

THE ECHO

Eastern Oregon Correctional Institution

Volume II, Issue XII
December, 2020 Edition

COVID Vaccines in ODOC

I am Dr. Warren Roberts, one of the Oregon Department of Corrections (DOC) doctors overseeing your health care during this global pandemic. Today, December 10, the COVID-19 vaccine is being considered for emergency approval. After Food and Drug Administration (FDA) approval, individuals will start to receive the vaccine.

Currently, there are not enough vaccines for everyone. The Centers of Disease Control and Prevention (CDC) has convened a panel of experts to determine who will receive the first doses. Adults in custody (AICs) are included in this initial distribution termed "Phase 1." Pharmaceutical manufacturers are ramping up production as quickly as possible to provide vaccines to everyone that wants

one. We have no definite dates as to when the vaccine will be available, but more information is expected shortly.

DOC is in the process of registering its pharmacies and institutions with the Oregon Health Authority (OHA) to make vaccines available to AICs and DOC employees. Treating AICs and DOC staff is a priority so AICs can be better protected against COVID-19 and normal operations (i.e. visiting, volunteer services, commissary) can resume.

The current vaccine comes in two doses. The second dose must be administered 21 days after the first injection. It is very important to receive the second dose to complete this process. As with the flu vaccine, this will be an opt-out process. This means, every AIC will

be offered a vaccine and you will have to decline, if you so choose.

The COVID-19 vaccine is a new type of vaccine that uses innovative technology to help your body fight this virus. Initial trials have shown it to be 94-95% effective in preventing COVID-19 following the second dose of treatment. Full protection can take up to two weeks after receiving the second dose. We encourage all AICs to be protected against COVID-19 and get the vaccine. Please feel free to contact Health Services if you have any questions.

We will continue to provide updates to you as we learn more about distribution of the COVID-19 vaccine in the future. We appreciate your patience in this process.

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First Vaccination!

A 90-year-old grandmother from Britain (pictured right), has become the first person in the world to receive the Pfizer COVID-19 vaccine outside a trial. Following its rapid clinical approval, Britain began rolling out the COVID-19 vaccine developed by Pfizer and BioNTech last week. It is the first Western country to start vaccinating its general population in what was being hailed as a decisive watershed moment in defeating the coronavirus.



Life in the Time of Corona

By Patrick Gazeley-Romney,
Staff Writer

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2020 will be forever marked by the extraordinary degrees of separation and isolation the world has experienced during the coronavirus pandemic. The coronavirus has affected almost every aspect of life for millions of people, wreaking havoc on economies and healthcare systems alike. The year has been one of constant change and uncertainty and the experience of Eastern Oregon Correctional Institution is no exception.

A brief history of COVID-19 at EOCI: Housing unit C1 was vacated on March 26th, 2020 to make room for medical isolation cases in anticipation for a coronavirus outbreak. The displaced AICs were housed temporarily in the H2 unit dayroom. The metal fabrication, electrical and plumbing shops worked to install nearly 40 bunks, a sink bank and an extra microwave in the dayroom to help accommodate the expanded AIC population on H-unit. The first six positive AIC COVID-19 tests for EOCI came back on July 7th and the facility entered the tiered operations process that afternoon.

C1 was officially opened as a medical isolation unit on July 7th to make room for COVID-19 positive and suspected positive AICs. Personal experiences with the disease range from tolerable to appalling, hinging primarily on the degree to which each individual experienced disease symptoms. Usually AICs were sent to C1 for 3-5 days for evaluation and monitoring before being sent to the COVID quarantine units at Coffee Creek, Snake River, Two Rivers Correctional Facilities.



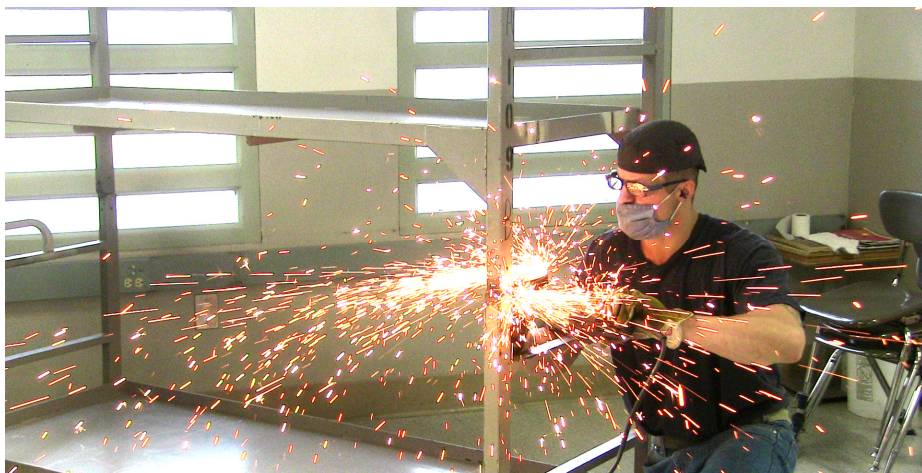
A unique work opportunity developed for two AICs at EOCI. Roger Williams and Ronald Allen (pictured above) accepted the job of C1 medical unit orderlies on October 13th. Work responsibilities included maintaining chemical and medical supply inventories, passing out clothing, hot water, ice, phones and tablets to separated AICs as well as deep cleaning and sanitizing cells in-between isolation cases. They also used their time to refurbish cells 1-16, sanding and repainting the interiors of each cell. Both men were provided with full personal protective equipment (PPE) including gowns, masks, goggles and gloves. AIC Williams explains that through his experience he *"developed deep empathy for the AICs suffering through the effects of the disease,"* knowing what they were experiencing. He found it *"personally rewarding to pay it forward to the AICs suffering through the sickness."* AIC Allen says he *"values the opportunity he had to learn how to use the PPE and the medical protocols involved in working on a medical isolation unit."*

As of December 7th 2020, 451 AICs at EOCI have tested positive for COVID-19 and 447 of those have made a full recovery. ODOC-wide 1641 AICs have tested positive for COVID-19, 1375 have recovered and a total of 19 AICs that have tested positive for the COVID-19 virus have passed away.

