

The Echo

Eastern Oregon Correctional Institution Newsletter

Points of Interest:

- Nintendo Switch Lites finally arriving.
- Nearly 1,000 Ice Cream Floats served.
- Mill Creek Closes.
- Visiting returns to EOCl in a limited fashion.
- Nearly 1,200 pizzas ordered.

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Care Packages Arrive

More Than 1000 Packages Ordered

Written by Phillip Luna



29 pallets containing the Union Supply care packages arrived at the institution on Wednesday, June 23rd. AICs from the JLAD program, the Enrichment Club and a few other areas participated in the staging process. In under a few hours every pallet was unpacked and care packages were sorted by unit.

The following day the Enrichment Club returned to help facilitate the hand out of care packages. The multi clerks completed the check-in process while club members distributed the parcels to AICs. Dozens of staff members completed the check-out process - in some cases meticulously inventorying every item to ensure each AIC received their entire, correct order.



With more than 1000 packages, this was a considerable task to accomplish in a single day. All-in-all a success bearing in mind the amount of coordination and work that was required to complete this process.



New events are never without their challenges - a total of 29 AICs who ordered care packages did not initially receive their orders. These packages did not arrive from the vendor, and while 29 out of over 1000 orders is statistically a good rate of success, it is unfortunate for the AICs who missed out on their care packages due to no fault of their own. The majority of these packages were eventually delivered to EOCl and most issues were resolved.

For any care package related issues AICs should contact Union Supply by email at:

customerservice@unionsupplydirect.com

or by phone at: 562-361-572

Article Note

First Batch of 242 Orders:**95 Two Game Consoles:**

95 received
92 distributed
3 returned

85 Single Game Zelda:

55 received
55 distributed

23 Single Game Mario:

0 received

39 No Game Consoles:

0 received

Article Vocabulary

1. *Derived*: Resulting from; as consequence.
2. *Conjecture*: A guess or inference.

Videogames Arriving

Finally Kicks off with a Slow Start

Written by Phillip Luna

Finally Arriving

The long awaited Nintendo Switch Lites (NS Lites) have finally started arriving! There have been an incredible amount of inaccurate rumors over the last few weeks about consoles arriving - usually derived¹ from an AIC who saw a staff member with a large box (toilet paper) and speculated that it must be the NS Lites. But on June 18th, after weeks of rumor and conjecture², in a most ironic fashion, AIC Luna and IWP Coordinator Peters walked across the compound with two boxes full of NS Lites - *and no one noticed*.



In the Order They Are Received

The first AIC to receive a Nintendo Switch Lite was... drum roll please!

William Gaskins from unit G3!

A total of 150 have been received from the first orders - 95 consoles with both pre-loaded games and 55 with preloaded *Zelda: Breath of the Wild*. The vendor will finish out the last 30 consoles of *Zelda*, before completing the 23 consoles ordered with *Mario*, and finally completing the 39 consoles ordered with no pre-loaded games. In the batch of 95 consoles with both pre-loaded games, a few were non-functional and are in the process of being replaced/fixed. A full list of the remaining first batch orders is available on page 4.

After this entire order is filled the vendor will begin processing the next batch of 50 orders, and then the following batch.

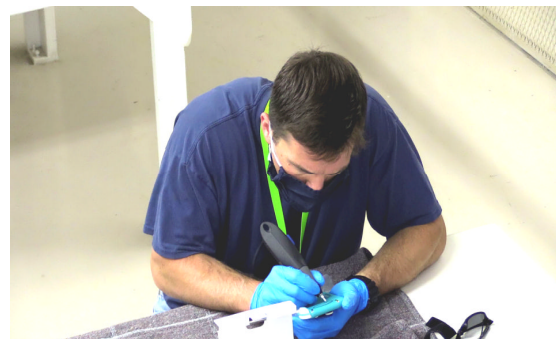


Check-in/Handout Process

Pictured above, Enrichment Club members complete the check-in, catalog, and engraving process with supervision from IWP staff. Consoles are processed the day they are received.



Every Nintendo Switch Lite that arrives at the facility is inspected and tested to ensure it is working properly. The box is then labeled and its serial number is cataloged, which will be provided to the vendor for tracking purposes. Each console is engraved with the AICs SID number, re-boxed, and set aside for distribution. NS Lites are then delivered to the housing units.



(continued on next page...)

(...continued from previous page) Nintendo Switches Arriving

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Technical Issues



AIC Peterson was number 20 on the list for the Nintendo Switch Lite. Unfortunately, in the first batch of consoles, one was non-functional. This was randomly assigned to Peterson, but luckily each console is tested prior to engraving and the issue was identified before his SID number was engraved on the device. Adding insult to injury, Peterson was inadvertently called down to pick up his Nintendo Switch Lite - only to be told he was randomly assigned the only non-working one of the batch. After a week of waiting, Peterson was able to receive a working NS Lite in the following batch.

Of the 150 consoles received there have been a few identified to have technical issues. Depending on the situation, the vendor is indicating whether to replace the consoles from the following batch or return the console to follow the warranty process.

The Orange Screen of Death

This is an inaccurate nomenclature¹ as an orange screen error does not indicate the death of your device; however, for those of

you having friends or family check internet sources when troubleshooting, you may have heard this term used frequently. This is actually common and usually can be fixed with a hard reset (holding the power button down for 12 seconds). For any warranty issues or technical support questions AICs should contact the vendor in writing, or by having a friend or family member call or email. Every NS Lite comes with warranty and vendor contact information inside the box. If this issue, or any issue persists contact the vendor directly for instruction.

Parental Locks

The vendor was previously adding parental locks to the NS Lites. This is not something that is required or requested. All parental lock codes were obtained from the vendor and have now been provided to the AICs who own consoles. Moving forward the vendor will not be adding a parental lock to the devices.

A Game Catalog

Fully Loaded Electronics (FLE) has agreed to sell game cartridges directly to AICs via CD28's. The Enrichment Club is currently working on a catalog that will work in conjunction with the games offered by the vendor. This will be updated periodically and should be available on housing units in the coming weeks.

FLE's prices are higher than one would find through other vendors, such as Amazon or Wal-mart; however, this is an option to purchase games for those who do not have friends or family available to do so on their behalf. Think *Edward Hamilton - Bargain Books* but for games, and without the bargain. FLE charges the full cartridge price and approximately a 10% mark up. For example, *Legends of Zelda - Breath of the Wild* is \$66.00 for the game in cartridge form through this vendor.

