

Lifers' Unlimited Club Newsletter Oregon State Penitentiary

Volume 54, Issue 2

Edited by Robert P. Langley

February 2021

Courtney McFadden, Staff Advisor

Phone: 503-378-2289

Email: courtney.d.mcfadden@doc.state.or.us



~ FEBRUARY BLACK HISTORY MONTH ~

American history records many peaceful civil rights protests led principally by Dr. King from the mid-1950s through 1968, the time of his death. One of the earliest memories is the 1955 Montgomery Bus Boycott. Lasting just over a year, the boycott was a protest campaign against racial segregation on the public transit system in Montgomery, Alabama. The protest began in December 1955, after African-American Rosa Parks was arrested for refusing to give up her seat on a bus to a white person. The next day, Dr. King organized a citywide boycott of public transportation that proved to be effective in causing the transit system to nearly run into bankruptcy. Many documentaries and movies of the old buses running through the city literally empty. Their primary paying customers became their boycotters, Black Alabamians. Eventually in June 1956, a federal court judge found that the laws in Alabama and Montgomery required segregated buses were unconstitutional. The boycott's official end signaled one of the civil rights movement's first victories. Indeed we celebrate the fact that as a non-violent protestor, "Rosa sat while Martin organized." While the words sound simple enough, these non-violent actions changed the course of American history in the fight for equality for Black Americans.

One other civil rights moment that America will always remember and celebrate during Black History Month, and hopefully the year, is the "March on Washington" for jobs and Freedom, 1963. The purpose of the March, which drew over 250,000 peaceful protestors of all ages, races and ethnicities, genders and spiritual beliefs from across the country, was to advocate for civil and economic and rights of Black Americans. At the march, Dr. King was the final speaker who stood in front of the Lincoln Memorial and delivered his historic "I Have a Dream" speech. Victories of peaceful protests became greater possibilities as the civil rights movement advanced forward from 1963.

The remarkable legacy of non-violence has given America much to celebrate, yet an even greater urgency to continue the "peaceful" campaign for an America where all people can live with equality and human dignity. (Works cited: Colquitt, Rosa-Chair Democratic Party of Oregon Black Caucus). (TDH).



The Lifers' Club Mural Project

The Mural Project was created in 2018 with the goal of working with the other OSP clubs to beautify the prison. Since then AIC artists have painted murals in the OSP's Activity Section (depicted on this page) and Visiting Room (depicted on the next page).

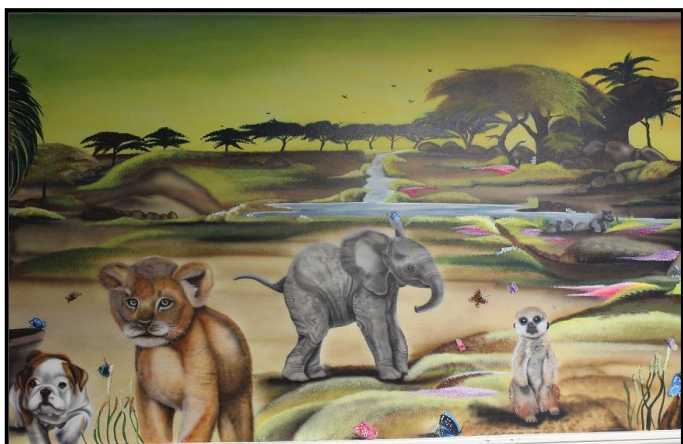
Future projects include painting murals in the dining room and out on recreational yard.

The next time you're thinking about participating in a fundraiser, consider the Lifers' Mural Project. Not only will you get some great food; but you'll also be making it possible for OSP's artists to continue to paint these amazing murals. (RPL).



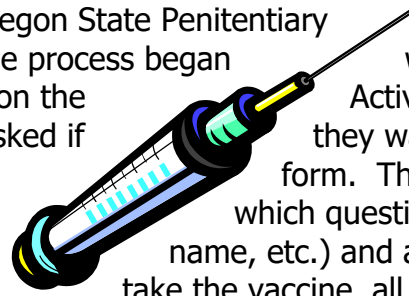
Good job to all of the AIC artists!!!
Thanks, for your contributions
towards making this tired old prison
a better place to visit, work and live.





