



# SECURITY



## Notice from Special Operations Captain

On Wednesday, April 10, 2024, we are bringing evening yard in at 6:00 pm. We will be running on modified status.

AIC movement, medication line, and special meals will be interrupted but will resume during the evening.

/s/ C. Borden, Security Captain

# GROUP LIVING



## Amendment to the AIC Handbook Pertaining to Authorized Amount of Soda Tickets

Effective April 1, 2024, AICs will not be allowed to have more than fifty (50) soda tickets in their possession. Soda Tickets in excess of the authorized fifty (50) will be considered as excessive, deemed as items of barter and discarded in accordance with the property rule regarding contraband. Being in possession of contraband and/or excessive property may result in confiscation of the items(s) and/or disciplinary actions. This does not pertain to the number of tickets allowed on the yard. AICs may still only have five (5) soda tickets in their possession while on the recreation yard.

/s/ C. Porter, Group Living Captain

# CORRECTIONAL REHABILITATION



On April 5, 2024, staff from the African American Program will be coming to the Oregon State Penitentiary. "The mission of the African American Program is to provide culturally specific services to assist in the successful transition of African Americans from prison to the community." If you are interested in attending, please send a communication to Ms. Lenex, CSF, by April 3, 2024. If you are eligible to be considered and will be supervised in Multnomah

County, you will be placed on a call out. Priority will be given to those releasing within the next two years.

/s/ C. Lenex, Correctional Rehabilitation Mgr.

# GENERAL SERVICES



## What is Ceviche?

You may have noticed a new dish on the Spring-Summer 2024 menu cycle: Tuna Ceviche. Ceviche is pronounced "seh-vee-chay". Ceviche typically consists of raw fish and fresh lime juice with some hot peppers. Pre-cooked fish can be used in ceviche too, and that is what is used for the ODOC tuna ceviche. Many additional ingredients can be added, including vegetables like onions or sweet peppers, and fresh herbs like cilantro or mint.

When raw fish is used, the lime juice 'cooks' the raw fish without heat. The normal process of heating food to cook it changes the structure of the proteins in the food. A common example of this is when you cook an egg and the 'white' changes from clear to a solid color. Another way of changing a protein is to apply citrus juices, but cooking with lime juice does not cook meat the same way heat does. It does not completely kill all bacteria.

Ceviche is the national dish of Peru. It is believed that the dish originated from there, but this popular seafood dish is found in many coastal areas throughout Latin America such as Ecuador, Chile, Mexico, and Colombia.

This dish is being offered to enhance the variety in the menus and to feature foods from different cultures around the world. Ideas for new menu items come from AIC Foodservice surveys or Foodservice staff members. New items or recipes are used on menus if they can be produced with available food products at an acceptable price point.

/s/ E. Guevara, ODOC Dietitian



# HEALTH SERVICES



## COVID-19 Vaccine and Booster Dose Update

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Centers for Disease Control and Prevention (CDC) has authorized another vaccine booster series for COVID-19. Health Services will be approaching all individuals to inquire if vaccination is desired. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

COVID-19 Booster Vaccines will be offered to those patients that are 65 years of age and older, as well as to patients who may be immunocompromised. These patients should receive two doses of Spikevax (Moderna) 23-24 vaccine to be up to date in vaccines. If you are under 65 years of age, are not immunocompromised, and have already received your COVID-19 Spikevax (Moderna) 23-24 vaccine, you are up to date on your vaccines and do not need another. If you have not received your COVID-19 Spikevax (Moderna) 23-24 vaccine, and you want it, please send an AIC communication to Medical to receive it.

If you have questions, contact your health care provider.

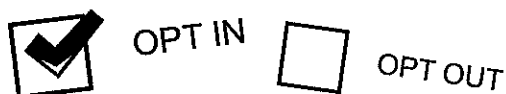
/s/ R. Nutt, ODOC Health Services Division

## Sexually Transmitted Disease Testing

Oregon Department of Corrections will now be requiring every Adult in Custody (AIC) to opt-in or opt-out of sexually transmitted disease testing once during their incarceration.