The Agency Operations Center (AOC) in conjunction with Health Services began developing the tiered quarantine protocol in March, at the beginning of the pandemic in the state of Oregon. The system consists of five tiers of quarantine protocols to which an Oregon Department of Corrections (ODOC) prison can be subject. EOCI has been operating under Tier 3 quarantine protocol since December 4th, marked by a 14-day period of no new COVID-19 positive test results from the last positive COVID-19, November 20th.

(continued on next page...)

Life in the Time of Corona



AIC Nic Escrava cutting H2 dayroom bunks apart in preparation for their removal.

The institution may be able to enter Tier 2 status on December 14th per the new 10-day quarantine guidelines established by the Centers for Disease Control (CDC). Finally, EOCI may proceed to Tier 1 status if 28 days have lapsed since the last confirmed COVID-19 case by both AICs AND staff - hopefully by December 18th. As of December 8th EOCI has 67 staff members who have tested positive with 65 returned to work or who have a return to work date.

With EOCI currently on Tier 3 status, no units are on quarantine.



AIC Gerry Hight cuts bunks apart in the H2 dayroom.

This positive trend in the reduction of tier level is marked by the recent removal of bunks from the H-unit dayroom.

Quarantine refers to the practice of isolating individuals who have had close contact with a COVID-19 case for testing and observation for symptoms of the disease. Quarantine for COVID-19 should last for a period of 10 days if the subject displays no symptoms. If symptoms develop during the 10-day period, individuals should be placed under medical isolation and evaluated for COVID-19 infection. Medical isolation refers to separating a confirmed case of COVID-19 to prevent contact with others and reduce the risk of transmission. Medical isolation ends when an individual meets pre-established clinical and testing criteria for release from isolation.

If EOCI remains on its' current downward trajectory with the tiered quarantine protocol achieving Tier 1 status, the institution will likely begin a gradual progression towards typical operations. This will not be an immediate return to past operational status. Staff and AICs will still be required to comply with Governor

Kate Brown's mask and social distancing mandates until they are rescinded. Additional precautions will continue to be taken during the pandemic.

Receiving the COVID-19 vaccine will protect against future disease contraction and increase herd immunity to the disease preventing new outbreaks from occurring within the community at EOCI. The COVID-19 vaccine consists of two doses to be administered either 21 days apart (Pfizer) or 28 days apart (Moderna). Initial clinical trials have shown the vaccine to be 94-95% effective in preventing COVID-19 contraction following the second dose of the vaccine. As of now there are not enough doses of the vaccine to be administered to everyone in the United States who wants one. The CDC has identified groups of people (phase 1) who should be prioritized to receive the vaccine including frontline medical workers, nursing home residents and incarcerated populations. As with the flu vaccine, this will be an opt-out process. Should you choose not to be vaccinated you will need to decline by waiver when the vaccine clinic begins. There is nothing anybody wants more than for life return to normal so it is hopeful AICs will elect to take the COVID-19 vaccine when it becomes available at EOCI.

Worldwide, as of 12/13/20, there have been 72,221,634 cases and 1,612,014 deaths. The United States accounts for 16,750,151 cases and 306,014 fatalities. In the State of Oregon there have been 96,092 cases and 1,214 fatalities.

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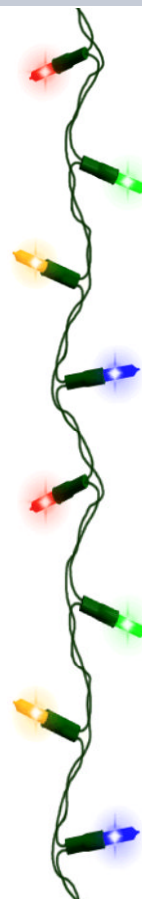
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Just the Facts

Provided by various staff members

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Q: Does Roots of Success have anything to do with gardening?

A: No, the name can be misleading. Roots of Success is a 10 module (10 course) program where students expand their environmental literacy. The class is taught through instructor led group discussions and a series of videos. Also included in the class are many activities and exercises designed to encourage critical thinking and problem solving. In some of the later modules there are more practical exercises such as creating a resume and writing a cover letter.

All students are required to complete the first module, which is estimated to take approximately six hours of class time. The remaining modules are voluntary. The deadline for applying for this program is December 31st, 2020.

Q: When I reach the minimum \$500 in my Transitional Savings Account, what is the process for continuing to add 5% to this account for all eligible deposits?

A: Once you reach \$500 in your transitional savings account, and if you have either met or do not have COFO obligations, you may elect to continue adding 5% to your account from all eligible deposits. You can do this by sending an AIC Communication Form to Central Trust indicating your intention. If you have questions, please direct them to financial services.

Q: Other institutions have continued to have fundraisers and/or enhanced meals throughout the pandemic. Many institutions sell/rent Xbox's and Playstation's. It is

challenging to get a fundraiser here at EOCI, to say the least. Why the incongruity?

A: A change in the rules last year requires the establishment of a club to approve and organize fundraisers. EOCI is working towards getting the club established in order to begin fundraising activities again.

Enhanced meals require a significant amount of effort by food services and the AICs who work there. When the pandemic hit EOCI one of the most impacted areas was Food Services. As the numbers have dropped and workers return, EOCI can begin to review the enhanced meal process again.

EOCI continues to work with Security and IT to get a video game system approved for this institution. Secondly there are structural issues with an older building such as EOCI and any possible issues in that area are being addressed as well. By following the process correctly from the beginning the concept is to build a program that is sustainable for the long-term.

Q: I've heard some rumors about what happened with the *Child's Play* candy. Can you give an official statement?