OSP Begins Administering the Moderna COVID-19 Vaccine

As many of you know, on January 16th, the Oregon State Penitentiary (OSP) began administering the Moderna COVID-19 Vaccine. The process began with AIC – age 60 and older – receiving a mandatory call pass to appear on the Activities Floor. When the AIC arrived, a health care worker met them and asked if they wanted to take the vaccine, and, if so, provided them with a consent form. The worker also assisted the AIC in filling out the forms (pointing out which questions needed to be answered, showing them where to sign their name, etc.) and answered any questions the AIC had. If the AIC chose not to take the vaccine, all they had to do was check the “refused” box on the consent form, sign it and they were free to leave.



AIC were given a *Fact Sheet For Recipients and Caregivers* (published by Moderna, TX Inc.) providing information to help them understand the risks and benefits of the Moderna COVID-19 Vaccine. By observation, all of the health care workers were patient and respectful throughout the process of helping the AIC make an informed decision.

After the AIC completed the initial screening process, they were asked to proceed to the A&O classroom, where OSP's Health Services set up three nurse's stations to administer the vaccine. When a spot opened up, the AIC entered the classroom, sat down in a chair at one of the stations and listened while the nurse explained that the vaccine shot came in two doses; the first dose would be administered in their left shoulder – then 28 days later – the second dose would be administered in their right shoulder. In addition, the nurse also informed the AIC that (1) the vaccine was probably going to make their shoulder sore (it's injected into the muscle); and (2) they may experience some post-vaccine cold and/or flu like symptoms (including fever or chills; cough; fatigue; muscle or body aches; headache, etc.).

After receiving the vaccine AIC were asked to sit in a waiting area for 15 minutes before leaving so they could self-monitor any adverse post-vaccine reactions and report them to a doctor who was stationed nearby. After waiting the required 15 minutes the AIC were free to leave. (RPL).

Governor Brown and the Oregon Department of Corrections Establish an Ombudsman Program to Address COVID-19 Related Issues

The notice reads: Legislative Fiscal Office
(Emergency Board)
January 8, 2021

Re: Item 19 Office of the Governor;
Department of Corrections Ombudsman
Program

Analyst: Theresa McHugh

Request: Allocate \$250,000 from the
Emergency Fund for the Office of the Governor
for an ombudsman program to address
COVID-19 related investigations and complaint
mitigation.

Analysis: The department of Corrections (DOC) has struggled to manage COVID-19 outbreaks in the state's prison system. The agency has implemented several actions to manage the disease in its institutions, from quarantining individuals, housing units, or entire institutions to limiting movements between prisons, visitation, and programming. Additionally, DOC has added emergency bed capacity to increase social distancing within the prisons and has limited visitors to the institutions, including attorneys and contracted program staff. The Governor has commuted the sentences of 336 adults in custody and regularly reviews lists of eligible inmates for further commutations and releases from

custody. Nevertheless, as of January 3rd, 2021, DOC reported nearly 2,500 infections and 22 deaths of adults in custody, and more than 600 staff infections. Habeas corpus lawsuits challenging the conditions of confinement have been filed by 380 adults in custody. In addition, a class action lawsuit has been filed on behalf of those who have contracted COVID-19 in the prison system.

In light of these difficulties, and in an effort to provide more data, transparency, and accountability to the public, funding in the

amount of \$250,000 will provide for a contract to establish ombudsman services, including at least one position, specifically related to COVID-19 related investigations and complaint mitigation.

Recommendation: The Co-Chairs of the Emergency Board recommend that the Emergency Board allocate \$250,000 from the Emergency Fund for the Office of the Governor to establish an ombudsman program to address COVID-19 related investigations and complaint mitigation. (RPL).

Time Does Not Fit The Crime Needs Your Help!



By way of Senate Bill 191, Oregon's 81st Legislative Assembly is considering amendments to ORS 137.700. Senate Bill 191's summary states that it:

"Provides that person sentenced to mandatory minimum sentence under Ballot Measure 11 (1994) for crime other than murder is eligible for reduction in sentence for appropriate institutional behavior and participation in certain programming unless otherwise ordered by court for substantial and compelling reasons.

Creates procedure by which sentencing court may enter supplemental judgment authorizing persons currently serving sentences under Ballot Measure 11 (1994) to be eligible or reduction in sentence for appropriate institutional behavior and participation in certain programming."

