

President - Robert Kelley
Vice President - Brian Waybrant
Secretary - Jerrin Hickman
Treasurer - Bill Knepper
Meeting Facilitator - "Bo" Diaz-Miller
Staff Advisor: Bill Marion
bill.f.marion@doc.state.or.us
PH: 503-378-2289

Proposal Updates

Ice Cream sales on yard	6/5/18	Denied
Drink (coffee Bar) area in visiting room	6/5/18	Submitted
Email kiosk notification system	6/5/18	Submitted
Incentive Level 3 fundraiser "NON- A-Block"	6/5/18	Submitted

LIFERS' Featured Member

Featured Member: As you can see we are changing the look of our monthly newsletter. We hope this new format will keep you abreast with current events and membership of the club as well as being more personable. Keep in mind that this is your club too. We want to hear from you. This new, featured member area is just for that. Let us know what you think?

Name: Johnny Cofer

Handle: N/A

Age: 80

Date of Incarceration: 1999

Sentence: Dbl Life

Books or Movies: Movies

Top 3: True Romance, Brave heart, Shawshank Redemption.

Club Membership: N/A

How do you do your time? Stay Busy, do better than before and learn from my mistakes.

What do you like about the Lifers' club: Their mission to improve quality of life.

What direction would you like to see the club go? Improve the mission.

Parting Shots: Do something new, challenge the norm.

Announcements/Upcoming Events

2019 Meeting Dates

March 14th Legal Seminar

April 11th Eating Contest – **Submit Teams soon please!** ☺

May 9th Dog Show – **Approved!**

June 13th Lifers' Fundraiser – **Still accepting Ideas!**

July 11th Animal Show – **Birds of prey – Still in the air!**

Address Label



I would like to thank everyone for their patience during all the changes up here and with all the fundraisers we have going on. Seems as if the light at the end of the tunnel was indeed that proverbial train.

We are looking for a clerk here in the lifers' office, we are looking at a couple guys however like options and hope to see interest from our fellow lifers.

Your Treasurer - Bill

Lifers' Unlimited Club



Oregon State Penitentiary

Chartered 1968

Volume 51 Issue# 2

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----- Annual Eating Contest -----

Gentlemen,

As I mentioned at the meeting, our annual **lifers' Club - Eating Contest** is back and coming up in April! Since it is less then 2 months away I need to have team names and participants names soon. Remember, 4 men per team. All entries are needed by our next meeting, at the latest. I hope we can put 8-12 teams together. The more the merrier as its all that much more fun!☺ As in the past, there is an entrance fee of \$2.00 so we can cover some of the cost, plus staff respect it not just being a freebee. If you truly can't afford the \$2 we will work with you, the same if you need your cd/28 held until later. We don't want to exclude anybody! What could you win, besides bragging rights of course? Every participant will receive one free photo at the banquet! The second place team will be able to attend the Club Banquet at **no cost** for themselves but will have to pay for your guest if you have one. The first place team wins **a free meal for themselves and there guest at the Club Banquet!** If you are not able to go to the banquet - i.e. not a level 3, then you have my word we will figure out something for you if you win. **Your V.P – Brian**

From Your President

Just some quick updates; we should be seeing more fundraisers as the Activities Department has a Debt that the Administration has requested that the clubs assist with. Suggestions that go towards the paying of that Debt will have a streamlined Approval/Denial process, you can send any ideals to Bill. Director did not make it to yesterdays Presidents meeting, the minutes are being prepared they will be posted soon. Our yearly Calendar is still being adjusted and we did pick up some Insight dates. Now we are working on the Reform groups next will be the speaking panels.

Lifers' Unlimited Club President

Rob Kelly

Lifers' Club Presents Tuff-Enuff Long Rain Coats \$14.50 ea



48in LONG CLEAR 20 mm PVC 100 % WATER PROOF
Available in XS thru 3XL, the one in the photo is 2X
Submit CD-28s to Lifers #2430. Write your sizes selection on the back of your CD-28

Mission Statement

The purpose of the Lifers' Unlimited Club is to unite the incarcerated men of OSP with a goal of improving the quality of life for those inside and outside of these walls. The club will work with charity programs, informational services, youth speaking panels and other positive programs. We cannot change the past, however, we believe through rehabilitation and pro-social behavior we can create a more productive future.