A: Initially, the supplier was unable to fill the first order of candy - 90 cases were ordered and only 35 were received. After the supplier was unable to fulfill the remaining order, a second supplier was identified and an order was placed. The second supplier filled most, but not all of the remaining order. We are still waiting for a very small portion

of the order which should arrive shortly.

Suppliers, just like us, are also dealing with pandemic related issues which has limited their ability to fill orders. Please be patient and as soon as all of the candy is received it will be delivered (distributed 12/15).



Q: Will the cherry pies be delivered on time?

A: The cherry pies are under construction now! The bakery is currently in the process of making more than 700 hundred cherry pies which are on schedule for delivery Thursday 12/17/20.



GED Graduates for 2020

On December 10th, 2020, EOCI's Education Department held its first graduation in nearly a year. Although there was not much of a ceremony due to pandemic related restrictions, students were still able to receive their GED certificates and have their individual pictures taken in cap and gown (and masks, of course).

Despite the many challenges of 2020, these former students were still able to earn their GED's. Congratulations students!

Graduating Students:

Miguel Arenas-Garcia, Christopher Bastow, Ryan Belt, Jhosuamil Colon-Lebron, Robert Davis, Jason Garcia, Timothy Gassner, Vaughn Gatchell,

Cristian Guillen-Torres, Aaron Herrera, Joe Tristan, Kevin Lara-Alvarez, Deon Lewellen, Joseph Mace, Douglas McCann, Nicholas McElmurry, Jose Mecott-Rios, Jose Medina-Galan, Gregorio Rafel, Raymond Scott Jr., Chayse Teach, Marcelino Torres Maciel, and Ricardo Villareal.

No group photo available at this time.

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Getting Closer... Enrichment Club

The Enrichment Club, as written about in the November *Echo*, has been approved at the institution level. The process of setting up a cost center for the club to operate from has begun. Once a cost center is established, and COVID restrictions are reduced to the point where monthly meetings are possible, applications for the club will be accepted. When the application process opens, you'll

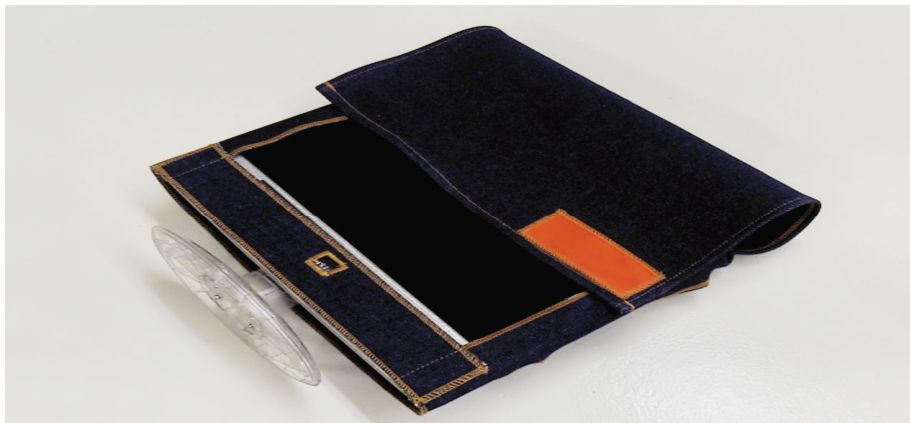
be notified either through the housing unit bulletin board, in *The Echo*, or advertised on channel 53.

Reduction in tier level at EOCI is trending positive (for more information, see pages 2-3). Please have patience and keep in mind that while our tier level may reduce, there are many businesses we may wish to conduct a fundraiser with that are still struggling with COVID relates

issues. Even after establishing a club, there may be a period of time where it is difficult to get the ideal fundraisers.

There is good reason to be optimistic, but remember that we are one positive test away from going back to tier four restrictions. Practice social distancing when you can and wear a mask!

TV Cover Orders



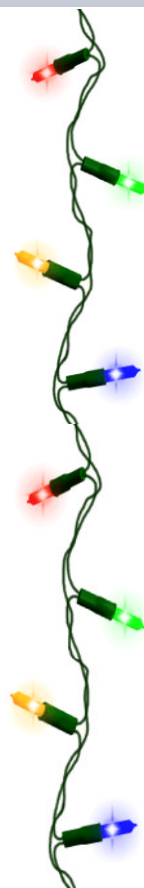
Your television likes to stay cozy and dust-free, and Workforce Development (WFD) makes TV covers for 8", 9", 11", and 13" televisions (old and new styles), with a mesh pockets. The price for all TV cover sizes is \$4.25.

To purchase a TV cover, fill out a TV Cover Order Form. **IWP will no longer be providing these forms to housing units. To order, send a communication form to IWP requesting an order form. An order form will be provided to you.** If you would like

to purchase from your protected funds account, please indicate so and you will be provided with an alternate form.

Complete the order form and send it to IWP. Once the funds have been processed you may be placed on a call out to IWP to pick up your TV cover. However, due to current restrictions TV covers are currently being delivered to the housing units. If you have received the delivery of a TV cover, please be sure to sign the receipt and return it.

Please allow 6-8 weeks for delivery.



Know Me Now - Youth Mentoring

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Youth mentoring for children ages 8-18 in foster care: Do you have a child who may be in foster care? Could they use some additional support and encouragement while you are away?

A good support system is key to anyone's success. Support systems can be family members, friends, teachers, coaches, or other community members who encourage and support someone during the good times and the bad. Life isn't easy and having a group of positive people who care about our well being makes anything we face a little easier. Young people thrive when surrounded by a strong support system.

Mentoring is one way that young people can build a strong support system. A mentor is a caring, responsible, screened and trained adult volunteer that serves as a role model and guide for young people. Kids see mentors as helpful adult influences to develop and practice school and life skills, have access to resources, and make good life choices.