Based on Senate Bill 191, Time Does Not Fit The Crime's (TDNFTC) January 2021, newsletter is requesting the following:

"We need everyone to step forward and write your Senator(s). Let them know how earning good time (Sentence Reduction) will change your life, what it means to you and your loved ones and how it will affect you and your loved ones. Let them know how it will encourage and support better moral, not only to AIC but those working within the prisons. Make sure you ask them to vote yes. Keep your letters short (one page), to the point and simple. Remember they will be getting lots of letters, emails and phone calls from us, so let's get their attention and let them know M11, earning Good Time (Sentence Reduction) needs to change. Plan to write several Senators besides your Senator, write every week. Let's flood them with letters and non AIC (loved ones of AIC), all ages can write letters, send emails and make calls."

Here's an opportunity for AIC to participate in change. Please take the time to write a letter to your Senator in support of TDNFTC's efforts. If you or anyone you know would like to write a letter or send an email to your Senator – send a kite to the Lifers' Club and we'll provide you with their contact information. Every letter counts! Remember, their success is our success.

As a final point, if you have any questions regarding TDNFTC's efforts to reform Measure 11 you can write to them at: TDNFTC, P.O. Box 647, Oregon City, Oregon 97045. Their email address is: reformm11@gmail.com. (RPL).

How the American Institute of Architects is Effecting Change

In an interesting move the American Institute of Architects (AIA) has amended its professional code of ethics to “prohibit members from designing execution chambers or spaces to be used for torture, including long-term solitary confinement.” AIA President Jane Frederick stated, “We are committed to promoting the design of a more equitable and just built world that dismantles racial injustice and upholds human rights. * * * AIA members are required to uphold the health, safety and welfare of the public. Spaces for execution, torture and prolonged solitary confinement contradict those values. This decision emphasizes AIA’s commitment to making a difference on this issue and upholding human rights for our society.”

The new ethics rules, adopted December 10, 2020, continue a trend among businesses and professional associations to distance themselves from capital punishment. “The market is increasingly opting out of the death penalty,” said Death Penalty Information Center Executive Director Robert Dunham. “Whether it is pharmaceutical manufacturers or nitrogen producers refusing to sell their products to state prisons or doctors, nurses, pharmacists, and now architects saying it is unethical to assist in the execution process, more and more segments of society are saying they will not participate as a cog in the machinery of the death penalty.” (Jan. 2021, *Death Penalty Information Center*). (RPL).

ODOC – COVID-19 Vaccine: Fact & Fiction



On January 15, 2021, the Oregon Department of Corrections published a memo titled *COVID-19 Vaccine: Fact & Fiction*. In relevant part, the memo reads:

There is a lot of misinformation going around about the COVID-19 vaccine. Why?

To make money. People are trying to drive traffic to their websites where they make money off clicks or are selling health supplements.

To find connection. In a time of social isolation, many people are just craving connection. They join conspiracy communities and share false information (that makes its way to you) because it helps them feel connected and more in control.

To explain our pain and suffering. People’s lives have been turned upside down this year, and it’s natural to look for explanations. It can feel easier to believe a tech company or the government is “out to get us,” than to accept the truth: much of life is random or beyond our understanding.

To cause trouble. Some people are spreading misinformation just to cause trouble, to see what they can get away with. The anonymity of the Internet allows them space to create hoaxes and falsehoods. We know for a fact that foreign agents have spread misinformation online to meddle in American elections.

How do I know what is true and who to trust? We are all vulnerable to misinformation. Be wary of things you read on social media – social platforms have a financial incentive to keep you reading and clicking, whether the information is true or not.

Some conspiracies do exist, like Watergate. We know true conspiracies follow a similar pattern: there is usually a whistle-blower or news report, and then the whole thing unravels quickly. Witnesses come forward, then victims. And journalists circle like sharks to get the story.

Consider a COVID-19 conspiracy theory you have heard about. How many people would be involved? Why has it not unraveled like previous conspiracies? Asking these questions separates fact from fiction.

Who can you trust? Talk to your doctor, check out the Oregon Health Authority website, or reach out to [your institution's Health Services department]. These are trustworthy sources of information about COVID-19 and the vaccine. (RPL).

Oregon CURE Opens Door on AIC Medical Issues

During August 2020, Oregon CURE President and Vice-President met virtually with Oregon Department of Correction's Director Peters to address some of Oregon CURE's key concerns. Below is one of the topics they discussed.