A word about the following - I recently asked our outside club supporters if they would send us a little something about who they are and why they have chosen to support our club. My goal is to share their responses in our newsletter each month. Some of us may not know our club supporters or outside guests very well and this will be a way to introduce them to you so you are aware of who and why they contribute their time. I encourage you all to introduce yourselves to these amazing people when you see them at our meetings. After all they are here to support all of us, and our club mission. They believe in us, so we should take the time to get to know them better. Just something to think about! **V.P. Brian**

The 1st person to respond was Scott Spencer Wolff and below is the blurb about volunteering and why he volunteers. The 2nd is the article he submitted for us to use (or not) for our newsletter.

Dr. Scott Spencer-Wolff; as an ex-con myself I have always been interested in the sociology of prisons. After I was released, I finished my doctorate in Transpersonal Psychology, and my dissertation revolved around the relationship between Lifers and those doing shorter sentences. There were a lot of assumptions about “Lifers” which have been demonstrated to not be true. Academic research indicates that Lifers have a singular ability, and I would say responsibility, to make their “home” a better place to live. After doing a presentation in 2016 on my research, and a second presentation on interpersonal development and “going with the flow” I was hooked. The OSP Lifers club allows some of the most creative and intelligent men I know to make a HUGE difference in the micro-community known as OSP, and perhaps wider prison culture in general as word of your efforts and many successes spreads. I am privileged to be a part and help support those efforts. Oh, and then there’s free prison coffee.

Cheers!
Scotty

Lifers' Unlimited Club

2019 Cookie Sales

661 Boxes Sold!

Order by February 12th

• Samoa - Chocolate Covered Coconut and Carmel \$5.00 ea

• Tag-A-Long - Chocolate Covered Peanut Butter Cookie \$5.00 ea

• Savannah Smile- Powder Sugar Covered Lemon Cookie \$5.00 ea

• Triple Chocolate Covered Milk Cookie (new) \$5.00 ea

• Trefoils - Vanilla Shortbread Cookie \$5.00 ea

• Smore - Chocolate Covered Marshmallow Graham Cracker \$6.00 ea

• Toffee Tastic - Butter Cookie With Toffee Bits \$6.00 ea

Delivery Date To Be Announced Soon

Write your selection on the back of your CD-28 and Submit to Lifers #2430.

OSP Death Row Presents

Sponsored by Lifers' Unlimited Club

Chums Neoprene Retainer

Color: Black

> Industries standard

> Quick drying and easy to clean

> Comfortable, lightweight and easily adjustable

\$10.00 ea

ID Lanyard

Color: Black with white print

> 36" long clip to clip

> ¾ in wide strap

> Plastic Clip

> Durable Nylon

> Lightweight

\$3.00 ea

There Here

Write your selection on the back of your CD-28 and Submit to Lifers #2430.

MEETING MINUTES 2/14/2019
Meeting began at approx. 6:20pm.

- 1) Our **Guest speaker** was Roger Martin.
- 2) There was talk about Norway being the model for corrections in the future.
- 3) Senator’s Jennifer and Polanski will try to come in March.
- 4) Collette Peters would like to attend one of our meetings. **She will be invited in.**
- 5) Telnate **may not** be renewing their contract with DOC.
- 6) 1400 people will be attending the **HB-20** conference.

V.P. Brian.

- 7) Brian spoke about the eating contest; **1st place** will have them and their guest go to the banquet free, **2nd place** will go for free but pay for their guest. Teams need to have their names in by the **March** meeting.
- 8) Request suggestions for banquet food.
- 9) July meeting will likely be the ‘reptiles’, but might be the birds of prey. The dogs will probably come in May.
- 10) Coffee and cinnamon rolls for meetings need to be paid for by the general body.

1400 people attended the HB-20 conference.

- Governors will be taking petitions regarding life without parole.
- There is a major effort to repeal the death penalty, attitudes are changing.
- Crime Victims United was not at the conference. S. Johnson talked about SB 1437.

