

2018 Toastmaster's Talent Show



Thanks to everyone who made the 5th Annual Talent Show a success!

Michael Fink took 1st place singing Stillborn, 2nd place went to Derek Townsend and Andres Mata with their Tiny Dancer routine, and 3rd place was taken by Joshua Peko with his "Hardships" rap. All the contestants were fabulous!

A special thanks to Santino Moreno for the art work, our three judges and the rest of the Toastmaster members for all of their efforts in organizing the event.



October 2018

Health Beat

COLD AND FLU

Flu Season has arrived!

Flu vaccines are on their way to Shutter Creek, if you would like to request a Flu Shot send a kyte to medical.

Symptoms of a cold or flu include: fever, chills, sore throat, muscle aches, fatigue, cough, runny or stuffy nose, and headache.

What is the difference between cold and flu?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

When to contact health services:

Most of the time, minor illnesses can be managed on your own with good self-care and self-purchase items. If you get sick, make sure to eat a well-balanced diet, get plenty of sleep, and drink plenty of fluids to help your body fight off the virus. If you feel feverish or have chills, if your symptoms last longer than a week, if you have extreme fatigue or shortness of breath please contact health services.

The best treatment is prevention!

The **flu shot** can: keep you from getting flu, make flu less severe if you do get it, and keep you from spreading flu to other people.



Prevent the spread of illness!

Wash your hands often

Cover your cough

Use & throw away tissues

Clean surfaces

Don't touch your nose/mouth

Self-care items to purchase from canteen:

- Medicated Chest Rub
- Cough Drops
- Vitamin C
- Loratadine (decongestant)
- Lip balm
- Soup
- Tea
- Drink enhancers such as Crystal Lite
-

Don't forget to rest and drink plenty of fluids!

How to access care at Shutter Creek:

Option #1: Written Health Service request (Kyte)..... Routine / Non-Emergency

Kytes should be utilized when you wish to request non-emergent health care services, including most sick call concerns, routine dental concerns, medication requests/refills, records requests, or other issues which do not involve a medical, dental or mental health emergency. Once completed, they should be deposited into the locked Health Services Kyte Box, located on the left wall within the entry to the dining hall. Health Services staff pick up and process kytes at least twice daily.

Option #2: Health Service request Voicemail Line (Bat Phone)..... Routine / Non-Emergency

The Health Service request voicemail (Bat) phone is located at each of the officer stations within the dorms. It should be utilized when you wish to request non-emergent health care services, including most sick call concerns, routine dental concerns, medication requests/refills, records requests, or other issues which do not involve a medical, dental or mental health emergency. When utilizing this option, please listen to the message carefully and leave a clear and detailed message. Health Services staff review and process voicemail requests at least twice daily.

Option #3: SCCI Staff.....Urgent / Emergency

In the event of any medical, dental or mental health emergency and/or urgency, please notify the nearest SCCI staff member of the specific concern. They will make direct contact with Health Services and your concerns will be addressed in an appropriate manner. Please do not utilize a kyte or the voicemail system to report an urgent and/or emergent concern.

Thank You

From the Shutter Creek Health Services Team

Religious Services

Open Call outs

Open chapel callouts have been moved to Wednesdays and Thursdays mornings 8:30 am and 9:30 am Afternoons 12:30pm, 1 :30pm and 2:30pm listen for open line movements you can only come and go at those specific times. If you are coming down plan on staying for the whole hour. Open chapel callouts are subject to staff availability. We have also added 2 DVD players with headphones 1 TV with DVD and VHS capability's and also a CD player with cassette tape and radio. Please bring your own headphone incase the chapels have been checked out and are not available. Please remember this is a quiet time to spend in the Chapel please be respectful to others.

Religious Items

Religious services make available various items for inmates to purchase. There are a lot of various items available for the different religious beliefs a person might have. Please Kyte the Chaplain with a request of what you would like to order please be specific. Information will be sent back to you with a description and pricing or come down on an open call out and check out what you can order.

Weddings

Wedding services are provided 2 times a year once in and also in October on the 4,a Monday of the month, please kyte the Chaplain if you would like more information or like to schedule an event.

Native American Pow Wow

Get ready December 8th is the date for the 1st annual Shutter Creek Native American Pow Wow. Chaplain is working with volunteers to help with all the intricate parts of planning and putting this together. It will begin after 4:00 PM count and will be held up at Freedom Hall.

Restoring the Shack

A new Class is starting Wednesday nights called Restoring The Shack and is based on the book by Paul Young. It is a Christian based video based class with 21 lessons and discussion time at the end. Steve Watson is our volunteer and the class starts at about 6:10 to 7 :40 listen for Courtney Hall call outs.

Neutralizing Karma

On December 24, 2018 from 6:00 to 9:00 PM Bob kindler will be coming to teach a class called Neutralizing Karma via Spiritual Practices. Listen for call outs if you plan on attending.