CURRENT PRACTICE OF CHARGING PRISONERS FOR MEDICAL CARE INCLUDES:

- a. An AIC can have a tooth pulled for free or will be charged to fix it if it needs repair.
- b. An AIC is charged \$45 for an eye exam[.]
- c. AIC are charged for frames and lenses on top of the exam fee.
- d. What is being done for those needing continuous Glucose Monitors for [diabetes]?
- e. Because of the aging prison population, and the trend of many incarcerated individuals coming to prison with a complete dearth of any medical care pre-prison, the costs of dealing with this are enormous.
 - How is this budgeted now? Who would be a good person to get an overview of Correctional Health Services? What would you like to see done to address this? How can we help?
 - How could a program be devised to assist people with these payments? Some are perfectly able to pay the costs for these services. The majority is not. What kind of program, that might mimic how things work on the outside (i.e., 'normalization') would be able to fund this for people?
 - Might it be possible to get funding from Kaiser Permanente or some other medical group to help with costs to the AIC?
 - Could this be tied to an incentive program? For AIC doing well, DOC will help them to cover these expenses, yet if the AIC cause problems then DOC won't help them with these expenses.



DOC's Response:

The Oregon Department of Corrections (ODOC) uses a co-pay system for specific healthcare services. This method increases patient responsibility and decreases non-essential visits without limiting access to healthcare. ODOC requires adults in custody (AIC) to financially participate in the following: eye exams beyond the eye exam provided every two years (co-pay), AICs pay in full for elective procedures, items that will become the AICs property (e.g., eye glasses, dentures, prosthetics), and non-essential self-care items (e.g., fiber supplements, vitamins, minerals, medicated shampoos). AICs may be approved to indebted for some items based upon the Therapeutic Level of Care Committee (TLC) review and approval. For example, AICs are required to pay for refractory eye exams after utilizing their eye exams provided by ODOC every two years. If approved by TLC an AIC can indebted for the cost of the co-pay.

AICs pay their co-pays through CD-28 or are indebted if approved by TLC. The remaining healthcare is paid from the General Fund. ODOC is budgeted to cover medically necessary care for AICs. For ODOC to cover care and items other than what is currently deemed medically necessary, the agency budget would need to be increased. It is possible for outside organizations to donate – this requires coordination between ODOC and the outside entity. (RPL)

Preview of Oregon's 2021 Legislative Session

Below are some of the pending Senate and House Bills that may be of interest to AIC.

Senate Bill 191: Its summary states that it:

"Provides that person sentenced to mandatory minimum sentence under Ballot Measure 11 (1994) for crime other than murder is eligible for reduction in sentence for appropriate institutional behavior and participation in certain programming unless otherwise ordered by court for substantial and compelling reasons.

Creates procedure by which sentencing court may enter supplemental judgment authorizing persons currently serving sentences under Ballot Measure 11 (1994) to be eligible for reduction in sentence for appropriate institutional behavior and participation in certain programming."

In relevant part, Senate Bill 191 amends ORS 137.700 to read:

"Section 1. (b) Notwithstanding ORS 161.605, when a person is convicted of one of the offenses listed in subsection (2)(a)(C) to (S) of this section and the offense was committed on or after April 1, 1995, or of one of the offenses listed in subsection (2)(d) of this section and the offense was committed on or after October 4, 1997, or the offense described in subsection (2)(c) of this section and the offense was committed on or after January 1, 2008, the court shall impose, and the person shall serve, at least the entire term of imprisonment listed in section (2)(a)(C) to (S), (b) or (c) of this section. The person is not, during the service of the term of imprisonment, eligible for release on post-prison supervision or any other form of temporary leave from custody. Unless the court orders otherwise under ORS 137.750, the person is eligible for a reduction in the minimum sentence under ORS 421.121, but is not eligible for a sentence reduction under any other statute. The court may impose a greater sentence if otherwise permitted by law, but may not impose a lower sentence than the sentence specified in subsection (2)(a)(C) to (S), (b) or (c) of this section."

House Bill 2638: Its summary states that it:

"Limits liability for certain claims for damages arising out of acts or omissions taken during COVID-19 emergency period in reasonable compliance with government guidance related to COVID-19."

In relevant part, House Bill 2638 proposes:

"(2)(a) Except as provided in subsection (3) of this section, a person is not liable for damage arising out of acts or omissions taken during the COVID-19 emergency period in reasonable compliance with guidance that is applicable to the person's professional or business activities.

(b) If multiple sources of guidance are applicable to a person's professional or business activities, the person is not liable for damages arising out of acts or omissions taken during the COVID-19 emergency period if the acts or omissions are in reasonable compliance with any guidance that is applicable to the person's professional or business activities."

(Also, see sections (4)(a) and (b) relating to "motions to strike"; which, are too lengthy to reproduce here).