Other Questions

For any other questions, send a communication form to IWP.

Ordering NS Lites

Ordering the NS Lite

Incentive Level 3 AICs can still order the NS Lite. This fundraiser will continue until further notice. Forms are available on your housing unit or by sending a communication form to IWP.

Moving forward, all orders will be processed in batches of 50 or on the 15th of each month (or closest business day), whichever comes first.

Article Vocabulary

1. *Nomenclature*: Categorization; taxonomy.

Article Note

The vendor will fill the remaining Zelda only orders, then the Mario only orders, then the no game orders. After all of these orders are completed they will start on the next batch of 50 orders, and so on.

The Remaining List

95 More Orders to Fill in the First Batch of 242

Remaining Zelda Only Orders

Ivarsen	Terry	A2	17C
Dayton	Conor	B1	30A
Chaikhane	Andre	B1	1B
Lloyd	Brett	H2	85A
Walter	London	B4	17C
Parker	James	B1	21B
Harper	Buford	H2	83B
Mersch	Zackery	H2	47B
Montgomery	Cameron	B4	12A
Breazile	Benjamin	H2	59A
Wallis	Daniel	A2	25A
Johnson	David	B4	17A
Morrow	Joshua	B1	18B
Reyes	Paul	H1	5B
Fay	Richard	B4	17B
Simpson	Avery	A3	26A
Torralba-Guzman	Horacio	B1	24A
Stewart	Robert	F2	27B
Rodarte	Jose Alejandro	G3	58B
Andrews	Jeffery	H2	71A
Phillips	Waylon	G4	10A
Morris	Michael	E3	25
Buschke	Sean	G2	19B
Oard	Shawn	G4	43B
Ware	Yante	E4	19
Hernandez	Frank	F4	6B
Norwest	Phenix	G2	33A
Camp	David	H1	40A
Johnson	Canyon	B3	12A
Thomas	Claude	F4	17B

Mario Only Orders

Geronimo	Dominick	E2	14A
Foolbull	Adrian	E4	37B
Hilliard	Cody	F2	23
Sproule	Douglas	H2	75B
McMurren	Robert	H1	22B
Ramos	Trinidad	G3	9
Cote	Guillaume	H1	23A
Vasey	Christopher	G3	8A
Bell	Nathaniel	G3	21B
Mathews	Seth	H1	35A
Martinez	Rolando	A3	13A
Carson	Brandon	A2	17A
Sias	Nicholas	B1	14B
Munoz	Maciel	B1	14A
Gomez	Eddy	B1	4A
Delgado	Baltazar	N/A	N/A
Sierra	Joaquin	H1	43B
Davis	Robert	A1	17A
Robertson	Joshua	N/A	N/A
Mullings	Tommy	H1	31A
Garcia-Geiger	Armando	E3	38A
Lemarroy	Jacob	E4	32B
Pickett	Richard	H2	54B

No Game Orders

Schrader	Zachary	G2	19A
Baker	Kenneth	G4	34B
Ofenham	Derek	H1	22A
Weber	Justin	H1	41A
Hoyle	Casey	N/A	N/A
Rodriguez	Rodney	H2	55B
Riddle	Brett	H2	49B
Beeler	Terry	H2	49A
Woods	Jeffrey	H2	80A
Cook	John	B1	17D
Alexander	William	H1	12A
Sherrod	Kaleb	G3	35A
Adair	Jeffrey	G3	28
Walters	Andrew	G3	16A
Nasmyth	Jason	E2	32A
Watford	Neil	A1	7C
Renfro	James	H2	77A
Haworth	Christopher	B1	1A
Sanchez	Juan	H2	57A
Derrick	David	B1	8A
Hausman	Paul	B1	12B
Gazeley-Romney	Patrick	H2	83A
Kanuch	Brian	B1	21A
Santos-Escamilla	Luis	H1	27A
Barbosa-Salgado	Gonzalo	H2	87B
Simmons	Bryan	H2	52A
Holmen	Douglas	H2	53B
Luna	Phillip	H2	77B
Khoshnaw	Niaz	B1	10B
Straight	Travis	B1	16D
Martinez	Eric	B1	23A
Batala	Matthew	B2	27A
Ryerson	Scott	B3	16C
Moe	Kristopher	N/A	N/A
Hall	Gareth	B1	12A
Calhoun	Jason	H2	63B
Fisher	Clark	H2	63A
Williams	Antoine	H1	37A
Montenero	Brian	G3	31A

Remaining Two Game Orders

Dallavis	Joshua	F4	31B
Gonzales	Christopher	H2	84A
Rose	Thomas	H1	26B

This list is in the order we expect to receive them. The three remaining two game orders may arrive at anytime, as they are replacements for non-working consoles.

Please have patience and keep in mind that there is nothing you can say that will make this process go faster.

Visiting Returns to EOCl

A New Socially Distant Visiting Room

Written by Phillip Luna

Article Note



Visiting Room Pre-COVID

The visiting room re-opened in a limited fashion on July 7th, 2021. After more than a year without in-person visits this is a welcome change for all AICs, despite the limitations.

AICs attending visits must wear their masks at all times and are separated by plexi glass dividers (pictured right). In addition, all visits must be pre-scheduled on the ICS Corrections website. Visits are limited to one per

week and the overall visiting time has been shortened to approximately two and half hours. Food, drink, photos, toys, games, cards, and magazines are not allowed during these visits.

While the limitations of visiting may be frustrating for some, this does represent a step towards restoring full visits at EOCl. Hopefully as the process continues successfully, more restrictions can be lifted and the quality of visiting will improve.



Visiting Room Post-COVID

Please make sure your visitors have reapplied to be on your visiting list. Visitors may be removed after not visiting for an extended period of time.

Here's The Scoop

On the Ice Cream Floats

Written by Phillip Luna

A massive 984 ice cream floats were sold as an at-cost food item this month. Each participating AIC received a cup, vanilla ice cream, and their choice of Root Beer or Orange soda - all for \$1.69 and open to every incentive level.



Members of the Enrichment Club participated in the handout of ice cream floats.

This event was not a fundraiser and was not of the club's doing, but falls in line with the club's motto - *"Enriching the Lives of Others Both Inside and Out"*.

This is one of the at-cost events from Food Services that will occur periodically throughout the year - as mentioned in previous newsletters.