Know Me Now's **Mentoring Program** hopes to empower diverse youth with a parent who is in prison to make positive life choices that help them to understand their potential. This mentoring program matches youth with members who are committed to supporting and guiding the next generation of leaders. These *Know Me Now* mentors assist youth as they grow and reach goals. Children mentored through *Know Me Now* will meet weekly with a mentor; participate in fun

activities and events; have many opportunities for positive friendships with other kids who have a parent behind bars; and receive support and resources. And *Know Me Now* is committing to facilitating regular visits with you while you're incarcerated, as well. *During the Covid-19 pandemic, all visits will be virtual.*

Research shows that children with mentors are:

- Significantly more confident in school.
- Less likely to have problems in their behavior.
- Girls are 4 times less likely to bully, fight, lie or express anger; 2.5 times more likely to be confident in their ability.
- Boys are 3 times less likely to suffer peer pressure related anxiety (worrying about what others think or say); 2 times more likely to believe school is fun and doing well academically is important; 2 times less likely to bully, fight, lie, cheat, lose temper or express anger.
- More likely to aspire to and enroll in college.
- More likely to participate in sports and extracurricular activities.
- More likely to take leadership roles in school and activities.
- More likely to volunteer in their communities.

Would you like to nominate your child for the *Know Me Now* Pro-

gram? First, all children and youth must fulfill these requirements:

- Parent set to be released within 18 months.
- Between 8-18 years of age.
- Assumed to be in foster care.
- Lives in Multnomah County/Portland, OR.

If that sounds like your child, and you are interested in this program please send a **Communication Form** to Lisa Hall (information below) and an application will be mailed to you.

The Contingent: Know Me Now
Lisa Hall, CCM Administrator
Dome Building
2575 Center Street, N.E.
Salem, Oregon 97301

What is *Know Me Now*?

Know Me Now mobilizes community to wrap around children in foster care and their mom or dad who is incarcerated. The program focuses on increasing and improving the visitation experience for kids with their parents, providing positive support, wrapping around the adult when they re-enter into the community, and facilitating visitation between children and their parents post-prison. The program has two goals: 1) increase relational connection between children and their incarcerated parent; 2) decrease an adult's re-entry into prison once released.

Free Books and Resources for AICs

Following are few resources that provide free books to AICs.

Free Book Resources:

Books to Prisoners

Groundwork Books
0323 Student Center
La Jolla, CA. 92037

NY Books Through Bars

C/O Blue stockings Book Store
172 Allen St.
New York, NY. 10002
(Specializes in political and history books.)

Prison Library Project

915 C W. Foothill Blvd. PMB-128
Claremont, CA. 91711
(Self-help, personal, spiritual growth, and wellness.)

Prison Book Program

Lacy Parsons Center & Bookstore
1306 Hancock St. Ste. 100
Quincy, MA. 02169

Coalition for Prisoner's Rights

P.O. Box 1911
Santa Fe, NM. 87504-1911

Prison Activist Resources Center

P.O. Box 70447
Oakland, CA. 94612

The Aleph Institute

9540 Collins venue
Surfside, FL 33154

Book 'Em

Thomas Merton Center
5125 Penn Avenue
Pittsburgh, PA 15224

Books 2 Prisoners

1631 Elysian Fields Avenue #117
New Orleans, LA 70117

Books for Prisoners

Left Bank Bookstore
92 Pike St. Box A
Seattle, WA 98101
(Provides up to 3 free books at a time - request by subject.)

DC Prison Book Project

PO Box 34190
Washington, DC 20043

Read Between The Bars

PO Box 1589
Tucson, AZ 85702

Asheville Prison Books

Downtown Books and News
67 N. Lexington Avenue
Asheville, NC 28801

Resources for Creative Arts:

Prisoner Express

127 Anabel Taylor Hall
Cornell University
Ithaca, NY 14853
(Free books, pen pal, and art program.)

Alternative Arts Alliance

1432 W. 37th Avenue
Denver CO 80211
(Write for more information.)

PEN Writing Program for Prisoners

588 Broadway, Suite 303
New York, NY 10012
(They offer a great resource booklet for a writing contest for prisoners. This is a yearly contest.)

Ridge Art Association, Inc.

210 Cypress Gardens Blvd.,
Winter Heaven, FL 33880
(Send SASE for contest info.)

The Poetry Wall

Cathedral of St. John
1047 Amsterdam Avenue
New York, NY 10025
(Displays poetry written by AICs.)

Some organizations may require a self-addressed stamped envelope (SASE) to merit a reply.

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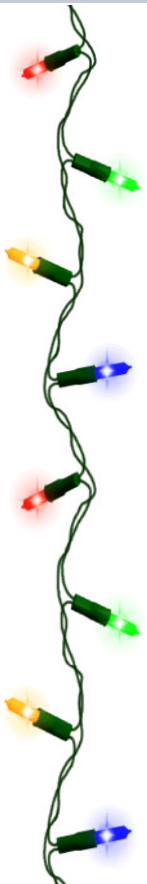
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ODOC Held Savings Accounts

Mr. Ogle,
Financial Services Salem

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What options are available to save money? With the influx of CARES Act Economic Impact Payment (EIP) stimulus checks, Financial Services wants to make you aware of the options available to you for saving money while incarcerated.

Two savings accounts are maintained for each Adult in Custody (AIC) within the Oregon Department of Corrections (ODOC).

Transitional Savings (TS):

- Established per ORS 423.105 for AICs to save funds for release from ODOC custody.
- 5% of each eligible deposit is transferred to TS until the account reaches \$500.
- AICs may elect to manually transfer up to the \$500 limit.
- AICs may elect to continue to transfer 5% of eligible deposits beyond \$500 if COFOs are satisfied.
- Funds in TS are not available until the AIC releases from ODOC custody.

- Protected from DOC debt/obligation collection or garnishment.

General Savings (GS):

- Established as a means for AICs to save outside of the TS account.
- No limit to the amount that can be deposited but transfer can only occur once per calendar month.
- Funds in GS are not available until the AIC releases from ODOC custody. An exception may be granted by the CFO or designee per OAR 291 Div. 158.
- Not protected from DOC debt/obligation collection or garnishment from outside sources.