House Bill 2212: Its summary states that it:

"Prohibits Department of Corrections from imposing certain limitations on calls between attorney and attorney's in-custody clients. Requires department to report to Legislative Assembly and Governor each time department fails to schedule time for call to occur within designated time frame. Requires department to compile statistics and submit annual report concerning calls to interim committees related to judiciary. Directs Governor to consider department's compliance with requirements and prohibitions concerning calls when determining whether to remove Director of Department of Corrections. Takes effect on 91st day following adjournment sine die."

In relevant part, House Bill 2212 proposes:

"(2) The Department of Corrections may not restrict legal calls of adults in custody by;

(a) Limiting the duration of calls between an attorney and the in-custody client.

(b) Imposing a disciplinary sanction that limits or denies access to inmate telephone services.

(c) Requiring an attorney to demonstrate, by documentation or otherwise, that an in-custody client has an active or pending case with an imminent court deadline prior to scheduling a time in which the attorney and the in-custody client may engage in a legal call.

(d) Monitoring or inquiring as to the substance of a legal call without a search warrant.

(3) If an attorney makes a request to schedule a legal call with an adult in custody of a department of correctional facility, the correctional facility shall schedule the call as soon as practicable but not more than three days after the date of the attorney's request, unless so requested by the attorney."

Note: Representative Wilde sponsors **House Bill 2212** and Representatives Drazan, Omberg, Bonham, Boshart Davis, Breese-Iverson, Moore-Green, Nearman, Owens, Post, Smith G are sponsoring **House Bill 2638**. AIC can make a difference by contacting them and sharing their thoughts and views on these matters. Remember, AIC are still citizens of Oregon and can participate in the legislative process – it's never too late or early to let your voice be heard.

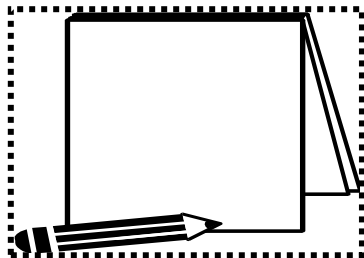
House Joint Resolution 1: Its summary:

"Proposes amendment to Oregon Constitution to allow juries to impose verdicts in criminal cases only by unanimous agreement. Refers proposed amendment to people for their approval or rejection at next general election."

If approved by Oregon's voters (at the next regular election held throughout the state), House Joint Resolution 1 would amend Section 11, Article I of the Constitution of the State of Oregon to read:

"Rights of Accused in Criminal Prosecution. In all criminal prosecutions, the accused shall have the right to public trial by an impartial jury in the county in which the offense shall have been committed; to be heard by himself and counsel; to demand the nature and cause of the accusation against him, and to have a copy thereof; to meet the witnesses face to face, and to have compulsory process for obtaining witnesses in his favor; provided, however, that any accused person, in other than capital cases, and with the consent of the trial judge, may elect to waive trial by jury and

consent to be tried by the judge of the court alone, such election to be in writing; provided, however, that a jury may render a verdict of guilty or not guilty only by unanimous agreement."



If you or anyone you know would like to comment on these bills you can find your legislators contact information at www.oregonlegislature.gov/FindYourLegislator/ - or - send a kite to the Lifers' Club and we'll send you the information. (RPL).



WHILE SUPPLIES LAST COFFEE SALES



STAR BUCKS \$10.00 per bag

- COLUMBIA MEDIUM ROAST - 12.oz
 - MAPLE PECAN - 11.oz
 - PEPPERMINT MOCHA - 11.oz
- CAFFE VERONA (DECAF) - 12.oz

FOLGERS \$10.00 per bag

- 1850 - 12.oz

\$7.00 COFFEE AVAILABLE

FOLGERS NOIR

- SMOKY MIDNIGHT - 10.3oz
- NOIR RICH SATIN - 10.3oz

NEW ENGLAND

- FRENCH VANILLA - 11.oz
- CHOCOLATE CAPPUCINO - 11oz
- BLUEBERRY COBBLER - 11oz

COFFEE MATE FRENCH VANILLA CREAMER

50ct \$10.00 a box

(New coffee flavors are arriving soon!)



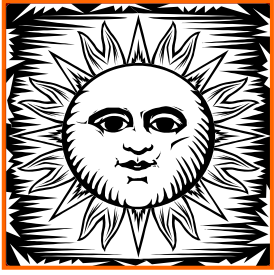
Brownie Mix - \$4.00

COMING SOON...

