T.R.C.I.
TUMBLEWEED

November 2022 | VOL 22 | ISSUE 11

Pay Dates: 11/10; 12/8

Interview with Operations Captain Archer

- **How long have you worked for DOC? Why did you choose to get involved with corrections?** 14 years and 7 months. The pay supported family.
- **What do you do in your free time? Hobbies, interests, etc.?** Chauffer my children around from one sport to another activity. Until they are able to drive. I like to read, shoot, ATV trail riding and am an active member of my church.
- **Who is someone you admire and why? If you could speak to anyone in history (active/passed), who would it be and why?** My wife. She keeps me grounded.
- **What is a life lesson you would like people to understand? Something you see as important no matter what/when/where people find themselves?** Integrity. It seems to me that it is a lost virtue these days. People say that they have integrity but when no one is looking, they are not practicing it.
- **What is something you would like to see changed for the better at TRCI? Something that both positively affects staff and AIC's?** We are already in the process of making an area other than the units for AIC's to recreate. Having an area outside of the individual units will help with the morale of AICs and lower tension on the respective housing units.
- **Do you have a favorite food? Is there a food you would like to eat regularly? And a food you really enjoy, but don't eat all the time?** Lasagna and bacon.

Positive Reinforcement





Resolving Conflict in 4 Steps:

From the prison yard to the work place, we experience conflict in every stage of our life. The ability to resolve conflicts with one another is a critical life skill, especially in today's divisive world.

1. Communicate

Open communication is key in a dispute. Expressing how you feel about the situation and sticking to the facts will let the other person know you're genuine in your actions. Focusing on the problem at hand and not what the other person did will avoid unnecessary conflict.

2. Actively Listen

Listen to what the other person has to say, without interrupting. Try to be objective. Then, ask open-ended questions to make sure each side understands what the other person thinks and how he/she feels.

3. Review Options

Talk over the options, looking for solutions that benefit everyone. Do not feel pressured to come up with one answer immediately. Bring in objective third party for ideas, if necessary.

4. End with a Win-Win Solution

This is the ultimate goal—to agree on an option that benefits both sides to some extent. When one party wins by aggressive behavior or one party simply gives in, someone is losing. And that means you get outcomes that do not resolve the underlying causes of the conflict.

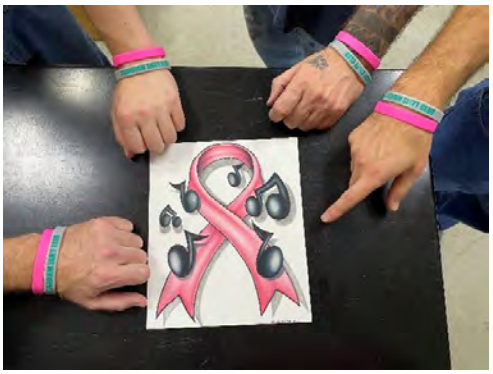
Notes from Recreation and The Paradigm Shift Club

During an executive meeting, where the Paradigm Shift Club leadership met with our superintendents, Ms. Ridley (Assistant Superintendent of General Services) suggested that a good cause for our community to support would be Breast Cancer Awareness. October was approaching and the idea was brought before the general club members who unanimously voted in favor of planning support for this.

One of the approved ideas the Paradigm Shift Club members came up with was to offer open donations where AIC's would be given the opportunity to donate their personal funds to this cause. The club requested that those who donated would be able to receive and wear a pink wrist band. A resident artist John 'The Beetle' Herman drew up an original design for our donation forms and flyers to personalize the effort (see picture below). Within two business days the AIC population donated over $1000 dollars and within two weeks, $1,700. One individual even donated $200 dollars! The club, along with the TRCI kitchen, hosted an ice-cream fundraiser and will be donating the proceeds, along with the donated funds, to Breast Cancer Awareness.

Administration and the Paradigm Shift Club agreed to support the Breast Cancer Awareness cause by donating the raised funds locally to Tri-City Cancer Center (Where women in this area would possibly go for treatment).

It's been three weeks and we're still receiving donation forms daily. Recreation specialists Mr. Cambell and Mr. Garrett, along with club members and the artist John Herman, wanted to let Tri-City Cancer Center know that we appreciate the work they do, and the opportunity we get to support them. The club will continue raising funds until November 18th and will donate the combined funds, along with the original piece of art used for our forms, to the Tri-City Cancer Center.





Check out the painted pumpkins in visiting!





November 11th is Veterans Day and The Paradigm Shift club would like to take the opportunity to thank all of our AIC's who have served in the military, we appreciate your service and we thank you.

Quote of the month

"Dreams and dedication are a powerful combination"

TOASTMASTERS IS BACK!

In the TRCI Toastmasters International club you can;

- **Participate in a proven program to develop your communication and leadership skills,**
- **Gain experience in leadership development through training and club involvement,**
- **Practice organizing your thoughts and presenting them clearly.**

Want to check out a meeting as a guest?