Christmas Worship Service

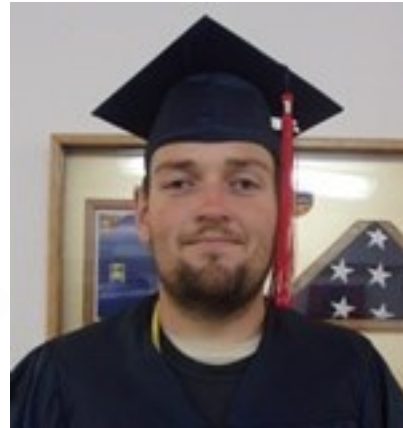
A special worship service is planned for December 22, 2018@ 6:00 to 8:00 PM. The service will include Christmas music and a message. Our volunteer Dave Gerhardt is coming in to do this special event.

Native American Sweat

Native American sweat will be held on December 9th 2018 listen for the call out.



Hornsby, Kyle



Paterson, Russell

Congratulations

Below is the list of status changes made to DOC administrative rules since 11/07/18.

PROPOSED RULES:

291-035 External Research Proposals

- Amends the rules to update the language and provide clarity on the process for applications to conduct external research.
- Last day to submit comments: 01/10/19

DOC rules are available for review and copies in the inmate legal library.

Institution Channel Offerings & Changes September 20, 2018

Q: How is the cost of providing satellite TV determined?

As a contracted service, Satellite TV is broken into base and add-on packages—just like it is for your friends and families on the outside. The cost of Satellite TV changes depending on the package being offered, and the number of TVs connected and receiving programming.

Q: Why can't there be more TV channels and diverse choices at my institution?

Because Oregon DOC has a set budget, we cannot spend more than what has been authorized. DOC simply does not have the budget to purchase each and every channel combination package available (and our installed systems do not have the bandwidth).

Q: What caused the change in channel selection and availability?

Due to rising TV package subscription costs, it became necessary to make a change to programming packages. Eliminating these packages lowered the overall cost of satellite TV at our institutions.

Q: Is there anything else that restricts programming aside from cost?

Not every channel's programming is actually appropriate or suitable for viewing within the corrections environment. This means that channel and programming choices must be made that will simply not please all people at all times.

Q: What about Spanish language channels?

DOC has worked with our contractor to provide acceptable programming choices and is happy to report the following channels will be adding into our line-up starting October 1:

- Azteca America
- Discovery En Espanol
- History En Espanol
- Telemundo
- NBC Universo

Q: What will the process be for making or requesting changes to the channel offerings?

Effective September 2018, senior management for each institution has been charged with deciding what channels can be programmed for their site. Each institution will also define their process for handling and accepting requests for changes to those programming channel choices.

Inmate kytes to request new channels or changes to the TV channel assignments should no longer be sent to Oregon DOC Headquarters. Instead, kytes need to go up the local chain of command to the institution's management.

Q: How will my institution decide what programming is appropriate?

Institution staff have been provided with recommended selection guides, and will use these materials and their knowledge of what channels are popular or helpful at their institution.

Q: How will this change of process impact me?

It is our hope that giving your institution the ability to select and change channels, changes can be approved and made more rapidly than under the old process. ...

Q: How does the change in process impact me if/when I move institutions?

As inmates move from institution to institution, the channels available may vary somewhat. Each institution's process used to accept channel change requests may be different as well.

Changes to the Inmate Handbook effective immediately:

No items will be placed or hung on the windowsill or reading light at any time. Nothing will be hung from bed frame or rails. One laundry bag may be hung from your bed post. The only other items allowed to be hung from your bed post is your hat or beanie. Rain jackets are required to be hung in the boot room. All other coats will be stored in your wall lock or boot room unless you are in C dorm, then your coat must be hung on your assigned coat hook. Nothing, other than the nametag, will be attached, taped, glued, etc. in any manner to bunks, lockers or walls at any time. For top and bottom bunks, there is to be no more than one towel or washcloth hanging from the foot of the bunk and must be off to one side or the other and have nothing else that could block the view of the inmate by staff. Individuals in A Dorm that are on a bottom bunk are only authorized to have eye glasses, an alarm clock and your TV remote on your headboard. Pictures must be kept neat and orderly so they don't present a cluttered appearance or create a wallpapering of the area.

Televisions rules for C-Dorm

Televisions: You must use headphones, and may not be loud enough for others to hear. You are authorized to use a splitter with your Bunkie only. No wires will cross the isles. Others may not view your TV unless you are present. If on a LOP sanction or conduct order with an electronics restriction you are not allowed to watch your TV. TVs that can't be mounted such as the 9inch will be secured when away from your bunk.



TOASTMASTERS

...invites you to one of our upcoming meetings...
held the first and third Thursdays of every month.
The upcoming December meetings are on the 5th and 19th.
Be ready for the call-out at 6:00pm.
(The meeting generally lasts about an hour and a half.)

This is one of the best ways to learn how to present one's self in a
recognized, world-wide organization!