AICs may elect to transfer to these savings accounts using a Trust Account Transfer Request form, CD1832. This form is provided by your institution Business Services staff and is available electronically on the ICSolutions tablets.

To access the form electronically on the ICSolutions Tablets:

1. Select the "Messaging" app on the main tablet screen.
2. In the left-hand side menu under "Staff Messaging" select "Offender Initiated".
3. Select "CD1832 – Trust Account Transfer Request" to initiate a transfer.
4. Select the "Purpose of Request" using the drop-down menu (selecting either Transitional Savings or General Savings) and input the amount to be transferred.
5. Review the terms of the transfer request and endorse with an electronic signature when prompted.
6. Complete the transfer by pressing the arrow on the top right of the tablet screen.

If you have any questions, send an AIC Communication Form to Financial Services.

Stimulus and Child Support

Mr. Ogle,
Financial Services Salem

Financial Services has received several communications from AICs concerned about their CARES Act EIPs. Specifically, there have been situations where AICs have reported that their entire stimulus payment was applied to past-due child support. To be clear, **yes DOJ can intercept CARES Act EIP payments per federal law.** It's important to note that while CARES

Act EIPs are considered an eligible deposit, these interceptions are NOT associated with ORS 423.105 and not facilitated by DOC. Below is an excerpt from DOJ's website regarding federal stimulus checks and child support debts:

In the CARES Act (federal stimulus bill), Congress did not exempt the stimulus payment from the federal

tax offset program for past-due child support.

The Governor's Executive Order 20-18 prohibiting garnishment of stimulus payments from financial institutions does not change the federal law. The interception of stimulus for past-due child support occurs before the payments are deposited into an account.

What is the Purpose of Each Account?

There are four different accounts an AIC can have - a General Spending, a Protected Funds, a Transitional Savings, and a General Savings Account.

General Spending Account:

The General Spending Account is where PRAS awards deposit and where canteen purchases are withdrawn from normally.

- Primary spending account.
- Eligible deposits are received into this account (outside deposits from family or friends and PRAS awards).
- Use a CD28 to facilitate financial transactions from the general spending account.

Protected Funds Account:

Not everyone has a Protected Funds Account. Protected Funds are not eligible for COFO deduction or for the 5% deduction for a Transitional Savings Account.

Use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the protected reserve trust account.

Examples of protected deposits sources:

- Veterans disability benefits.
- Monies received from Native American tribe.
- Railroad retirement benefits.
- OCE PIE Awards.

Transitional Savings Account:

The Transitional Savings Account (TRSA) is filled automatically until it reaches the \$500 requirement. Every deposit made into your General Spending Account or PRAS award you receive will have 5% taken from it and placed into this account. After the \$500 minimum is reached you may elect to continue adding to this account at 5%. However, if you have COFOs you cannot exceed \$500 on this account until your debts are paid off. This account generates interest which is deposited into your **General Spending Account**.

- 5% of each eligible deposit is deposited into transitional savings trust account until the account reaches \$500.
- AICs may elect to transfer funds into the transitional savings trust account by submitting a transfer request form, CD1832 up to \$500. AICs may make deposits into this account once per calendar month.
- AICs may elect to continue a 5% deduction of eligible deposits beyond \$500 if COFOs have been completely satisfied.
- Funds in the transitional savings account are not available until the AIC releases from DOC.
- Funds in the transitional savings trust account are protected from debt/obligation collection or garnishment.

General Savings Account:

Everyone has a General Savings Account. You can deposit into this account at anytime by filling out a CD-1832 Transfer Request Form, but this account is NOT protected from DOC debt or non-DOC debt collection. If you owe any debts, it can be collected from this savings account. COFOs will not be collected from this account.

- Established as means for AICs to save funds outside of the Transitional Savings Account.
- AICs may elect to transfer funds into the general savings trust account by submitting a transfer request form CD1832. AICs may make deposits into this account once per calendar month.
- Funds in the general savings trust account are not available until released from ODOC custody.

Obligated Reserve Accounts:

- Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs would use when there is a need to reserve funds for a good or service that meets specific criteria.
- AICs may receive deposits into one of these accounts from external sources.
- AICs must be approved to place funds into an obligated reserve account.

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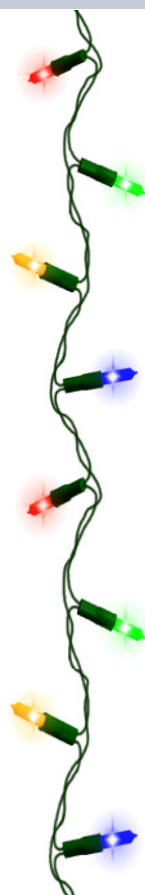
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The Holiday Season is upon us with days of celebration for people of many different religious and ethnic backgrounds. This time of year may be important to you if you celebrate Christmas, Chanukah, Kwanzaa, Makahiki, Winter Solstice, and even Festivus (for you Seinfeld fans). You may celebrate one or more of these holidays or this may be the first you have heard of them. Here are a few facts about each holiday (holidays featured in alphabetical order).



CHANUKAH:

Chanukah is the time of year when people of the Jewish faith take the time to remember a miracle, and a time when God stood with them in battle. You may have seen a “dradle” before and never known what the letters on its sides stand for. In Israel there are four letters that say “A Great Miracle Happened Here” everywhere else the saying is “A Great Miracle Happened There”. This Holiday originated when a group of warriors called the Mac-

cabees fought against tyranny. Also, there was enough oil in the temple for 1 day and it lasted for eight. The Jewish people were victorious and it is remembered to this day. Jewish people light the 9 stemmed menorah, give gifts, dance, and eat potato pancakes during this time.