Duncan Hines Mug Cakes

- Strawberry Shortcake
- Choc. Chip Cookie Mix
- Caramel Flavored Brownie Mix
- Blueberry Flavored Muffin Mix





SUNSCREEN – By Mary Schmich (Chicago Tribune, 1997)

“If I could offer you only one tip for the future, sunscreen would be it.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they’ve faded. But trust me, in 20 years, you’ll look back at photos of yourself and recall in a way you can’t grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don’t worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindside you at 4 p.m. on some idle Tuesday.

Do one thing everyday that scares you.

Sing.

Don’t be reckless with other people’s hearts. Don’t put up with people who are reckless with yours.

Floss.

Don’t waste your time on jealousy. Sometimes you’re ahead sometimes you’re behind. The race is long and, in the end, it’s only with yourself.

Remember the compliments you receive. Forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters. Throw away your old bank statements.

Stretch.

Don’t feel guilty if you don’t know what you want to do with your life. The most interesting people I know didn’t know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don’t.

Get plenty of calcium. Be kind to your knees. You’ll miss them when they’re gone.

Maybe you’ll marry, maybe you won’t. Maybe you’ll have children, maybe you won’t. Maybe you’ll divorce at 40, maybe you’ll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don’t congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else’s.

Enjoy your body. Use it every way you can. Don’t be afraid of it or of what other people think of it. It’s the greatest instrument you’ll ever own.

Dance, even if you have nowhere to do it but in your living room.

Read the directions, even if you don’t follow them.

Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they will be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who you knew when you were young.

Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

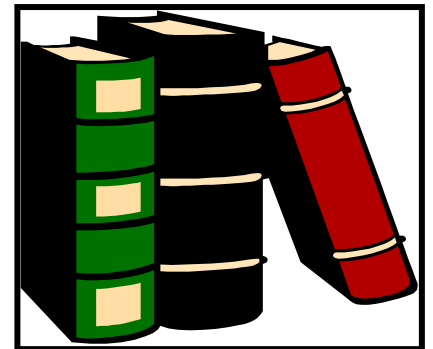
Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen." (RPL).

Counting Down the 100 Books to Read Before You Die (Trust book recommendations from real people, not robots)

Continuing...from November 2020's newsletter.



89. *Things Fall Apart* by Chinua Achebe

The first novel in an acclaimed trilogy, *Things Fall Apart* is the seminal novel of the African experience. More than that, it is a wrenching tragedy of one man's futile fight against change as British rule overcomes the land.

88. *The Tale of Genji* by Murasaki Shikibu

Dating to the early years of the eleventh-century, this ancient classic of Japanese literature is the famous portrayal of Hikaru Genji's life, love affairs, and aristocratic customs in Heian Period Japan.

87. *The Stranger* by Albert Camus

In Albert Camus' own words: "In our society any man who does not weep at his mother's funeral runs the risk of being sentenced to death." Such is the absurdity of life that Meursault faces in this dense crowning jewel of Camus' career.

86. *The Sound of the Mountain* by Yasunari Kawabata

As the patriarch of his family in Kamakura, Ogata Shingo is troubled when his memory begins failing and he keeps hearing the mountains shaking in his sleep. A sparse and beautiful meditation on old age from a celebrated Nobel Prize-winning author.

85. *Slaughterhouse-Five* by Kurt Vonnegut

Under Kurt Vonnegut's sure touch, Billy Pilgrim's journey through time during World War II is rendered scathingly well, making *Slaughterhouse-Five* one of the most greatest anti-war books ever written.

84. *The Shadow of the Wind* by Carlos Ruiz Zafon

Young Daniel Sampere finds *The Shadow of the Wind* in the Cemetery of Forgotten Books. In this story-within-a-story, Daniel uncovers the mystery behind the book's author and must now protect it from someone who's determined to burn every single copy in existence.

83. *A Series of Unfortunate Events* by Lemony Snicket

The Baudelaire siblings have the worst luck ever. No wonder their stories are called *A Series of Unfortunate Events*. First their parents die in a fire, then they are shipped off to a remote house — and then they discover that their new caretaker, Count Olaf, wants to kill them! Now they must have their wits about them and rely on each other more than ever if they are to survive Count Olaf's schemes.

82. *Romeo and Juliet* by William Shakespeare

Shakespeare's masterpiece tells the story of two young lovers separated by a bitter family feud. Featuring one of the most well-known couples ever, *Romeo and Juliet* has launched a legion of fans.