Scott Spencer Wolff talked about the Norway prison system.

- a) **Their system is about fixing problems.**
- b) **Rehabilitation is the primary goal of their process.**
- c) **They hope to keep everything as normal as possible.**

{Things that can be done here}

- d) **Staff training.**
- e) **Cultural changes.**
- f) **AIC’s mindset must also change.**
- g) **More professionals to help with personal issues.**
- h) **There will be a list of topics in the up-coming newsletter for AIC’s to discuss and comment on.**

Bill.

Clarified that donations need to cover our meeting expenses. According to the activities rules; donations are to be used for our materials and meeting expenses. He also related that if we were to be audited, we would be shut down!

Robert Kelly.

Will bring up the “cost of living” issue at the next presidents meeting.

THE MEETING CLOSED AT 7:00pm.

Lifers’ Unlimited Club Secretary - Bear

In case any of you have run into problems with your friends or family members having trouble with Telnate the official Customer Service Number is 866-516-0115

New Flavors

Lifers' Club Presents: BHU Fundraiser
DaVinci Flavored Syrup



- Classic Strawberry
- Caramel
- Banana Fruit Flavor (Sugar Free Option Available)
- Classic Irish Cream Flavor
- Classic Cheesecake

25oz Plastic Bottle

\$10.00 Per Bottle

Please submit separate cd-28s for each Fundraiser.
Write your selection on the back of your CD-28 and Submit to Lifers #2430.

LIMITED TO 4 BOTTLES PER PERSON EVERY THREE MONTHS

American Academy of Paralegals
A membership organization providing legal education & paralegal certification in all areas of law to all pursuing that profession nationwide.
P.O. Box 1541, Houston, TX 77251
Incarcerated writer?
www.walkinthoseshoes.com posts inmate essays in views from the inside.
Also mentors authors of all book genres for our E- library. Mail essays or sample chapters to:
K Carter,
P.O. Box 70092, Henrico, VA 23255

Lifers' Club Presents

BREW YOUR OWN COFFEE IN THE CELL



- Place this over your favorite cup or mug - \$6.00



- Melitta cone Coffee filters 100ct - Now Only = \$5.00

Coffee \$10.00 per bag

- Pumpkin Spice
- Morning Joe
- Caramel
- Mocha
- Blue Berry - \$7.00
- Choc. Brownie
- French Vanilla - \$7.00
- Coconut Car. Crunch
- Pike
- Columbian
- Toasted Hazelnut
- Blond
- Smores

- NEC Blueberry Cobbler
- French Vanilla

Monthly Special - \$7.00

The newest



And
Valhalla -12oz 20\$

Submit your cd-28 to Lifers #2430 writing your selection on the back of your cd-28.
Your coffee will be delivered to you, or you will be placed on call out **once your cd-28 has cleared.**

An article submitted by Mr. Scott Spenser Wolff

Examining Prison Culture: A Place of Belonging.

Recently, executives and legislators from Oregon traveled to Norway to examine a very different kind of prison system. Norway's incarceration rate is just 75 people per 100,000, compared to 707 people for every 100,000 in the U.S. On top of that, when folks in Norway leave prison, they tend to stay out. It has one of the lowest recidivism rates in the world at 20%. The U.S. has one of the highest: 76.6% of prisoners are re-arrested within five years.

Much has been made about what needs to be done to bring some of the highly effective practices used in Norway to American prisons. It's important to know that practices come from perceptions and beliefs, and beliefs come from a shared vision or culture. So, now is our time to examine our views on prison culture. What does culture mean in relation to a prison community? How does that culture relate to you? Why is it a topic worthy of discussion (or reading about?) So, my task today is to offer some thoughts on what this might mean and why it is important to you.

First, “*Culture*” isn't a discussion about the ballet, or art, or music appreciation. That's a different kind of culture - although arts culture and prison culture are cousins. They both relate to our human need to belong to something bigger than ourselves. Folks who have experienced the military, who are alumni of juvenile institutions, or have formally worked for Law Enforcement, have a pretty good idea about what the term ‘culture’ means. These shared experiences, traditions, or practices, are things that only resonate with others who have participated in the same organizations. Folks who have been Marines, know very well the “Semper-Fi” mindset. Once you know it, you can't un-know it - it becomes a part of your psychological DNA. Here in Oregon, people who are “Ducks” or “Beavers” are always Ducks or Beavers - and following those particular schools will forever color the lens of their perception. They belong to that group, and belonging to that specific culture becomes a part of their everyday life.