- **Simply send a kyte to Ms. Hunter asking to be placed on the Toastmaster's callout.**

Meetings are held every Saturday night from 6:00 pm to 8:45 pm.

We hope to see you soon.

"High Desert Toastmaster Club"

To: All Adults in Custody

Subject: Flu Vaccinations

The Department of Corrections would like to remind all AICs that getting the flu vaccine is safe and easy—and the best way to protect ourselves and others from the flu. The vaccine is especially important this year, with COVID-19 making more people sick.
The flu is a serious illness. By getting your annual flu vaccine, you are doing your part to keep yourself and those around you healthy—especially older people, people in congregate care, and those with chronic diseases.
The flu vaccine is available to all AICs, takes only a few minutes to get, and is safe and effective. It cannot give you the flu. DOC Health Services will provide the vaccine to any AIC interested in receiving it. Each AIC will be called out and asked to accept or decline the shot.
It's also important to get the vaccine every year because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick. You can also get the flu vaccine at the same time as a COVID-19 vaccine or booster.

Para: Todos los adultos bajo custodia

Asunto: Vacunas contra la gripe

El Departamento Correccional desea recordar a todos los AIC que vacunarse contra la influenza es seguro y fácil, y la mejor manera de protegernos a nosotros mismos y a los demás de la influenza. La vacuna es especialmente importante este año, ya que el COVID-19 está enfermando a más personas.

La gripe es una enfermedad grave. Al recibir su vacuna anual contra la influenza, está haciendo su parte para mantenerse saludable y mantener saludables a quienes lo rodean, especialmente a las personas mayores, las personas en cuidado colectivo y las personas con enfermedades crónicas.

La vacuna contra la influenza está disponible para todos los AIC, toma solo unos minutos y es segura y efectiva. No puede darte la gripe. DOC Health Services proporcionará la vacuna a cualquier AIC interesado en recibirla. Se llamará a cada AIC y se le pedirá que acepte o rechace el tiro.

También es importante vacunarse todos los años porque el virus de la gripe cambia de un año a otro. Cada año, la vacuna se actualiza para atacar las cepas del virus que tienen más probabilidades de enfermarnos. También puede recibir la vacuna contra la influenza al mismo tiempo que una vacuna o un refuerzo contra el COVID-19.

Musicians List at T.R.C.I

It's been a long two years since the Bands were shut down, but now we have been given the green light to start back up. We have three existing bands that have been reunited and a couple may be looking for new talent. The Recreation Dept. wants to develop a list of musicians who would like to be considered for future possible inclusion in the band program. To qualify, you must be a Level – 3 and have more than a "Beginners" skill set for your musical talent. If you would like to be added to our list, please send us a request and tell us what you play (or sing), what genres are your forte and we will place you on the list for bands to review when looking for talent. Thanks!

Mr. J. Cambell, T.R.C.I. Recreation Dept.



The inaugural 3 on 3 basketball tournament championship culminated on U1, September, 28th. All incentive units participated in the event with U5 and U1 in the final. U1 was the ultimate winner, but all teams had a blast and are eager for the next tournament. Staff from across the institution attended, showing support and cheering the players on. The vibe was on point as everyone came together as a community.



All Participants



U11 – 3rd Place Winner



U5 – 2nd Place Winner



U1 – 1st Place Winner

FROM: RECREATION
MOVIE & SERIES UPDATE

Recreation will be changing the viewing format for our movies and series. All 3 channels will now be run similar to Ch. 51 with two viewing options weekly. The purpose is to decrease the length of time between viewing series and offer more viewing content.

- **Ch. 52 will play 1 new release, starting every FRI, along with another throwback film option switching daily.**
- **Ch. 54 will play two series weekly. All series will now be played twice monthly instead of once.**
- **Spanish subtitles will be added to the weekly movie and series schedule. Please review the subtitles schedule in the recreation binder for details.**

Holiday Movie Schedule Change

- **All holiday movies will replace the throwback film for that week, starting on the holiday, regardless of the day of the week. Normal scheduled movies will start the following week.**

NOVEMBER MOVIE SCHEDULE

Week 1	Run Time	November 4th – November 10th	Rating	⇊	Movie Playing Times		⇊
Ch.51	Loop	Eastbound & Down Season 3 Disc 2 (3 eps.) / The Wire Season 3, Disc 3 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:06/ 1:49	BULLET TRAIN / LA BAMBA	R / PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Power Season 5 Disc 1, 2:55 / The Last Kingdom Season 4 Disc 1, 2:51 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 2		**November 11th – November 17th**					
Ch. 51	Loop	Eastbound & Down Season 4 Disc 1 (4 eps.) / The Wire Season 3, Disc 4 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:39	ELVIS	PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	True Blood Season 3 Disc 2 (2 eps.) / Star Trek Discovery Season 3 Disc 2, 3:20 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 3		**November 18th – November 24th**		⇵	1:30 & 10:30 Times Repeat		⇵
Ch. 51	Loop	Eastbound & Down Season 4 Disc 2 (4 eps.) / The Wire Season 3, Disc 5 (2 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:11/ 1:59	Nope / Good Morning Vietnam	R / R	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Power Season 5 Disc 2, 2:55 / The Last Kingdom Season 4 Disc 2, 2:44 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 4		**November 25th – December 1st**					
Ch.51	Loop	Shameless Season 1 Disc 1, 3:31 / The Wire Season 4, Disc 1 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch.52	2:10	Top Gun Maverick	PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	True Blood Season 3 Disc 3 (3 eps.) / Star Trek Discovery Season 3 Disc 3, 3:19 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 2		Veterans Day Movie (November 11th – November 17th)					
Ch. 52	1:59	Thor Love And Thunder	PG-13	1:30 PM	6:30 PM		10:30 PM
Week 3		Thanksgiving Movie (November 24th – December 1st)					
Ch. 52	1:32	The Alpinist	PG-13	1:30 PM	6:30 PM		10:30 PM