CHRISTMAS:

Christmas is the day when Christians remember the birth of Jesus. The arrival of Jesus, or Yashuah, marks the day when God came to dwell with man on Earth, as a man. Many focus on this as a time to remember the promise to believers that they will have victory over sin and eternal life. This annual festivity ushers in a time of joy and giving which is meant to embody the positive spirit of this triumph.

KWANZAA:

Kwanzaa was created in 1966 and was established as a means to help African Americans reconnect with their African cultural and historical heritage. Kwanzaa was not meant to give people an alternative to their own religion or religious holiday. It is seven days long and each day focuses on different core principle:

- **Umoja** (Unity): To strive for and to maintain unity in the family, community, nation, and race.
- **Kujichagulia** (Self Determination): To define and name ourselves as well as to create and speak for ourselves.
- **Ujima** (Collective Work and Responsibility): To build and main-

tain our community together and make our brothers’ and sisters’ problems our problems and solve them together.

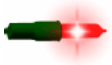
- **Ujamaa** (Cooperative Economics): To build and maintain our own stores, shops, and other businesses and to profit from them together.
- **Nia** (Purpose): To make our collective vocation the building and developing of our community more beautiful to their traditional greatness.
- **Kuumba** (Creativity): To do always as much as we can, the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
- **Imani** (Faith): To believe with all our hearts in our people, our parents, our teachers our leaders and the righteousness and victory of our struggle.



(continued on next page...)

The Holiday Season

Excerpt from a previous article



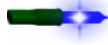
HAWAIIAN CHRISTMAS MAKAHIKI:

Makahiki comprises part of the origin of the Hawaiian Christmas. It was originally a four month long festival, in honor of the god Lono but has morphed into a modern hybrid. The present day traditions honor the old ways.

- Hawaiians say “Mele Kaliki Maka” which means Merry Christmas.
- Santa is present but has shed his winter garb for a colorful Aloha Shirt with a flower Lei around his neck.. His hat is made from coconut leaves, and his canoe is pulled by dolphins.
- Christmas trees are imported after harvest in Oregon.

- The traditional Christmas flower, the Poinsettia, grows naturally on the islands.
- The Hawaiians have also made slight alterations to the much loved 12 days of Christmas song. Instead of five golden rings, there are **FIVE BIG FAT PIGS**, four flower leis, three dried squid, two coconuts, and a maina-bird in papaya tree.

The celebration involves love, good food, and music on the Ukulele.



WINTER SOLSTICE:

Dong Zhi, the “arrival of winter,” is an important festival in China. It is a time for family to get together and celebrate the year they have had. Based on the traditional Chinese celestial calendar, the holiday generally falls between the 21st and 23rd

of December. It is thought to have started as an end-of-harvest festival, with workers returning from the fields and enjoying the fruits of their labors with family. Special foods, such as *tang yuan* (sticky rice balls) are enjoyed.

Inti Raymi - This solstice celebration comes in June rather than December. But for Peru it is a winter solstice and this Incan celebration is in honor of the Sun God. Originally celebrated by the Inca before the arrival of Spanish conquistadors, the festivities included feasts and sacrifices of animals. The Spaniards banned the holiday, but it was revived (with mock sacrifices) in the 20th century and is still celebrated today.

Strange, but True

Where does the idea of Santa Claus come from? Depending on your age the answer is likely the North Pole, Lapland, or Coca-Cola. None of which is correct: Santa is originally Turkish.

Saint Nicholas was a real person that lived and supposedly performed miracles in what is now the sun-baked town of Demre in southwestern Turkey. His most famous miracles usually involved children. In one fable, it is said he even restored the lives of three deceased children.

In the rest of Europe, the benign Saint Nick fused with older, darker mythological types. In

eastern Germany he is known as Shaggy Goat, Ashman, or Rider. In Holland he is Sinterklass, attended by the sinister Black Peters. In other places he is known as Krampus.

The jolly Coca-Cola Santa existed well before the famous advertising images of the 1930s. His illustrations were based on New Yorker Clement Clarke Moore’s 1823 poem *A Visit from Saint Nicholas* (better known as *The Night Before Christmas*). The importance of the poem for fueling the Santa myth cannot be exaggerated. It moves the legend to Christmas Eve and, instead of the dour Saint Nick, describes a rotund, husky, white-bearded elf, with fur-trimmed red clothes, rein-

deer with cute names, a sledge that landed on rooftops, and a sack full of toys. It became one of the most popular children’s poems of all time.

It’s not clear when the North Pole and the factory of worker elves became attached to the story, but it was established enough by 1927 for the Finns to claim that Santa Claus lived in Finnish Lapland, as no reindeer could live at the North Pole because there was no lichen there to feed them. Santa’s official post office is in Rovaniemi, capital of Lapland. It receives an average 600,000 letters a year addressed to Santa.

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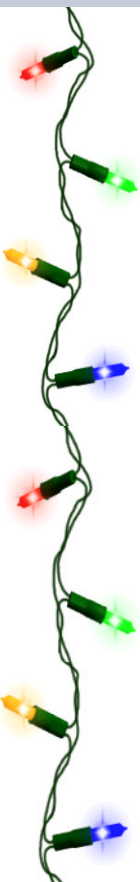
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Tillamook Rock Lighthouse

By Patrick Gazeley-Romney,
excerpt from "Atlas Obscura"

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Things did not begin well for the lighthouse that came to be known as Terrible Tilly. In 1878, the government decided the ships sailing around Tillamook Head needed more light and better guidance. There was no suitable place to build a lighthouse on the headland so attention turned to Tillamook Rock, a big chunk of basalt 1.2 miles offshore.

In 1879, mason John Trewavas set off for the island to do some surveying. When he attempted to land on the rock, his body was swept into the tumultuous sea. This would be but one of many deaths and calamities caused by Tillamook's ocean waves and unforgiving landscape.

A team of quarrymen eventually managed to build the lighthouse in 575 days, but the process was arduous: they had to rig a line between their ship and the top of the rock and use it to transport both their tools and themselves. Less than three weeks before the lighthouse opened, a ship called *Lupatia* sailed close to the shore in thick fog. The next morning, the bodies of all 16 crew members washed ashore.