Article Vocabulary

1. **Annex:** To append or attach to; to attach, as an attribute, condition, or consequence.
2. **Swine:** Any mammal of the family Suidae - pig, hog, or boar.

Mill Creek Closes

Officially Closed June 30th, 2021

Information Provided by ODOC



As you know, Governor Brown has directed the close of prisons as part of sentencing reform efforts. This month marks the first closure and the end of an era. Mill Creek Correctional Facility (MCCF) is officially closing on June 30, 2021. For the first time in nearly a century, no adults in custody (AICs) are housed at the institution. All AICs have been relocated to other locations across the state, and many of MCCF's employees have found work at these locations.

Mill Creek Correctional Facility was built in 1891 as the Oregon Reform School and was reconstructed as the Farm Annex¹ for the Oregon State Penitentiary in 1929. The 2089-acre prison farm ran for many years boasting a dairy, swine² farm, poultry farm, beef herd, and an extensive agricultural program. From this source the beef, pork, eggs, milk, and most of the fresh vegetables were obtained for institutional use. As Oregon's prison population grew and more facilities were brought online.



The intention is to reduce our state's reliance on incarceration and invest more dollars in the program areas that work to prevent people from entering the criminal justice system such as behavioral health, education, housing, and substance use disorder recovery and treatment – ultimately decreasing prison populations. This work aligns with DOC's mission to reduce the risk of future criminal behavior.

Other Closures



MCCF is the first closure. The Governor also directed the closure of Shutter Creek Correctional Institution (SCCI) for January 1st, 2022. AICs located at closing facilities are dispersed to other locations.

If changes are made or more information becomes available it will be posted on your housing unit bulletin board or published in the monthly newsletter.

Firefighters Get Recognition

Sentence Reductions for Some

Information Provided by ODOC,
Wildfires in Oregon Written by Phillip Luna

Article Note

AIC Firefighters Receive Reduced Sentence



In recognition of their service to the State of Oregon, the Governor's Office notified the Department of Corrections on June 22, 2021, that sentences will be commuted for some adults in custody (AICs) who worked on DOC fire crews during last year's wildfire season. Each AIC's eligibility was reviewed on a case-by-case basis, first by DOC and then by the Governor's Office; the result being 41 AICs approved for sentence commutation¹. Provided they have acceptable housing in place, 23 AICs are scheduled to release on July 22, 2021. The remaining 18 AICs will have 12 months removed from their sentences.

About the Oregon AIC Firefighter Program



The mission of the ODOC AIC firefighter program is to help supply a ready work force for combating forest fires and wild fires throughout the state.

AIC crews provide critical support for statewide fire operations, recreation, and reforestation – as well as support for such

special projects as sign making, metal fabrication, and tool and equipment repair.

AIC crews also provide treatment each year for about 10,000 acres of young tree stands, build and maintain about 105 miles of hiking trails, and maintain public campgrounds.

If you're interested and want to know if you meet the criteria, please send an AIC Communication to your institution counselor for information and a possible referral.

Wildfires in Oregon

Wildfires in Oregon destroy hundreds of thousands of acres of natural forests every year. Many Oregonians lose their homes, their livelihood, or their lives.

As of July 14th, 2021 there are currently 24 **active** wildfires in the State, with 224,691 acres burned. Environmentalists say this already exceeds the peak levels seen during September and October of the 2020 wildfire season.

The largest current wildfire in Oregon is known as the Bootleg fire in Klamath and Lake counties. So far, 21 homes have been lost and one damaged, with more than 1,900 more at risk. Over 1,300 firefighters are working the blaze in this area, with thousands more attempting to stymie² wildfires throughout the state.

Much of Oregon has been in some level of drought this spring. The lack of precipitation has led to an increase in fire risk for the entire state, exacerbated³ by heat waves and strong winds, likely as a result of climate change. Meteorologists⁴ predict similar weather patterns in the future, which will continue to increase the risk and severity of wildfires in Oregon and across the Northwest. Early on, this wildfire season is poised to be one of the most difficult and destructive seasons on record.

1. *Commutation*: A reduction of a penalty to a less severe one.
2. *Stymie*: To stump or bewilder.
3. *Exacerbated*: To make worse; aggravate.
4. *Meteorologists*: Someone who studies weather patterns and their causes; a weather analyst.

Career Pathways

Manual Machinist

Written by Patrick Gazeley-Romney

Important Note

Apply now for a Manual Machinist position. Applications should be sent to IWP.



Former AICs may find themselves "locked out" of certain sectors of the labor market because of their criminal records. Looking for opportunities to hone¹ skills in the economic sectors AICs aren't prohibited from entering is a great way to prepare for a successful future after release.

Trades positions are more in-demand than ever and most do not discriminate based on criminal records. Whether it is electrical work, plumbing, metal work or HVAC, the average age of a tradesman in 2019 was 60 years of age. As more and more tradesmen are reaching retirement each year, openings in the trade sector only continue to increase.

EOCI offers many employment opportunities for AICs who wish to learn a trade. The physical plant offers certification programs for electrical, welding, HVAC, and on-the-job skill training for plumbing, carpentry, machine work and maintenance.



Machinists at EOCI use tools such as lathes, drill presses, bench grinders, band saws, and milling machines to produce and repair precision metal parts for use around the institution. Most entry-level machinist

positions require only a high school diploma or GED. Since the manual skills used in machine work are specialized, most employers may ask you to demonstrate your knowledge in the field manually and take a tool safety test. Working in the machine shop at EOCI can give AICs a leg up in the hiring process by allowing them valuable experience in the field before release.

There are usually only two positions for machinists at EOCI at any given time.



Due to some recent turnover the EOCI Welding Shop is currently taking applications for a Manual Machinist. The position requires good math skills; specifically fractions, decimals², metrics, geometry³, and right-angle trigonometry⁴. Machinist John Harvey adds, *"experience with grinding turning tools and drill bits, confidence taking precision measurements, setup of parts in lathes and milling machines, capacity to accurately estimate time and material for jobs and the ability to work from samples, sketches, drawings, and blue-prints are additional skills that will help an applicant stand out."*

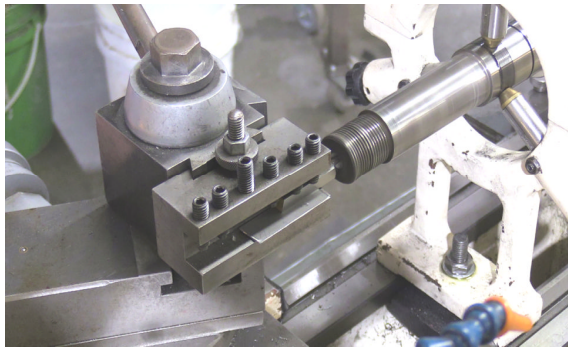
In order to work in the Physical Plant an AIC must have six months clear conduct or 1 year clear conduct from the time of any level 1 DR or IMU stretch. If an AIC does not meet the requirements or has an escape designator, they may be reviewed by the MDT for an over-ride.

