



GENERAL SERVICES



Food Theft

Food theft from Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available, jeopardizes the health of individuals taking perishable food that is not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

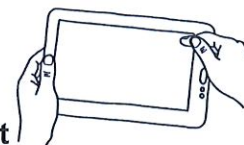
This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served (per your AIC Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an AIC is caught stealing, or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the AIC will be issued a minor misconduct report. The minor misconduct report will be for Disobedience of an Order III and will include the cost of all food items that must be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the AIC will receive a major misconduct for Contraband II, and will also be charged for the cost of food that must be disposed of.
2. If the AIC stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuff found outside the Culinary Section (for example cell searches, etc.) if the items can reasonably be determined to have been taken from the Food Services.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the AIC has received a recent minor misconduct previously for the same conduct.

/s/ C. Wagner, Asst. Supt. General Services

ACTIVITIES



New Resources On The Tablet

Did you know that there are two new resources available to you on the tablets?

OSP Resource Guide:

A Comprehensive 86-page guide to knowing and navigating all that OSP provides. Within its pages you will find a detailed department guide, an education guide, a programs and activities guide, as well as a number of quick references to better assist you with life at OSP.

OSP Visiting Guide--An Introduction For Children And Their Caregivers:

An interactive guide (narrated by Felix, our former canine caregiver) to help children to better understand what daily life is like for incarcerated loved ones. This guide is soon to be available in the visiting room.

These guides can be found on the tablets through three easy steps:

- 1) Sign in to the tablets 'free' option
- 2) Click the "Notices" app
- 3) Select either the OSP Resource Guide or the OSP Visiting Guide

If you have any corrections, or suggestions on ways to improve these guides, send them to the Lifers' Unlimited Club through the white Activities box on the control floor.

/s/ S. Lane, Superintendent's Office

Parenting On The Inside Class

Incarcerated parents and other caregivers have a significant influence on children and whole family systems on the outside, despite being locked away. The class equips incarcerated caregivers with skills promoting healthy relationships and communication with the children in their lives in order to create or maintain that important bond.



Goals:

- 1) Learn about child development and healthy parenting/support of children at their various stages of life.
- 2) Develop and practice skills for healthy communication and connection to children in your life.
- 3) Improved relationships with the children in your life

Class Meeting And Expectations

This is designed as a 12-week class with an experienced counselor who can meet the needs and circumstances of its participants. Each week has a particular focus, a lesson, and a skill to practice; however, the facilitator will be responsive to the needs of the group. Class sessions will include reading and reflection writing assignments.

Qualified participants must have already graduated from Parenting Inside Out. Write to Family First for more information.

/s/ S. Lane, Superintendent's Office

CORRECTIONAL REHABILITATION

**Special Visiting Event**

The Correctional Services staff would like to celebrate the mothers, fathers, and grandparents of our AICs with a special luncheon on Saturday May 18, 2024.

Eligible AICs will be able to enjoy lunch with up to four (4) individuals who are approved on your visiting list as a parent or grandparent. You must be NCI Level 3 at the time of the RSVP cutoff in order to be eligible.

Please submit your RSVP via AIC communication to M. Watkins (CSF Floor) by May 10, 2024 in order to be considered for this event!

/s/ J. Letourneau, Correctional Rehabilitation

Special Visit Requests

Special visit requests shall be made in writing from the AIC to the Correctional Rehabilitation Manager and received at least 30 days prior to the date of the requested special visit for consideration. Friends and family are allowed to visit both morning and afternoon sessions Monday through Friday. Approval will be required for consideration on weekends and holidays and will be determined by frequency of visits and distance traveled. Visiting Services is still taking a

minimum of four (4) weeks to process visiting applications so please plan accordingly.

/s/ C. Lenex, Correctional Rehabilitation

**Program Opportunity**

Free Your Mind Core (FYM-CORE): The curriculum incorporates the latest research on the neuroscience of criminal behavior. Participants learn about the basic brain structures involved in interpreting and responding to environmental stimuli and explore how to use this knowledge to establish new neural pathways and behavioral patterns. The curriculum introduces an innovative (and streamlined) approach to structured skill building. Rather than learning different steps for each social skill, the same four general steps are used to facilitate meaningful repetition of self-control strategies and social skills.

- FYM consists of 55 sessions for a total of 110 total hours
- Classes are held 4 days a week for 2 hours a day (Tuesday–Friday from 1:30 pm to 3:00 pm)
- Start date May 17th (ish) on the Education Floor
- Eligibility: An ACRS of .15 - .70 and a projected release date after September 2024

If you are interested, please send a communication to your Correctional Counselor or Ms. Lenex on the CSF.

/s/ C. Lenex, Correctional Rehabilitation

JOB ANNOUNCEMENTS

Physical Plant General Maintenance Position

The Physical Plant General Maintenance Shop is accepting applications for a new AIC team member.