Lighthouse operators at Terrible Tilly had their own trials to contend with. Hunkered down with six months of supplies, the men lived a mentally and physically challenging existence, beset by frequent storms and blaring foghorns.

The Tillamook Rock Light operated for 77 years before being decommissioned in 1957 - then came a fittingly macabre twist. In 1980, real estate developer Mimi Morissette bought Terrible Tilly and turned it into a columbarium: a storage house for urns full of cremated human remains. Dubbed "Eternity at Sea," the postmortem museum amassed a collection of over 30 urns before the Oregon Mortuary and Cemetery Board took away its license in 1999. (Less-than-stringent record keeping and improper urn storage were among the issues.)

There are still urns full of remains inside the Tillamook building - "honorary lighthouse keepers," Eternity at Sea called them - but the rock is primarily a seabird nesting spot and can only be safely accessed by helicopter.

Tillamook Head is 80 miles Northwest of Portland. The lighthouse rock is part of the Oregon Coast National Wildlife Refuge Complex and therefore off-limits during sea-bird nesting season. N 45.937225 W 124.019055



Artist(s) Wanted:

Do you draw comics? Have some free time on your hands? Here at *The Echo* we accept comic submissions. If you are interested send us a communication form with your comic attached (submissions will be returned).

Comics must be appropriate and not contain any profanity or derogatory language. Not all submissions will be used.

PREA

Sexual abuse and harassment are never okay. Tell Someone. GET HELP.

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 9 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301.

The Oregon Department of Corrections has a zero tolerance policy for sexual abuse and harassment. Your family can report on your behalf

by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CONSIGA AYUDA.

Llame al Inspector General:

1. Al numero de ayuda:
2. Levante el teléfono

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la oficina del Gobernador por escrito.

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301

Sus amigos o familiares pueden hacer un reporte llamando a la línea del Inspector General al 877-678-4222.

PREA Advocate: You may also leave a message with the PREA Advocate or write at:

ODOC PREA Advocate
2575 Center Street NE,
Salem, OR 97301

ODOC Rule Changes

Below is a list of status changes made to DOC rules.

PROPOSED RULES:

291-109-0025 Grievance Review System (AIC)

Amends the rules to establish procedures to allow the department to close the grievance process early under certain circumstances.

Comments by 01/06 at 5:00 PM.

PERMANENT RULES:

291-001 Procedural Rules

Amends the rules to adopt current Attorney General Model rules by reference and clarify the rulemaking notice process.

Effective: 11/12/20

291-031 Community Corrections Programs

Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody (AIC).

Effective: 11/09/20

291-042 Urinalysis Testing for Substances of Abuse

Amends the rules to comply with HB3146 (2019) by changing inmate to adult in custody (AIC). The change also modifies language to encompass all substances of abuse and updates language to fit current practices and to show understanding of addiction being a chronic illness.

Effective: 10/01/20

291-069 Security Threat Management

Amends the rules to clarify modifications that may be made to services and programs for the safety and security of the facility, staff and AICs.

Effective: 11/12/20

291-093 Death Row Housing Unit

Amends the rules to update the departments policy to allow for individualized housing decisions regarding AICs with a sentence of death, may include appropriate housing other than the Death Row Housing Unit or a Death Row status cell.

Effective: 10/01/20

291-111 Accessibility for Adults in Custody with Disabilities

Adopts rules to establish procedures consistent with state and federal law that ensure that qualified adults in custody are not excluded from participation in, or denied the benefits of DOC programs, services, or activities, or otherwise subjected to discrimination, because of a disability.

Effective: 11/12/20

291-171 Grievance Review System (Community Corrections)

Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody.

Effective: 11/09/20

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. DOC rules are available for review and copies in the AIC law library.

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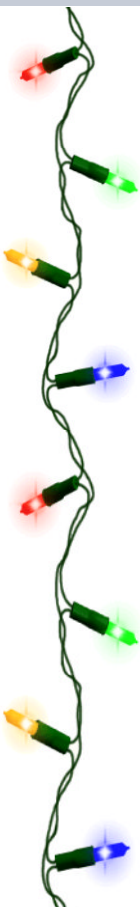
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Flu Vaccinations 2020-21

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Do I need a flu vaccine?

Flu is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. Millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

I had the vaccine last year. Do I need to get it again this year?

Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

Estoy sano, ¿necesito una vacuna contra la gripe?

La gripe es una enfermedad contagiosa que puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse lo suficiente como para faltar al trabajo o la escuela durante una cantidad significativa de tiempo o incluso ser hospitalizadas. Se recomienda una vacuna anual contra la influenza para todas las personas a partir de los 6 meses de edad. Las mujeres embarazadas, los niños pequeños, las personas mayores y las personas con ciertas afecciones médicas crónicas como asma, diabetes y enfermedades cardíacas tienen un mayor riesgo de sufrir complicaciones graves relacionadas con la

influenza, por lo que vacunarse anualmente contra la influenza es especialmente importante para ellos.

¿Es segura la vacuna contra la influenza?