Just like with the flu immunizations, everyone will have to sign a consent form stating yes, they would like testing or no, they are not interested in tested. This will just be for one time during your current sentence. If you paroled and return, you will be required to repeat it at that time.

You will be receiving a form via the AIC communication system that you will be required to fill out. If you live in General Population (GP), Day Treatment Unit (DTU), or Dorm, please return it by putting it in the medical communication form box on the Control Floor. If you are in a Special Housing Unit: Mental Health Infirmary (MHI), Behavior Health Unit (BHU), Disciplinary Segregation Unit (DSU), or Intermediate Care Housing Unit (ICH), please hand it to a nurse as they are making their rounds.



Once the forms have been received back, if you have chosen to be tested, you will be scheduled in the upcoming weeks. If you chose not to be tested, the

form will be placed in your chart and your name will be removed from the list. You may always change your mind at any time by sending a new AIC communication to Medical.

If you have recently been tested and chose not to be retested, please opt-out of testing,

/s/ K. Ross, OSP Health Services Nurse Manager

# JOB ANNOUNCEMENTS

## 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

## Physical Plant Lock Shop Position

Applicant must be Level 3 and have at least one year of clear conduct and at least two years left here at OSP.

Work will include, but is not limited to, basic maintenance and repair work in a variety of trades. The ideal candidate will have the ability to disassemble faulty mechanisms using hand tools and power tools, replace defective or worn parts, clean and lubricate parts, reassemble, and test devices without repeated step-by-step instructions. The candidate that is chosen for the position will be required to have dependable and predictable attendance, work well with others, take direction from the shop supervisor(s), be able to reach overhead while lifting 50 pounds on a semi-regular basis, and climb stairs daily.

Please send a completed application to A. Miller, Physical Plant Lock Shop.

/s/ A. Miller, Lock Shop





**Paint Shop Crew Opening**

Physical Plant is accepting applications in the Paint Shop for one position: Paint Crew (10 points)

The selected candidates will have the closest matching skills to those listed below.

Desired skills:

Self-motivated individual with a desire to learn skills for the outside

Willingness to take direction, criticism, and work with others to accomplish tasks

Experience using hand tools, paint brushes, and rollers

Able to lift 50-75 pounds frequently

Reliable individuals who maintain regular attendance

Ability to use spray equipment proficiently

Send a completed AIC job application to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant



**RELIGIOUS SERVICES**

*Weekly Chapel Schedule*

**Saturday, April 6**

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

**Sunday, April 7**

- 8:00 am Spanish Protestant
- Spanish Jehovah's Witness 1:00 pm
- Catholic Service
- Urantia (1<sup>st</sup> and 3<sup>rd</sup> Sundays)
- 6:00 pm Lutheran Service

**Monday, April 8**

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

**Tuesday, April 9**

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

**Wednesday, April 10**

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

**Thursday, April 11**

- 1:00 pm TUMI
- 6:00 pm Gospel Service

**Friday, April 12**

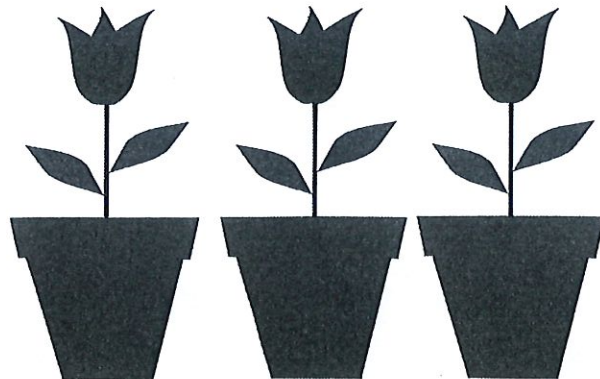
- 1:00 pm Nation of Islam
- Sunni Jumma Prayer