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Article Vocabulary

1. *Hone*: Develop; craft.
2. *Decimals*: Math with periods.
3. *Geometry*: Math with shapes.
4. *Trigonometry*: Math with right angles.

(continued from previous page...) Career Pathways - Machinist

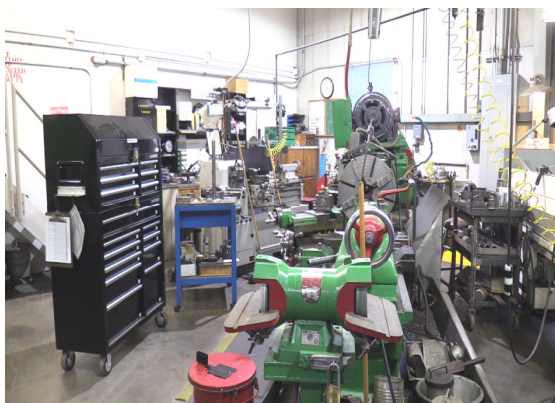


An AIC wishing to fill a machinist spot usually starts off in the physical plant as an orderly making 5 PRAS points before working their way into a welding shop position (10 PRAS points, 14 after raise). After some time in the welding shop, an AIC can then work their way into a Manual Machinist position at 17 PRAS points. Any AIC entering the machine shop as a new hire can expect to undergo a 30-day probationary period to determine if the position is a good fit.

In the State of Oregon, Machinists can make a \$20-\$30 hourly wage. Currently the

state offers average employment opportunities for machinists with around 3500 positions currently, and an average of 420 new openings each year.

If you are interested in applying for the Manual Machinist position, please send a completed Work Application to IWP. There is currently one position open. Applications are kept on file for one year and there is no need to reapply if you have applied within the last 12 months.



Apply Now

Send full completed work applications to IWP if you are interested in a Manual Machinist position.

CPR Certification Class

Now Accepting Applicants for Waitlist

Sign Up



CPR classes have resumed and are running on a regular basis. Each CPR class covers basic CPR, AED, and First Aid training for Adults. The class is approximately 6 hours long and CPR certifications are valid for two years.

Those interested in receiving certification can sign up to be on the waitlist for future classes. The easiest way to sign up for the

CPR class is to communicate with your supervisor, however, you can also send an AIC Communication Form to IWP if you are interested in being added to the waitlist for the next available CPR class.

Preference will be given to those who qualify for outside work crews or have a work assignment that would benefit from a CPR certification.



Send a communication form to IWP or speak with your supervisor if you would like to be added to the waitlist for the CPR class.

Article Vocabulary

1. **Inflation:** Price rises.
2. **Latitude:** Leeway or freedom.

From Planning to Prosperity

Every Little Bit Counts

Written by Phillip Luna

Saving money for release is one of the most common goals of incarcerated individuals - and one of the most difficult to achieve. While an idealist would argue that it is considerably easier for the residents of a prison to save money - no rent payments, free insurance, and three meals provided each day - any person familiar with the economy of a prison can attest to how difficult this can actually be. Most items sold inside a prison are subject to huge mark ups and the PRAS award system - which has never adjusted for inflation¹ - provides very little latitude² in terms of saving and spending.

At the surface it does seem simple - get a job, save money, the end. However, finding the right job can be challenging when there are not enough jobs to go around.

Step 1: Get a job

There are roughly 1650 residents at EOCL and there are only 1150 jobs - that's a 30% unemployment rate. High rates of unemployment mean a competitive job market. Starting out, most will have to take an entry level job, such as an orderly or dining room worker.

Step 2: Get a better job

A job that has you stuck under 10 PRAS points will make it difficult to store away money. However, the lower paying jobs are a path to the more sought after, higher paying jobs. Most supervisors want to hire someone who has good work history. For example, any physical plant worker will tell you that the easiest way to get into a certification program (the electrical or welding program) is to start as a physical plant orderly. This is the case for most jobs - start at the bottom and work your way up.

Needless to say, the more money you make the easier it is to save money. Call center or OCE jobs earn the most, with some positions paying over \$200 per month.

Here is how all jobs breakdown:

9% - 100 Physical Plant workers
(counting WFD and Recycle)

9% - 110 Contact Center

10% - 120 OCE Positions

16% - 185 Unit Orderlies

17% - 200 Kitchen Workers
(40% all jobs are food service)

23% - 270 Dining Room Workers

13% (less than 2% each) - Other
Tutors, Canteen, various Clerks, Multi
Worker, Shower Crew, etc...

By looking at the data it is clear that the highest paying jobs (Contact Center and OCE) account for 230 of the total jobs at EOCL. 230 positions compared to the 1650 residents are not good odds - which brings us to step three.

Step 3: Be realistic

If you are able to get a high paying job that is excellent for you. But for most, earning 16-18 points and maxing out at about \$75 per month is what you have to work with. Saving \$25 a month from your paycheck will accumulate into \$300 in a year and \$900 in three years. That's enough to make a deposit on an apartment or at least pay for some start up costs after release.

To set aside \$25 per month, first make a list of everything you buy each month and then divide those items into subcategories of *wants* and *needs*. *Needs* are things you cannot survive without (soap, deodorant, envelopes) and *wants* are things you would like to have, but are not necessary. Try to be honest with yourself.

(continued on next page...)

(...continued from previous page) From Planning to Prosperity

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Sample list:

<u>Needs</u>	<u>Wants</u>
Deodorant	Coffee
Soap	Creamer
Envelopes	Frosted Flakes
Paper	Doritos

Take the total amount you earn each month and subtract \$25 for your monthly savings. Next add up the total cost of your *needs* and subtract that from the remaining amount. The left over amount is how much you can spend on things in the *want* column each month.