81. *Remains of the Day* by Kazuo Ishiguro

Stevens, a butler in post-World War II England, takes a trip through the countryside. This celebrated novel is all the more powerful for its deceptive simplicity, as it shows that the quietest stories are sometimes the most dangerous.

80. *Pride and Prejudice* by Jane Austen

The source of film and TV adaptations, sequels, and several hundred reimaginings, *Pride and Prejudice* is one of the cornerstones of English literature. Through wit, sarcasm, and humor, this 19th-century novel centers on the five unmarried (gasp!) Bennet sisters while exploring themes of family, society, and, yes, love. (RPL).

**Attention: Coffee Drinkers**

The Lifers' Unlimited Club is in the process of changing its coffee vendor. We're transitioning from a national coffee vendor to a local coffee vendor. Our reasons for doing this is so that we can establish our own brand of coffee, provide better value (as well as more varieties), receive faster service with respect to our coffee orders and, finally, it allows us to put our money back into the local economy. Our new business partners are Allans Coffee and it's our hope to provide you with better service going forward. (RPL).

General Information:

Men Still in Exile: An anthology of poetry and prose by members of the Oregon State Penitentiary writing group, Penned Thoughts. Edited by Michele Dishong-McCormack, group facilitator. The collection explores themes of gratitude and faith, hopes and dreams, life, love, family, and regret. \$18.00 on Amazon at: <https://amnz.to/2TYUoGo>

Marshall Project Newsletter: Subscribe to the free “News Inside” newsletter published by The Marshall Project specifically for incarcerated individuals. Please contact “News Inside” for your printed copy at: 156 W. 56th, Suite 701, New York City NY 10019. For any questions you may call: (212) 803-5200.

As published in CURE's newsletter: “Every person incarcerated should immediately send for the free 24-page directory from Prison Activist Resource Center. P.O. Box 70047, Oakland, CA 94612.”



The Art of War – Spirituality for Conflict

Historical Context: Who was the man behind The Art of War? Sun Tzu was a Chinese military general and philosopher who lived during a tumultuous time in China near the end of the Spring and Autumn period (770-476 BCE). Sun was his family name and Tzu was his honorary title. During the Spring and Autumn period, China consisted of over 150 factional states that vied for supremacy under a weak Chou dynasty. They engaged in intense and constant battle until only thirteen major states remained. Of the thirteen states, seven possessed vastly superior troops and resources over the other six, setting the stage for further warfare and consolidation in the

Warring States period (475-221 BCE).

Sun Tzu was born into a noble family from the state of Ch'i; his grandfather was a provincial governor, his father an accomplished military general. Through his father, he had firsthand knowledge of the inner workings of the Chinese army, whose troops usually numbered in the hundreds of thousands by the Spring and Autumn period. This knowledge, coupled with his engaged study and readings of past battles, helped him to gain a reputation as a brilliant strategist at an early age.

Due to the recommendation of a trusted imperial advisor who mentioned Sun Tzu's name no less than seven times, the king of the Wu state, Ho Lu, finally relented and met with Sun Tzu. It was at this meeting that Sun Tzu presented his book The Art of War. He was only thirty years old. Ho Lu subsequently hired Sun Tzu to formulate strategies that later aided the relatively small Wu state to capture Ying, the capital city of the vastly superior state of Ch'u, and to hold back imminent advances from Ch'i, Chin, and Yueh. Because of Sun Tzu's stunning successes, his name quickly spread throughout China such that his reputation remains intact today 2,500 years later. What happened to Sun Tzu after his employment with Ho Lu, or how he died, is unknown. The only subsequent entry in China's historical records was found in the Yueh Chueh Shu ("The End of the Kingdom of Yueh") declaring, "Outside of the city gate of Wu is a large tomb – the tomb of the King of Wu's foreign official, Sun Tzu – which lie ten miles from the country. He was an expert at military strategy."

The original manuscript of The Art of War given to Ho Lu no longer exists, so we cannot ascertain whether changes were later made to the main text by scribes. However, a comparison of the earliest known copy of The Art of War (ca. 140 BCE) with the official Sung dynasty copy produced one thousand years later shows no significant differences.

The scribes did add "Sun Tzu said," to the beginning of every chapter, implying that The Art of War was a collection of verbal instructions. But this is not entirely accurate. Ssu-ma Ch'ien (145-ca. 86 BCE), "the father of Chinese history," recorded that Ho Lu said to Sun Tzu, "I have read your thirteen chapters, Sir, in their entirety." Ho Lu's statement confirms that Sun Tzu's original book was, in fact, a written work composed of thirteen chapters, just like the editions we have today. The mention of Sun Tzu's "sayings" connotes the heavy emphasis the ancient Chinese placed on learning lessons from speech, since very few people were literate. Even Sun Tzu had to later clarify his book to Ho Lu with an oral presentation.

