitude of activities down at TRAC. His art skills can be seen throughout the institution and are frequently an integral asset to the PSC. Cizek says he “enjoys helping the PSC because it’s for the betterment of our community here at TRCI as well as the outside.” Jason enjoys his employment here at TRAC and when released aspires to work for his Uncle at his mechanic shop. He explained that “while I’m here, I hope to help be a part of making positive changes at TRCI. Time is precious! Be thankful for what you have.” He also revealed that his favorite animal is a donkey, “because they’re stubborn just like me.”

Thank you, Jason for all you do for Recreation, PSC, and TRCI!





## Deep Thoughts with Cambell

In the heart of the tempest, find tranquility,  
Within the shadows of despair, seek out a gleam.  
When the world around you crumbles, stand firm,  
For in the hardest times, we find what truly matters.

The sun sets only to rise again,  
In the darkness, stars illuminate the sky.  
In every ending, look for a new beginning,  
Life is an echo, reflecting what you send into the void.

Hard times are but a crucible,  
Burning away the superfluous, leaving only the pure.  
In the face of adversity, discover your strength,  
For a diamond is just a piece of charcoal that handled stress exceptionally well.

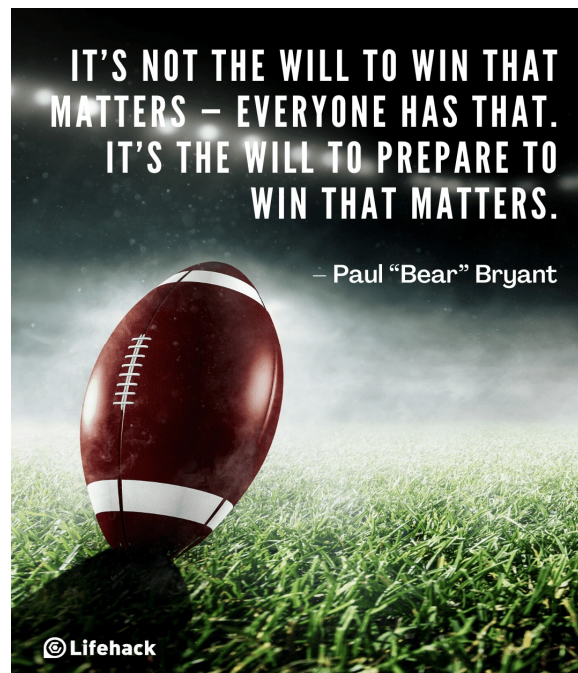
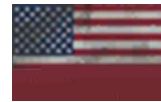
So, when life gets tough, remember this truth,  
The lotus blooms most beautifully from the deepest and thickest mud.  
Every struggle is a step forward,  
In the symphony of life, we all have an important part to play.

For even in the most turbulent storms,  
There lies a world of joy, waiting to be found.

**Poem from the Internet written by Artificial Intelligence 11-30-2023**



## Sports Talk with Garrett



## January 2024 Viewing Schedule

Week 1 Run Time		January 5 <sup>th</sup> – January 11 <sup>th</sup>	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Game of Thrones Season 2, Disc 4-5 (2/2 eps) Vikings Season 6, Disc 1 (3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Ch. 52	1:54	Barbie	PG-13	1:30 pm	6:30 pm	10:30 pm
	1:49	Without Remorse	R			
Ch. 54*	Loop	The Sopranos Season 4, Disc 3-4 (4/3 eps) Weeds Season 1, Disc 2 (4 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Week 2 Run Time		January 12 <sup>th</sup> – January 18 <sup>th</sup>	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Game of Thrones Season 3, Disc 1-2 (2/2 eps) Vikings Season 6, Disc 2 (3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Ch. 52	3:01	Oppenheimer	R	1:30 pm	6:30 pm	10:30 pm
	2:02	Silver Linings Playbook	R			
Ch. 54*	Loop	Curb Your Enthusiasm Season 8, Disc 1-2 (5/5)	TV-MA	1:30 pm	6:30 pm	10:30 pm
	Loop	The Tudors Season 1, Disc 1 (3 eps)				
Week 3 Run Time		January 19 <sup>th</sup> – January 25 <sup>th</sup>	Rating	Movie Start / Repeat Times		
Ch.51*	Loop	Game of Thrones Season 3, Disc 3-4 (2/2 eps) Vikings Season 6, Disc 3 (4 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Ch. 52	1:56	MEG3: The Trench	PG-13	1:30 pm	6:30 pm	10:30 pm
	1:33	The Warriors	R			
Ch. 54*	Loop	The Sopranos Season 5, Disc 1-2 (3/3 eps) Weeds Season 2, Disc 1 (6 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Week 4 Run Time		January 26 <sup>th</sup> – February 1 <sup>st</sup>	Rating	Movie Start / Repeat Times		
Ch. 51*	Loop	Game of Thrones Season 3, Disc 5 (2 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
		Game of Thrones Season 4, Disc 1 (2 eps)				
		Vikings Season 6, Disc 4 (4 eps)				
Ch. 52	1:49	The Equalizer 3	R	1:30 pm	6:30 pm	10:30 pm
	1:48	Metropolis	PG-13			
Ch. 54*	Loop	Curb Your Enthusiasm Season 9, Disc 1-2 (5/5) The Tudors Season 1, Disc 2 (3 eps)	TV-MA	1:30 pm	6:30 pm	10:30 pm
Run Time		MLK Day January 15 <sup>th</sup> & 16 <sup>th</sup>	Rating	Movie Start / Repeat Times		
Ch.52	1:57	<b>Burden</b>	R	1:30 pm	6:30 pm	10:30 pm