Sample:

Monthly Pay	\$70
Amount to Savings	- \$25
Cost of "Needs"	- \$25
Remaining Amount	= \$20

\$20 is not going to stretch very far in terms of *wants* each month, and big ticket items do come up every so often (replacing shoes or headphones). Again, the most important thing is to be realistic. If \$25 is too much for you, try \$15 per month.

Step 4: Put It In Savings

There are four different accounts through EOCI - a General Spending Account, Protected Funds Account, Transitional Savings Account, and a General Savings Account. Additionally, creating a savings account with an outside bank is another option available to you.

General Spending Account:

The General Spending Account is where PRAS awards deposit and typically where canteen purchases are withdrawn from. It is best to move the money you have budgeted as part of your savings from this account to avoid spending it.

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. If you want to continue collection of 5% on all deposits after reaching \$500, you will need to send a paper communication to Ms. Honeywell, Administrator Salem Financial Services, requesting to do so. However, if you have COFOs you cannot exceed \$500 on this account until your debts are paid off. This account generates interest that is deposited into your **General Spending Account**. The TRSA account is protected from garnishment and collection of DOC debts. You can make deposits into this account, until it reaches \$500, by filing out a CD-1832 Transfer Request Form.

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.

The TRSA must have the \$500 minimum before you can deposit into the General Savings Account. The interest in this account is about the same as the TRSA and again interest is deposited into your General Spending Account. There are no fines or fees to deposit into this account and you may only make deposits once per calendar month.

In Summary:

It is difficult to save money while you are incarcerated, but not impossible. Be frugal¹, make a well-thought out spending plan, and always be on the lookout for a better job that can improve your financial situation.

Article Vocabulary

1. **Frugal:** To be thrifty; penny-pinching.

Article Vocabulary

1. **Unverifiable:** Unable to verify; rumors without a source.

Preparing For Release

What to Expect

Written by Robert Kenneth

Former EOCI resident, Robert Kenneth, wrote the following article. The information provided is based on his experiences after release.

If you are releasing from prison in the next 48 months, congratulations. Here is some information to help you prepare and make your transition go smoothly.

GENERAL TIPS ABOUT RELEASING

Facts vs. Rumor: You hear all sorts of things in prison, including what to expect before and after you release. However, unless the information comes from a counselor or some other knowledgeable staff member, much of what you hear is probably wrong. To avoid anxiety and making uninformed decisions, do not base your release success on unverifiable¹ claims or rumors you may have heard from other AICs. Do your own research.

Transferring Before Release: EOCI is not a releasing facility. Unless you plan to release to Pendleton or nearby, it is likely you will be transferred to a minimum-security releasing institution.

DOC in Salem determines when and where you transfer, not your work supervisor, your counselor, or your friends and loved ones. The main deciding factor is bunk availability and not programs, preference, or proximity to family.

Your Release Plan: Success after prison takes more than just getting out. If you have two years or less to release, you need to start working on a plan now. A solid plan helps you build confidence in your future and tells your release counselor, parole officer, and loved ones you are serious about doing well after prison.

Write down goals to accomplish during your first 30 days, first six months, and first year out of prison. Stick with goals that are real-

istic, reachable, and pro-social. Examples include getting a job, renewing your driver's license, or attending community AA or NA meetings.

Do not project too far into the future. Longer-term objectives like saving to buy a house, getting a college degree, or starting your own business or non-profit, do not need to be in your release plan.

The best release plans focus on the five most important elements:

- housing
- employment
- healthcare
- supervision
- support

Having a stable place to live; earning a living; receiving good healthcare; understanding your parole restrictions and conditions; and identifying a support network of people who can help you during your transition are the most vital parts of any good release plan.

Using Time Wisely: Beating every side quest in Zelda might not be the best use of your remaining time in prison. As much as possible, take advantage of meaningful programs like DBT, GOGI, HHAAP, AA/NA, Pathfinders, Roots to Success, etc.

Other ways to help ensure post-prison success include taking an ESL class, learning Spanish, getting your GED, and building good conduct and work records.

Release Counselors: While you are still in prison, your release counselor is your link to your parole officer. Your P.O. will give your release counselor information about where and how you will release.

(continued on next page...)

When it comes to what release counselors can and cannot do, keep your expectations realistic. As an example, while release counselors can help you apply for county waivers, they cannot determine where you will ultimately be released.

Where You Will Likely Release: This is another subject that often gets buried under misinformation and rumors. Regardless of where in Oregon you were convicted, you will *probably* release to the county of your "last established residency." Two exceptions apply:

- If you were homeless or transient¹ (or lived in another state or country) at the time of your arrest, it is likely you will release to the county where you were convicted.
- If you have a pending criminal case in another county, you will probably release there, regardless of assured housing elsewhere.

County Waivers: Approval of your request to release to a different county has a better chance if you can prove you will not be a burden on that county's financial and enforcement resources (require a lot of public assistance and supervision). Having a job and stable housing on tap in the county where you want to release is absolutely essential.

Parole Officers: Your community corrections parole officer is not your babysitter, your counselor, your friend, or your enemy. Your P.O.'s primary responsibility is not necessarily to help you, but to protect the community.

Your first meeting with your P.O. is usually the same day you release, so plan accordingly. During that first meeting, you and your P.O. will review your conviction and go over your conditions and restrictions. You will have to sign certain documents to verify you have read and understand the terms of your parole. Your cooperation and progress after prison can have a big impact on how strict your conditions will be.

In some counties, during your first and follow-up P.O. meetings, you might also get short-term help with clothing, shelter, food, treatment, and public transportation - depending on available resources.

Most parolees are required to meet with their P.O.s monthly or more frequently. You will also be subject to a supervision fee (usually around \$35 dollars a month). Other requirements might include regular UAs, polygraphs, and mandatory treatment and rehabilitation. Failure to meet your requirements will likely result in a parole violation, time in jail, or a return to prison. However, if you are verifiably destitute², your P.O. will probably work with you on any available fee subsidies.

Housing: Make stable housing a top priority when working on your release plan and when meeting with your release counselor. Most counties with large populations have ample housing resources for parolees - including rooms, apartments, shelters, group homes, and treatment centers. Low-population and rural counties typically have far fewer options.

When you apply for an apartment or rental property, you will be subject to a background check. Depending on your conviction and restrictions, your housing options may be limited. Federal law prohibits Section 8 housing assistance for those required to register as sex offenders or those convicted of making methamphetamine in public housing.