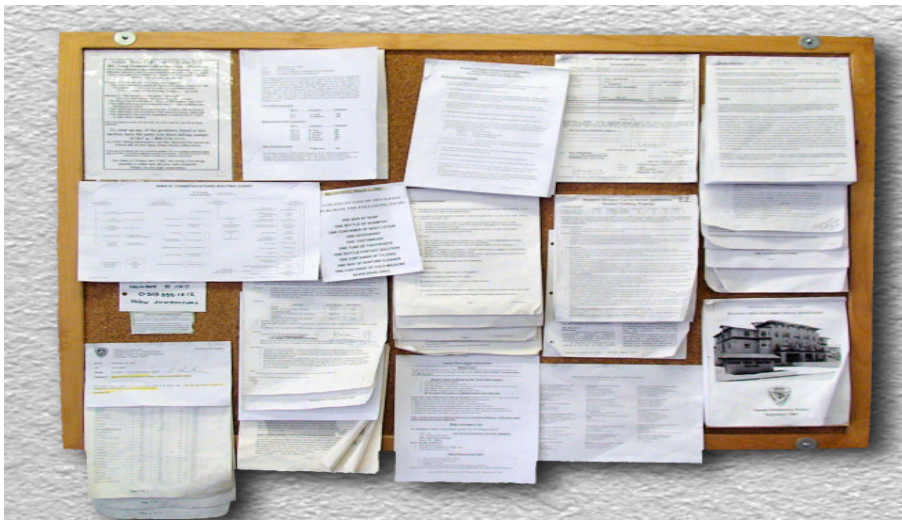
Si. La vacuna contra la gripe es segura. Cientos de millones de estadounidenses han recibido vacunas contra la influenza de forma segura durante los últimos 50 años y se han realizado investigaciones exhaustivas que respaldan la seguridad de las vacunas contra la influenza estacional. Cada año, los CDC trabajan en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. (FDA) y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Recibí la vacuna el año pasado. ¿Necesito conseguirlo de nuevo este año?

Los virus de la influenza cambian constantemente, por lo que las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente. Necesita la vacuna de la temporada actual para obtener la mejor protección. La protección inmunológica de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para la mejor protección.

**Send a communication
form to Health Services
if you would like a
flu vaccination.**

Bulletin Board at a Glance



Article Correction:

There is a correction necessary to the November newsletter article titled *Resources for Veterans*. The article references an address to obtain the free resource booklet, "A Guide for Incarcerated Veterans in Oregon". This was listed incorrectly. The correct address is:

Community Reintegration Services
Portland VA Medical Center
1601 E. 4th Plain Blvd (v3CRS)

Mailroom Notice:

Continue to put AIC info here



Oregon Department of Corrections - Inmate Mail
Institution _____ SID _____
Name _____
Address _____
City _____ State _____ Zip _____

**Write sender information you have
for the company here.**

Self-Addressed Stamped Envelopes (SASE): Per management in Salem it has been directed to all mailrooms in Oregon that SASE envelopes must have the senders information in the left corner. When filling out a SASE write your name and address in the center of

the envelope. Write the address of the sender in the top left corner below the AIC address section. If you have questions send a communication form to the mailroom.

Notices:

Holiday Canteen Storage: Effective December 3, 2020 you may store up to two paper bags (per AIC) of clothing under your assigned bunk in order to secure your holiday canteen purchases in your locked drawer or foot locker. This exception for storage ends on January 31, 2021.

Bunk Reduction: In 2011, EOIC added 108 Emergency Bunks to assist with handling the influx of Adults in Custody (AICs) coming into the prisons in Oregon. Last year, our population forecasts called for ODOC to begin seeing a reduction of incoming AICs. Since then, ODOC has experienced a sharpening of the reduction for several reasons.

A plan is in place to slowly remove these bunks from EOIC and there have been 17 bunks removed from the E4 Housing Unit. Other units, but not all, will reduce the number of bunks on the unit.

Communication Systems Name Change: CenturyLink has been sold to ICSolutions and the name has now officially changed. Below is a quote from ICSolutions:

"The name CenturyLink Public Communications, Inc. has formally been changed to ICS Corrections, Inc. (ICI). Although our name may have changed, we at ICI will continue serving the Oregon DOC community with superior dedication and customer support as we have always worked to provide in the past."

As of December 1st, 2020, the centurylinkcorrections.com website will no longer be available. Please go to icscorrections.com to access the Oregon DOC specific information.

Upcoming Programs:

Roots of Success is currently accepting applications. Applications are due by December 31st, 2020.

If you are interested in applying please include your work schedule, ACRS score, release date, and counselors name on your communication form.

The Enrichment Club is not accepting applications right now, however, when applications are being accepted a notification will be placed on housing unit bulletin boards and/or in *The Echo*. Please do not send inquires prior to the opening of the application process as it would only demonstrate an inability to follow instructions.

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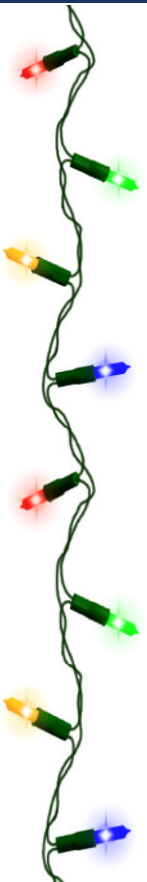
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The Echo - Volume II, Issue XII

December, 2020

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The Book of General Ignorance, by John Llyod and John Mitchinson

5-year study Center for Addiction & Mental Health and BBBS Canada & Report commissioned by the National Mentoring Partnership with AT&T, Civic Enterprises and Hart Research.

Vocabulary from *The Echo*

Watershed Moment, page 1:

A pivotal turning point.

Columbarium, page 12:

A vault with niches for urns containing ashes of the dead.

Macabre, page 12:

Suggestive of the horror of death; gruesome.

Benign, page 11:

Exhibiting gentleness and kindness.

Dour, page 11:

Characterized by intractable sternness; sternly unyielding.

Rotund, page 11:

Characterized by being round in shape; quite plump or chubby.

Lichen, page 11:

Any of numerous plants consisting of a fungus, in close combination with certain blue-green algae.

Influx, page 15:

Flowing; to flow in.

Important Dates

Christmas Eve Dec. 24th

Christmas Day Dec. 25th

Holiday Spending Ends Dec. 31st

New Years Jan. 1st



A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon. Direct questions and comments to EOIC Institution Work Programs (IWP).

Friends and family who would like access to *The Echo* can sign up for the email list by texting CORRECTIONS to 22828.

"Christmas gives us an opportunity to pause and reflect on the important things around us."

- David Cameron