**A Point to Ponder**

*"You are never too old to set a new goal or dream a new dream."*

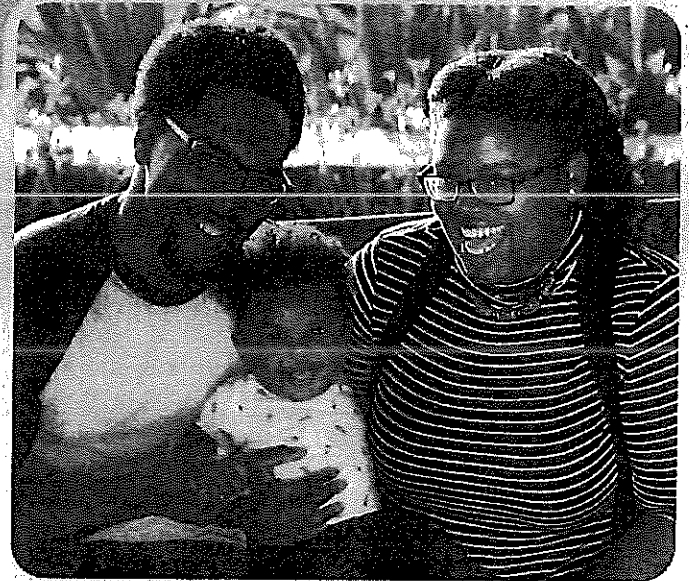
*~ C. S. Lewis*

April  
Showers  
bring  
May  
Flowers



# African American Program

*The mission is to provide culturally-specific services to assist in the successful transition of African Americans from prison to the community.*



## Program Objectives

- **Stop:** Parole violations, criminal activities, domestic violence, drug and alcohol use, cycle of self-defeat.
- **Increase:** Education, vocational training, employment, family stability and community connection.
- **Provide:** Culturally-specific programs and services, HEAT (Habilitation, Empowerment, Accountability, Therapy) for men, and HER (Habilitation Empowerment and Recovery) for women.

## To Be Considered

- **Eligibility restrictions:** will be reviewed on a case-by-case basis.
- **No:** Sex offenses, clear and persistent mental health diagnosis, or active gang involvement/affiliation.
- Must be supervised in Multnomah County.

## How to Get Started

- **Inmate:** Write a detailed letter expressing why you would like to be considered for participation. Send your letter with a kyte to: CRCI/AAP/Bruce Douglas
- **Counselor:** Email inmate's full name, SID#, and recommendation to [bruce.w.douglas@multco.us](mailto:bruce.w.douglas@multco.us)

Dept. of Community Justice/AAP,  
1245 SE 122nd Ave., Portland, OR 97233  
503.310.0054 | [bruce.w.douglas@multco.us](mailto:bruce.w.douglas@multco.us)



Department of  
Community Justice

Community Safety Through Positive Change





Mainline

Week at a Glance

		Monday 4/8/2024	Tuesday 4/9/2024	Wednesday 4/10/2024	Thursday 4/11/2024	Friday 4/12/2024	Saturday 4/13/2024	Sunday 4/14/2024
<b>Week 3</b>	<b>BREAKFAST</b>	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
<b>Week 3</b>	<b>LUNCH</b>	Asian Cabbage Salad - 0.75 CP Sweet & Sour Chicken (Chl) - 0.75 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Tuna Melt Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Potato Salad (Sfa,Chl) - 0.75 CP Peas & Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Sod,Chl) - 1.00 EA Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Corn Chowder (Sod) - 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	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP Lemon Cilantro Rice - 0.75 CP Onions & Bell Peppers - 0.50 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa,Sod) - 2.00 EA 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
<b>Week 3</b>	<b>DINNER</b>	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl,Sfa) - 0.75 CP Pasta - 0.75 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & White Bean Chili (Chl) - 10.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD Fried Egg (Sfa,Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 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 - 1.00 FLOZ Turkey Tetrazzini (Sod,Chl) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Bread Pudding (Sod,Chl) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl,Sfa) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 SLC Wheat Burger Bun (Sfa,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Macaroni & Cheese (Sod,Chl,Sfa) - 1.25 CP Cauliflower - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS 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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