Housing in Low-Resource Counties: If you will be releasing to a county where housing resources are limited, start gathering information as early as possible. Your P.O. or community corrections office may be able to provide free or subsidized³ transitional housing (e.g., motels, group homes, etc.) in your area. In addition, various churches and faith-based groups may offer provisional housing help for parolees.

Part two of this article will be available in the next edition of The Echo.

Article Vocabulary

1. **Transient:** Passing through from one place to another; lasting only a short period of time.
2. **Destitute:** Utterly impoverished; penniless.
3. **Subsidize:** to obtain assistance of by grant or financial government assistance.



Patrick Gazeley-Romney,
Staff Writer, *The Echo*

PGR is a Staff Writer for *The Echo* and a facilitator for the Seed to Supper, Roots of Success, and Beekeeping programs.

Quote

"The majority of the world's population won't be able to adapt. That is being ignored to a degree that is pathetic."

- Greta Thunberg,
on climate morality

Article Vocabulary

1. **Marginalized:** Barely within the lower standard or limit of quality.
2. **Affluent:** Wealthy or abundant.
3. **Burgeoning:** Growing and rapidly increasing.
4. **Proliferate:** To increase and spread rapidly.

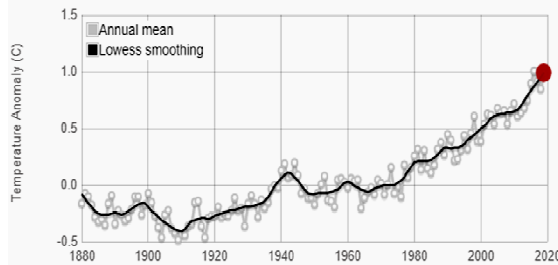
It's Easy Being Green

Entering the Green Economy

Written by Patrick Gazeley-Romney

GLOBAL LAND-OCEAN TEMPERATURE INDEX

Data source: NASA's Goddard Institute for Space Studies (GISS).
Credit: NASA/GISS



Global temperature averages have only been specifically recorded since just before the turn of the century in 1880. Since then, the mean annual land-ocean temperature index has logged a one Celsius degree rise in global temperature contributing to the beginning of massive changes in regional climate across the globe.

Climate change describes change in the long-term weather patterns in a specific geographic region over time. The impacts of climate change are already being felt in many communities across the country. More intense and frequent extreme weather events and changes in average regional climate conditions are expected to continue to impact ecosystems, social systems and infrastructure that are integral to the function of many communities.

In order to address the conditions that contribute to climate change, environmental scientists, politicians, and environmental justice advocates created legislation to provide millions of dollars to support activities that are less harmful to the planet and human health, called "the Green New Deal". The legislation was inspired by the "New Deal" legislation put in place by President Roosevelt during the Great Depression of the 1930s. The focus of Roosevelt's program was to put millions of people to work upgrading public infrastructure.

With decreased access to social and political capital, marginalized¹ communities ex-

perience the negative effects of climate change to a greater degree than those who live in affluent² communities. By putting in place smart legislation that invests in the success of low-income communities, the United States may once again become a world economic and social justice champion. The Green New Deal is important as it takes advantage of the burgeoning³ green sector of the US economy, the fastest growing sector of the economy to date.

The Green New Deal legislation should be of particular interest to anyone who belongs to a marginalized population including people recently released from prison. As the Green economy continues to grow and more venture capital money is pumped into clean tech, opportunities for blue-collar workers will continue to increase. The energy sector in the US employs many workers. As fossil fuel-based industries phase out and the world turns toward clean energy alternatives, opportunities for workers in industrial jobs will proliferate⁴. As public infrastructure is modernized, the nation will need more electrical workers, plumbers, energy capture technicians, and builders.

Industry trades are an excellent career option for felons as most related fields do not use discriminatory hiring practices based on criminal records and they do not require a college degree to enter the field. Most trades provide on the job training in the form of a paid apprenticeship, starting at approximately \$20 per hour. Trade jobs offer great benefits as well, especially if the position is unionized. One can expect to receive great health and dental insurance if a member of a union, as well as job security as the economy continues to change in the future. If a career in industry trades interests you, contact your local community college to make a plan to enter the industry upon release. Most community colleges offer certificate programs and act as funnels for union positions across the state.

Book Review

To Kill A Mockingbird - Harper Lee

Excerpt from a
previous newsletter

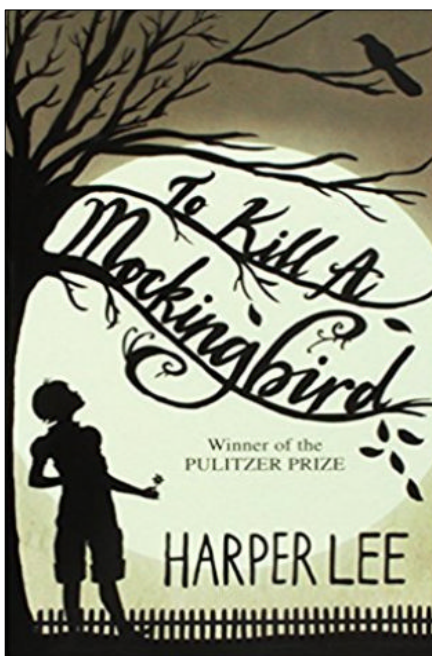
Article Vocabulary

To Kill a Mockingbird by Harper Lee is accurately described as a masterpiece in American literature. The story is narrated by a grade school girl from Alabama, Scout Finch, as she navigates growing up in the 1960's where race is still a predominant division among people. Her older brother Jem and their friend Dill accompany Scout as they pilot the peaks and pitfalls of their youth in the deep South. Dill pledges to marry Scout early on in the story and at its surface the plot appears to be a simple childhood love story between the two. But a secondary plot emerges as Jem and Scout's father, Atticus Finch, the town's lawyer, is selected to defend a black man named Tom Robinson at trial. Robinson is clearly innocent of the crimes he is charged with, but in Alabama during the 60's a black man is unable to get a fair trial.

At each turn the reader is reminded that the narrator is a grade school girl, and while the issues of race and injustice are serious, the perspective is appealing because the reader is shown such these issues through the eyes of a child. Like most children, Scout exaggerates her thoughts and views and often her imagination plays an influence in the narration of the story. But her adolescent point of view only adds to the stories appeal. In Scout's mind, spending her summer with Dill is just as much as a priority as the outcome of the Tom Robinson trial.