Culture is a term that can be hard to pin down. Technically defined as ‘an evolving set of collective beliefs, values, and attitudes, the collaboration of which define the practices of a community within an institutional setting’, we look at how viewing the world through our particular role in the prison culture influences our perception. And, to be clear, “prison culture” consists of two separate, but similar cultural sub-sets. The “Convict Code” and the “Staff Code”, which are surprisingly similar in a wide range of ways. These cultural lenses influence management (personal and community) decisions, personal decisions, interpersonal decisions, and business operations on individual and collective levels.

And, of course, this is true, and a part of the dynamic of the complex (at least to newbies and outsiders) culture. But prison culture is not born of policies and procedures, or of uniforms in blue or brown, but of shared visions, beliefs and experiences. Think of being a sports team fan, we have an investment in that team and believe that they are going to win on the field. We support them. We cheer for them. We wear team colors (blue with little orange logos). This social membership inspires us to dig into ourselves, and find out who we are, and what we feel strongly about, as well as what we are willing to stand for.

Examining Prison Culture: A Place of Belonging. – Continued

The prison culture at OSP isn't about the Activities Floor, or the yard, or being a “straight-up dude.” Contemporary American prison culture is about living an “us/them” mentality where the mantra of Divide and Conquer, or bullying each other into being on “our” team rather than the “other” team becomes a 24-hour mission. Ultimately, this division is not helpful in moving towards an integrated team where everyone's shared vision is to become a better person and prepare us for life outside. Working with staff, and staff working with us allows for a significant degree of personal growth on both sides. Over my 15 years of incarceration I have learned a great deal from the prison staff I have been privileged to work with, even if it's how to foster patience and understanding in the face of perceived unfairness. Likewise, still being in contact with dozens of staff I have known since the 1970's (I'm Facebook friends with my first prison boss from 1974, and was at the bedside of another who died of cancer in the 1980's – because I recognized how much those men have contributed to my being a better person).

What would it take to work as a *common* team? What if we focused on the kind of personal development, you could call it ‘*rehabilitation*’ (or habilitation in some cases) if you wanted, examining ourselves so we understand what makes us tick and what the cause/effect dynamic was that led us to make the decision that lead us here? This is applicable to both staff and AICs.

For staff, was it a desire to help other people (the core of an amazingly large amount of vocations in Corrections) For the Consumers of Correctional Services (us), was it a sense of lack, or inadequacy – a sense that we are missing something, or missing out on something? Anger or impulse issues? How can both of those potential core issues be addressed? How can either group return to the basics and rethink the trajectory undertaken since then? (Interesting fact; the word “*repent*” comes from the French “*re-pense*” or rethink. Also related to “pensive” or thoughtful.)

Some folks on both “teams”, the Blues or the Browns, will still need management. We all learn in different ways, and some of us are a little denser than others. It takes a little more before we “get it.” Again, no difference between Team Blue or Team Brown. It's the same human dynamic either way – what's common to us all is the playing field called the “OSP Community.”

Over the next few months we are beginning a think-tank group to examine what might have to “evolve” (my personally preferred word over “change”) for us to start brainstorming about the effectiveness of our current worldview for getting everyone's needs addressed in some fair and equitable way. Or, or not addressed, at least articulated. We'll continue this conversation. I would love *your* input and thoughts. “Be the change that you want to see.”

Scott Spencer-Wolff, Ph.D., is an ex-con with 15 years prison experience on the installment plan. Upon release in 2009 he went to work for Apple, and currently is a Senior Resource Team member. He is a 2014 doctoral graduate of the California Institute of Integral Studies with a focus on Integral Studies and Transpersonal Psychology. Scott's passions are prisons, life coaching and music. He also has solo piano music on itunes and the Kiosk