**Closed Caption Schedule:**

All Movie Channels will be played in closed caption on a set schedule

\* CH.54 & CH. 51 ARE STRICTLY FOR IN CELL VIEWING ONLY AND ARE NOT TO BE SCHEDULED FOR DAYROOM AUDIENCE. SCHEDULING THESE CHANNELS FOR THE DAYROOM MAY LEAD TO DISCIPLINARY ACTION IF THIS DIRECTIVE IS VIOLATED! \*



## Law Library News:

Library Services issues DOC thumb drives for AIC use for saving and storing legal documents only. Legal documents are defined in OAR 291-139-0110 (10). In accordance with that rule, correspondence with legal counsel does not meet the definition of legal documents. Correspondence to counsel may not be typed in the library and may not be saved to a DOC thumb drive assigned for AIC use. If you have correspondence with your attorney saved to your assigned library thumb drive, please submit a Library Request form for time to come to the library, print, and delete the correspondence.

Date: November 21, 2023

To: All Adults in Custody

From: Correctional Communication System (CCS)  
Office of the Inspector General

Subj: Phone Validation

DOC understands some people are having difficulty with the phone validation process to receive calls from adults in custody. A new customer service number has been set up for phone validation issues. Friends and family can call **503-945-0945**, and leave a voicemail. Someone will get back to them and help them through the process. If someone is having an issue with T-Mobile, they can call T-Mobile customer service at 1-800-937-8997, or visit DOC's website at [www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx](http://www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx) for more information.

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Fecha: 21 de noviembre de 2023

Para: Todos los adultos en custodia

De: Sistema de Comunicación Correccional  
Oficina del Inspector General

Asunto: Validación telefónica

El DOC entiende que algunas personas tienen dificultades con el proceso de validación telefónica para recibir llamadas de los adultos en custodia. Se ha instaurado un nuevo número de atención al cliente para resolver problemas relacionados con la validación telefónica. Familiares y amigos pueden llamar al **503-945-0945** y dejar un mensaje de voz. Alguien les responderá el mensaje y ayudará a lo largo del proceso.

Si alguien tiene problemas con T-Mobile, se puede comunicar con el servicio de atención a clientes de T-Mobile al 1-800-937-8997, o visitar el sitio web del DOC, [www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx](http://www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx) para obtener más información.



**PASSOVER 2024 IS SCHEDULED TO START MARCH 22<sup>ND</sup>**

**PLEASE COMMUNICATE VIA KYTE WITH RELIGIOUS SERVICES**

**\*BY FEBRUARY 2ND IF YOU WANT TO PARTICIPATE\***

**IN ORDER TO BE ABLE TO BE ADDED TO THE LIST YOU MUST HAVE A RELIGIOUS AFFILIATION SELF IDENTIFICATION AS JEWISH OR MESSIANIC JEWISH ON FILES.**



**RAMADAN 2024 SCHEDULED TO START MARCH 10TH**

**COMMUNICATE VIA KYTE WITH RELIGIOUS SERVICES**

**\*BY FEBRUARY 2ND IF YOU WANT TO PARTICIPATE\***

**IN ORDER TO BE ABLE TO BE ADDED TO THE LIST YOU MUST HAVE A RELIGIOUS AFFILIATION SELF IDENTIFICATION AS A MUSLIM ON FILES.**



# No-Shave November Winners...

Here are your winners for each category of the Inaugural No-Shave November Competition!!

1. Best Beard

- a. Egel Espinosa-Herzberg



2. Best Mustache

- a. Matthew Jaggi



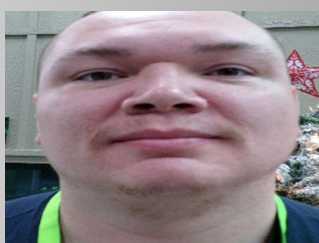
2. Best Full Beard

- a. Gary Edwards



4. Least Amount of Growth

- a. Miguel Ramirez-Carney



Congratulations to all the winners and a very special thank you to everyone who participated!! Here are the runner ups who are being invited to the movie event in January:

Espinosa-Herzberg, Egel	Kelley, David	Alsup, Carl
Metzner, Andrew	Bailey, Ad	Rose, Qaurra
Stinger, Rocky	Garges, Daniel	Villegas, Angel
Davenport, Nicholas	Reed, Jobin	Reed, Brian
Reed, Abraham	Blair, Parker	Blair, Michael
Shelly, Joseph	Kelley, Kevin	Deremer, Wyatt
Kelley, Rick	Jaggi, Matthew	Brown, Austin
Pollay, Joshua	Cizek, Jason	Florek, Philip
Larsen, Russel	Vaughan, Michael	Obrien, Russell
Bertoch, David	Vazquez, Alexander	Wirth, Robert
Edwards, Gary	Braly, John	Deforge, Michel
Coppernoll, Dwaine	Merrihew, Cain	Habblett, David
Sanders, Jonathan	Ramirez-Carney, Miguel	Baker, David
Hoyt, Justin		