As the story progresses the character of Scout evolves, eventually coming to understand the racial injustice around her. The contrast of childlike innocence against the backdrop and social, economic, and racial discriminations is jarring¹, but poignant².

Scout Finch is a tomboy and a very relatable character. At times the townspeople treat Scout's father with contempt³ simply because he is defending an African-American. Scout is quick to defend her father, although she often does not understand the insults directed toward him and her eagerness to protect her father's name frequently leads her into fistfights. One cannot help but feel sorry for Scout as she is forced to face such ignorance and racial disparity in her community at such a young age. It's arguable that the villains in this story are the townspeople themselves.



Author Harper Lee has a pleasant and easy writing style and she combines clever dialogue with a very southern cadence to create a unique effect; one cannot help but read Lee's writing with an Alabama accent. Lee's characters are original and feel alive, each living and breathing, and each with their own unique set of values and beliefs. The atmosphere of the small town of Maycomb, Alabama feels authentic. It offers a sense

of nostalgia⁴ even for those who have never set foot there.

To Kill A Mockingbird is an easy read and is a part of most high school curriculums. There are several copies available in the EOC library. If you are interested in reading this novel, send a communication form to the library and request it is added to the next book rotation on your housing unit.

AICs interested in writing a book review for the institution newsletter should contact IWP via communication form for further instructions.

1. **Jarring:** To have a disturbing effect.
2. **Poignant:** Keenly distressing to the mind; appealing to the emotions.
3. **Contempt:** A state of being despised or dishonored.
4. **Nostalgic:** A bittersweet longing for something in the past.

Certification & Education

Soft Skills

Excerpt from OCE Voices

Article Note

Numerous studies list soft skills as one of the most important qualities in a job applicant - out weighing hard skills.

Soft Skills: Interpersonal skills - the ability to work with others, communicate well, problem solve, and comprehend social/work situations.

Hard Skills: Measureable skills - the ability to type well, fix a radiator, run a milling machine - for example.

This last year many companies were forced to close doors, minimize their staff, or completely reorganize. From small local businesses to large corporations, what they value and prioritize in an employee have changed. Soft skills have always played a factor in the hiring process, but since COVID-19, they have become increasingly valuable.

Soft skills are personal traits and behaviors which lead to success. They are transferable skills applicable to any job you perform, regardless of the industry. In addition to knowing how to perform the technical duties of the position, employers are placing emphasis on these essential soft skills:

Communication: An ability to effectively listen and express a response, idea, or data clearly and logically.

Adaptability/Flexibility: An ability and willingness to embrace changes in situations and environments, persisting through unexpected difficulties and other perspectives.

Problem Solving: Using open-mindedness, analytical, creative, teamwork, and communication skills to effectively resolve a difficult, unexpected, or complicated matters.

Self-Directed: An ability to motivate yourself to complete tasks efficiently.

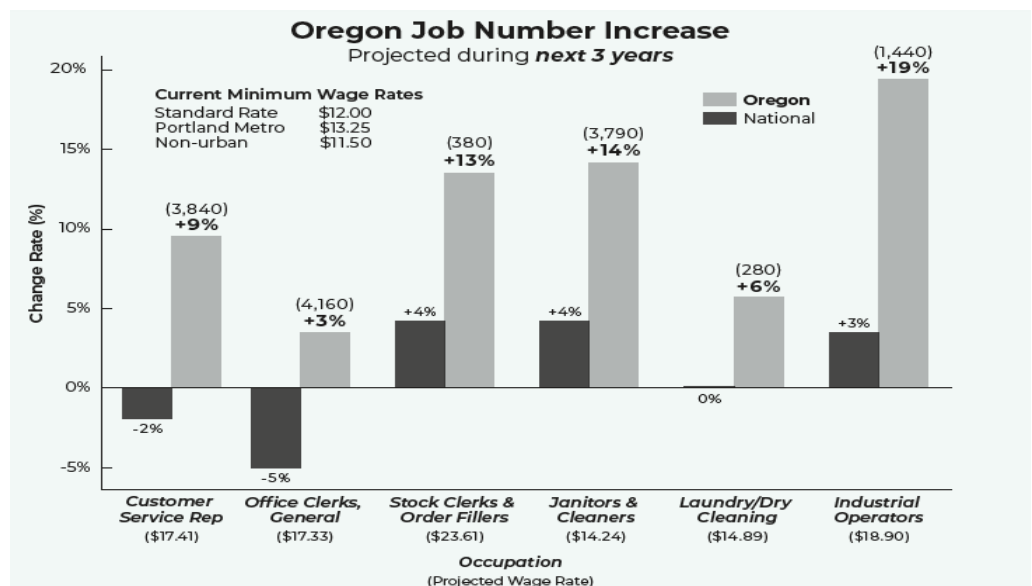
To develop soft skills, engage in some self-reflection. Make a list of your skills, be honest with yourself about your abilities, and ask for honest feedback from those who know you. This requires going outside your comfort zone and seeking challenges while setting clear and specific goals. Certifications, qualifications, and technical skills can help get you an interview, but it will be how you highlight and explain your soft skills that will lead to getting the job.

Cover Letter: Explain how your skills align with the company's goals and/or mission.

Resume: Include skills previously used in a short description when listing previous jobs, work assignments, and/or clubs.

Interview: Become confident in answering questions about your personal traits and past experiences. Practice answering mock interview questions.

Workforce changes have occurred this last year and will continue. Companies are looking at things differently now and trends with submitting an application through a website and being interviewed over video have become the new normal. It is your mindset, skills, and behaviors which will be critical to your success in a post-pandemic workforce.



The Enrichment Club

An Update

Written by Phillip Luna

Club Members

Pizza Fundraiser Update:

1,169 pizzas were ordered making this the largest pizza fundraiser at EOCl in known history - with pepperoni pizza's beating out the cheeseburger pizza's 792 to 377. In addition, as part of the pizza package 2,338 *Fanta* sodas were sold, with Strawberry and Pineapple coming out about even. This is markedly a huge success for the Enrichment Club and for EOCl.

Nintendo Switch Lite Fundraiser:

This fundraiser is ongoing. 242 orders are currently being processed. The next batch of 50 orders will be processed by the vendor when the first batch is complete. A third batch will be processed after that.

Orders will continue to be processed in batches of 50 or on the 15th of each month (or closest business day if the 15th falls on a weekend or holiday).

Chef's Pantry Fundraiser:

The Enrichment Club has proposed a fundraiser selling a variety of seasonings and spices for all the aspiring microwave (and non-microwave) chefs out there. Hopefully, this fundraiser will be approved.