AIC Mail

22 hints to speed your mail through Processing.

The Envelope

1. SID#, SID#, SID#
2. Complete Return Address
3. No stickers (except for postage stamp and address label)
4. No lipstick
5. No glue, tape, or metal tabs
6. Go easy on the perfume!
7. Keep it less than 1/4 inch thick

The Letter

1. No origami (it will be unfolded, and not all of us are talented enough to get it put back together like you had it.)
2. Tame the sexually explicit stuff.
3. No foreign substances (crayon, lip- stick, glue, white-out, coffee spills, perfume drops, etc.)
4. No "pass this along to another in- mate" letters.

The Greeting Card

1. "Normal" size gets through faster than weird sizes.
2. No glued-together cardstock (this is common for the "tri-fold" cards where the front page is doubled -up and glued together.)
3. No metal (including little springs that "bounce" things out at you or musical cards.)
4. No foam (often glued under things to make them "3D")
5. No glitter. Please, oh please, no glitter.

Other Stuff

1. No laminated cards
2. No postage stamps (or stickers of any kind)
3. No money (all funds should be sent to Central Trust: PO Box 14400, Salem, OR 97309-5077)
4. No blank cardstock (or other "supplies")
5. Be prudent with your choice of photo- graphs, especially with semi-nude children (such as kids in the pool/bathtub.)
6. Nothing over 18 inches (such as maps)

The "Mail Rule" can be located at: WWW.OREGON.GOV/DOC

Processing: What's the Deal?

At TRCI over 5,000 pieces of mail pass through the Mail Processing Center each week. Each item must be sorted, tagged (with the inmate's housing unit), inspected (inside and out), and routed to the housing unit. This process generally takes less than 48 hours. Items such as those listed above can cause significant delays, or even cause the mail to be returned-to-sender.

Measurement Terms on Menus

In the last newsletter article from Foodservice, AICs were informed of the change in how serving sizes are described on the menus. Some of the terms may be new to some people, so here is a list of the terms and the abbreviation for each term that appears on the menus.

Volume Measurements
TSP = Teaspoon
TBS = Tablespoon
CP = Cup
FLOZ = Fluid Ounce (for liquids)

Unit Measurements
SL = Slice
EA = Each
BAG = Bag (for chips)

Weight Measurements
OZ = Ounce
OZCKD = Ounce Cooked

Decimal to Fraction Conversions (for serving sizes)
0.25 = 1/4
0.33 = 1/3
0.50 = 1/2
0.75 = 3/4
1.25 = 1 1/4

Calorie and Carbohydrate report units of measurement
KCAL = Calories
GRM = Grams

Written by Elena Guevara RD, LD.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 10/25/2022.

PROPOSED RULES:

291-121 Handiwork

- Repeals the Handiwork rule OAR 291-121 and replaces it with the Learning Entrepreneurship, Arts, and Production (LEAP) Rule in order to allow for more institutions to participate in entrepreneurial programs. The Handiwork OAR 291-121 is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.
- Last day to provide comments: 12/23/2022 at 5:00 PM

291-172 LEAP - Learning Entrepreneurship, Arts, and Production

- Adopts guidelines at participating institutions for a program allowing adults in custody to constructively use non-programming time to engage in a positive learning experience with the possibility to earn funds for use during incarceration or after release. This rule OAR 291-172 LEAP will replace OAR 291-121 Handiwork (AIC), which will be repealed.
- Last day to provide comments: 12/23/2022 at 5:00 PM

TEMPORARY RULES:

291-124 Health Services

- Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment.
- Effective 10/26/2022 through 4/23/2023

PERMANENT RULES:

291-031 Community Corrections Programs

- Amends rule to (1) clarify requirements specific to the submission timeframe for the biennial community corrections plan, (2) update definitions of the funded workload as a result of SB497 (2021), (3) replace the term “offender” with the “adult on supervision” and (4), make necessary housekeeping changes as a result of changes in business practices as well as those identified during the DOJ review.
- Effective 11/7/2022

Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero-tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:
Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates.

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:
- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:
- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:
E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301