Applicants are required to have one year clear conduct and must possess the following skills:

- Be a self-motivated & dependable team player with good communication skills.
- Be able to read a tape-measure and have a general knowledge of hand tools.
- Be capable of working in conditions that require performing tasks at heights and in confined spaces.

If you are interested, please send a completed AIC application form to Physical Plant General Maintenance, Attention Harris/Rains/Hegeman.

/s/ E. Harris, Physical Plant



Physical Plant Preventative Maintenance Shop

The Physical Plant Preventative Maintenance Shop has an exciting opportunity to fill two openings. The qualifying candidates will have no STM, clear conduct for at least one year, and a background with commercial kitchen repair/maintenance. Candidates will need to be able to carry and move heavy equipment, be able to carry heavy items upstairs, and be in good overall physical health. This position is currently on a Monday through Thursday four ten-hour shifts with weekends off. There will be times that after hours work will be required.

If you are ready to work with an outstanding team that keeps this place together, send your fully completed AIC application, resume, and cover letter to S. Rains, Interim Preventative Maintenance Shop Supervisor.

/s/ S. Rains, Physical Plant



Physical Plant Carpenter Shop Position

The Physical Plant Carpenter Shop is accepting applications for an additional crew member with some previous carpentry experience. Applicants must have at least one year clear conduct and possess the following desired skills:



Self-motivated individual who will apply and/or eagerly learn new construction carpentry and finish carpentry skills

Ability to follow directions, take constructive criticism, and work well with others

Ability to lift and carry 50+ pounds

Reliable attendance and communication skills

Send completed AIC application form to Physical Plant Carpenter, H. Baray.

/s/ H. Baray, Physical Plant

RELIGIOUS SERVICES

Intergenerational Cycles Workshop

The Restorative Justice group here at OSP is conducting a workshop on intergenerational cycles of harm/incarceration. There will be three sessions: May 13, 2024, May 20, 2024, and June 3, 2024, from 12:00 pm to 3:00 pm.

These sessions will consist of presentations and guest speakers, including professors from several universities, Credible Messengers, and those impacted by intergenerational cycles. In addition, there will be small and large group discussions. The conclusion of this workshop will be to seek strategies to interrupt these cycles of harm.

If you would like to participate, please send an AIC communication to Chaplain Perlstein and ask to be part of the Intergenerational Cycles Workshop.

We hope to see you there.

/s/ A. Perlstein, Chaplain



Weekly Chapel Schedule

Saturday, April 27

8:00 am LDS
Sweat Lodge
Jehovah's Witness
1:00 pm Jewish Service
Seventh Day Adventist
6:00 pm Calvary Chapel
Siddha Yoga (2nd and 4th Saturdays)

Sunday, April 28

8:00 am Spanish Protestant
Spanish Jehovah's Witness
Catholic Service
Urantia (1st and 3rd Sundays)
6:00 pm Lutheran Service
LDS Study

Monday, April 29

1:00 pm Hispanic Catholic Service
6:00 pm Pentecostal Service

Tuesday, April 30

1:00 pm Agape
Orthodox Christianity (1st and 3rd Tuesdays)
Art of Living (Meditate) (2nd and 4th Tuesdays)
6:00 pm Buddhist (1st and 3rd Tuesdays)

Wednesday, May 1

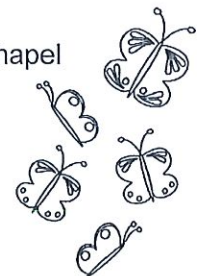
1:00 pm Justice Issues
6:00 pm Most Excellent Way Chapel

Thursday, May 2

12:30 pm Biblical Hebrew Class
1:00 pm TUMI
6:00 pm Gospel Service

Friday, May 3

1:00 pm Nation of Islam
Sunni Jumma Prayer



A Point to Ponder

“Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.”

~ M. Scott Peck



Mainline

Week at a Glance

	Monday 4/29/2024	Tuesday 4/30/2024	Wednesday 5/1/2024	Thursday 5/2/2024	Friday 5/3/2024	Saturday 5/4/2024	Sunday 5/5/2024
Week 1	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa,Chl) - 1.00 EA Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 1	LUNCH Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 2.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Barbeque Pork (Chl,Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa,Sod,Chl) - 0.75 CP Broccoli - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Soup (Sod) - 10.00 FLOZ Tuna Ceviche (Chl) - 0.50 CP Spanish Rice - 0.75 CP Blended Vegetables - 0.75 CP Tortilla Chips - 2.00 OZ Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Salsa (Sod) - 0.25 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod,Sfa) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 1	DINNER Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salsbury Steak (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Chl,Sfa) - 0.75 CP Spaghetti - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl,Sfa) - 1.00 FLOZ Baked Potato - 1.00 EA Sour Cream (Sfa,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod,Chl,Sfa) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken & Broccoli Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Meat (Chl,Sfa) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Lemon Cilantro Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.

*Contains or may contain pork.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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