Sun Tzu was an academician first and a warrior second. This order of skill progression may seem odd to the Western world, but twentieth-century Asian leaders such as Mao Tse Tung and Ho Chi Minh – both avid students of Sun Tzu's The Art of War – followed a similar path. Mao Tse Tung based his On Guerrilla Warfare on The Art of War, at times copying the verses almost verbatim; Ho Chi Minh translated The Art of War for his Vietnamese officers. Their backgrounds resembled those of college professors more than military generals. Despite their lack of firsthand experience in wars, Mao Tse Tung and Ho Chi Minh devised strategies in the Chinese Civil War (1927-1949) and the battle of Dien Bien Phu (1953-1954), respectively, two classic military case studies illustrating the strategic brilliance that enables a weaker side to defy the odds and win against a much stronger side.

As mentioned, Sun Tzu's reputation for wisdom in warfare was immense, and so it was not surprising that his book was soon treasured by those who wished to learn from him. It has remained in continual use since its appearance 2,500 years ago; unlike the fate of many Chinese works. The Art of War has never been lost or destroyed. It would be over two millennia until The Art of War made its way from China into Western civilization. Father J.J.M. Amiot, a French Jesuit priest who lived in China, translated the work into French in 1772. The first English translation of The Art of War came from British officer Captain E. F. Calthrop, who rendered it while studying in Japan in 1905. (Accordingly, he titled the Sonshi). Today Sun Tzu's The Art of War has been translated into every major language in the world, and the number of editions grows every year. (by Thomas Cleary). (RPL).

Closing thoughts...



What word in the English language does the following: The first two letters signify a male, the first three letters signify a female, the first four letters signify a great person, while the entire word signifies a great woman? What is the word? Answer: Heroine

What does man love more than life, hate more than death or mortal strife; that which contented men desire; the poor have, the rich require; the miser spends, the spendthrift save, and all men carry to their graves? Answer: Nothing



Sabotage: Where does the word "sabotage" come from? The word - which originally meant a willful destruction of machinery by workmen in industrial disputes - is French and is derived from sabot, the name of the French workmen's wooden shoe. Fearing the loss of their jobs, when looms were first introduced in France, the workman in the mills objected to them and threw their wooden shoes into the looms in order to put them out-of-order. (RPL).



Lifers' Unlimited Club
Newsletter

Oregon State Penitentiary
Activities Department
2605 State Street
Salem, Oregon 97310-0505

Lifers' Unlimited Club 2021 Calendar

Unfortunately, all events are closed until social distancing restrictions are lifted. We will, however, do our best to keep everyone advised as events and/or circumstances change. Thank you for your patience.

Notice: Every day thousands of innocent plants are killed by vegetarians; help end the violence. Eat more bacon! To assist in your effort the Lifers' Unlimited Club is currently selling Maple Bacon flavored saltwater taffy. One-pound bags are only \$6.00 – don't delay or the vegetarians win!

Just a reminder the Lifers' Unlimited Club intends to bring back the Pop-Up BBQs in early April. All purchases will be by punch card only. Also, please know that we're open to suggestions as far as the menu goes, therefore, if you have any ideas please send them to the Lifers' Club for consideration. Thanks.

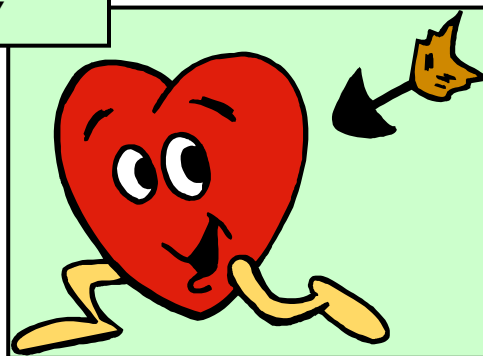


~ ~ **WE ALL HAVE UNLIMITED POWER** ~ ~

Lifers' Unlimited Club Executive Body

President:	Robert Kelley
Vice President:	Marty Wendt
Secretary:	Juan Solis
Treasure:	Jeff McCarty
Facilitator:	Stephen Weavill

**HAPPY
VALENTINES
DAY**



Mission Statement

The purpose of the Lifer's 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.