One of our members said...

"The way I look at it, every time, I have to fight my fear of speaking in public... When I do my speeches at the Toastmasters meetings [it means] I won't have to struggle with that in real life situations when I get out [like] talking to my PO, at the job interview, etc."

Add some muscle to your communication skills and improve your ability to
communicate to those who can affect your future success:



Program Directors, Parole Officers...
Potential employers, etc...

Learn to run your own business by
developing critical communication skills.

Learn to think on your feet and
provide a professional response in any situation!

You may attend any meeting as a guest.

See You There!

There is no obligation to join.

To: Adults in Custody
From: Sallie Jurgensmeier Manager
Subject: Commissary News, Updates and Reminders

Updates:

Statewide Commissaries are resuming the sales of the electric guitars and basses. The pocket rockets for guitars are discontinued and no longer available with a limited quantity of the bass version available. A replacement for the Pocket Rocket has not been identified with no identified timeframe for a replace-



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 Office of Constituent Services
900 Court Street NE, Suite 160
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

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

Below is the list of status changes made to DOC administrative rules since 09/10/18.

PROPOSED RULES:

291-123 Hygiene, Grooming and Sanitation

- Updates the rules to clarify language governing the personal appearance, hygiene, clothing, and sanitation of inmates confined in a DOC facility.
- Last day to submit comments: 12/28/18

291-107 Petitions

- Updates the rules establishing the guidelines that allow inmates to request and circulate a petition in a DOC facility.
- Last day to submit comments: 12/28/2018

291-180 Interstate Compact

- Updates the rules to adopt current national compact rules effective on March 01, 2018.
- Last day to submit comments: 12/28/18

291-100 Admission, Sentence Computation, and Release

- Updates the rules to clarify processes and to update language based on statutory changes regarding the application of pre-sentence time served (HB 2310 and SB 1543). In addition, HB 2310 added authority to apply pre-sentence time served when an offender fails a diversion or specialty court program.
- Last day to submit comments: 12/28/18

DOC rules are available for review and copies in the inmate legal library.

Incentive Level Overrides

SCCI offers incentive level overrides to inmates who have demonstrated that they can maintain clear conduct while at Level 2 at this institution.

The following is information about when inmates are eligible for override consideration.

Incentive Level Override Minimum Standards:

- At Level 2 for at least 3 months.
- Housed at SCCI for a minimum of 3 months
- No Conduct Orders in the last 3 months
- No Misconduct Reports in the last 6 months
- No Program Failures in the last 3 months

If you meet all of these requirements, you may request an override by sending an inmate communication form to Ms. Paluch in Administration. Once the request for override is received, your history will be reviewed, and a determination will be made on your override status.



Ocean View Creations is a new program that allow inmates to build and create custom order pieces for staff, inmate families, and the community to purchase. We are working towards a flyer that will have a list of items that can be purchased through this program.

This program creates additional jobs, hands on experience, and skills that the inmates can take into the community to gain employment and become successful upon release.

Pictured left: Mr. Gebhard with a custom made baby crib for one of our expecting employees here at SCCI.



FOR YOUR COLORING PLEASURE

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Complete the grid so every row, column, and box contains every digit from 1 to 9 with no repeats in a row, column, or box

Answers from Last Month's Quiz

25. C
26. B
27. A
28. A
29. C
30. B

31. B or C
32. A
33. C
34. C
35. A
36. A

37. A
38. B
39. C
40. C
41. A
42. C

43. C
44. A
45. C
46. A
47. B
48. A

This Month's Contest: Each of the sets of initials below represent the title of a Christmas Carol. Identify the title of each. Identify at least 30 correctly to be put in a drawing for a chance to win a candy bar. Identify at least 35 for a second chance to win. Identify all 40 for a third chance to win. Return quiz to Ms. Paluch with your answers on back. Entries must be received by Friday, December 7th.

Note: A total of 3 candy bars will be given away.

To: Ms. Paluch

From: _____

- | | |
|----------------|--------------|
| 1. HYAMLC | 21. IBTLALLC |
| 2. TFN | 22. OLTOB |
| 3. GRYMG | 23. WW |
| 4. ICUAMC | 24. IBHFC |
| 5. SN | 25. WWYAMC |
| 6. TTDOD | 26. IHTBOCD |
| 7. DTH | 27. FTS |
| 8. SCICTT | 28. JOSN |
| 9. JTTW | 29. GKW |
| 10. RTRNR | 30. UOTH |
| 11. ISMKSC | 31. JBR |
| 12. SB | 32. BC |
| 13. HTHAS | 33. TLDB |
| 14. GGROBAR | 34. FN |
| 15. OHN | 35. DYHWIH |
| 16. AIWFCIMTFT | 36. HCSC |
| 17. JB | 37. IWAHFC |
| 18. WTK | 38. ITMWTOTY |
| 19. WC | 39. OHN |
| 20. TCS | 40. OCT |



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