Fundraiser Suggestions:

The club has received several suggestions for fundraisers (listed right). Any AIC can suggest a fundraiser item by sending a communication to Correctional Rehabilitation. Multiple suggestions for the same item have no affect on the likelihood of an item becoming a fundraiser. All fundraiser suggestions will be shared with the club and it is up to the members to determine which items to pursue.

If you are interested in making a suggestion to the Enrichment Club, please check the following list to make sure you are not sending a duplicate suggestion.

Suggested Fundraiser Items

Donuts - Krispy Kreme
Muffins - Costco
Donuts / Muffins - Albertson's
Spice Selection/Sauce Selection
Sweat Pants
EOCl Bakery Items
Art Supplies
Cheese Basket
Various Flavored Coffee, Creamers
Acoustic Guitar Concert w/Lunch
Customized Face Masks
Electric Razor/Shaver
Colognes
Glutamine Supplement
Dark Chocolate
Water Shaker Bottle
Marshmallows, Bags of Candy, Nutella
Personal Softball Mitts
PowerCore Nintendo Switch Battery Charge
Personal Music Player
Name Brand Masks
Tank Tops
Toilet Paper
Good Headphones
Ancestry / 23 & Me DNA Tests
Viso Drinks
Mission 12-in-1 Gaiter
Stylus Pen for Nintendo Switch Lite
Different Sodas (Sold in 4-Packs)
Power Commuter Portable Switch Charger
KFC Chicken, Buffalo Wings, BBQ Ribs
Larger Bowls & Food Storage Containers
Energy Drinks
Family-Sized Bags of Candy
Electric Toothbrush
Digital T.V. Antenna
Scented Oils
Popcornopolis (Various flavored popcorn)
Role Playing Game Dice
Protein Bars
Water color paints, brushes & stencils
Cool Towels (water activated)

The Enrichment Club

President: Phillip Luna

VP: Bobby Derrick

Secretary: Matt Derrick

Treasurer: Bryan Armas

Ambassador: Will Cote

Members:

Ben Edwards

Patrick Gazeley-Romney

Alex Hernandez

Troy Kirk

Seth Mathews

Edson Molina

Daniel Moore

James Renfro

Bryan Simmons

Dennis Waters

Contact Info

PREA Advocate:

You may write the PREA advocate at:

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

PREA

For Your Information

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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 999 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 Al numero de ayuda:

1. Levante el teléfono.
2. Marque 999 para dejar un mensaje.

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 linea del Inspector General al 877-678-4222.

Canteen Prices

It's Going to Cost More

Provided by Commissary

Statewide Commissaries are offering the Yamaha HPH-100 headphone to Level 3 AICs. The HPH-100 headphone delivers a comfortable fit, high quality dynamic sound, rich tone with balanced bass and treble response. The 6ft cable will connect to an 1/8" input or utilize the 1/4" adaptor making it an easy connection to your musical instrument or listening device.

Yamaha HPH-100 Closed-back Headphones \$94.38:

Specifications:

- Driver type - Dynamic closed back
- Driver unit - 40 mm driver
- Impedance - 46 ohms
- Sound pressure - 103db
- Frequency response - 20 Hz - 20 kHz

Commissary will begin offering the headphones Monday July 12th, 2021. Orders will be placed on the paper incentive forms. Please allow 3-4 weeks for delivery. As a reminder, you are only permitted to have up to two sets of headphones in your property.

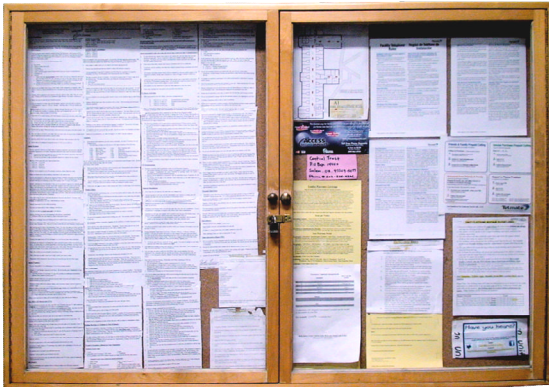
News:

Beginning July 1, 2021 some vendors have informed of a price increase. These will be on the new incentive forms and on the general form. This will include but not limited to musical items, televisions, and some of the protein items like Ultra Whey etc.

Updates:

Please note that Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. Your patience is appreciated.

Bulletin Board at a Glance



Article Note

Bulletin Board at a Glance is a section that highlights information contained on your housing unit bulletin board or information that was too brief to be utilized as an article.

Please see your housing unit bulletin board for complete information.

Education

The FAFSA is not available to incarcerated students until 2023.

The FAFSA Simplification Act, part of the Consolidated Appropriations Act of 2021, will expand eligibility for the federal Pell Grant to include incarcerated students. These students will be able to take advantage of the grant in 2023.

The DOC Education Office in Salem will give updates on when FAFSA applications are available.

Mask Update

As you know, Governor Brown recently lifted most COVID-19 health and safety restrictions after 70% of all Oregonians 18 and older received a first dose of a COVID-19 vaccine. The state does not require masks and face coverings in most settings; with some exceptions following federal guidance, including airports, public transit, **correctional settings**, and health care settings.

This news will frustrate many of you; face coverings are still required in DOC facilities. This mask mandate will be lifted when CDC and OHA guidance allows for it.

Health Information

In the summer heat, it is very important to make sure you drink enough water. Hot weather makes you sweat, and you need to replace those lost fluids or you could be-

come dehydrated. Plain water is the best way to re-hydrate your body. Foods with a high water content will help, so eat plenty of fruits and vegetables during the summer. Fresh veggies and fruits will have the most water in them, but cooked and canned count too.

Videogames in the Dayroom

The Operations Captain has advised that Nintendo Switch Lites will not be allowed in the dayroom. Please contact the Operations Captain directly with questions or concerns.

No other information has been provided. Please utilize your housing unit bulletin board for more info.

Self-Addressed Stamped Envelopes (SASE)

Per management in Salem it has been directed to all mailrooms in Oregon that SASE envelopes must have the sender's information in the left corner. When filling out a SASE write your name and address in the center of the envelope AND in the upper left corner. Write the address of the sender in the top left corner below your address.

If you have questions send a communication form to the mailroom.

DNA Testing Kit

An article in the May newsletter stated that ancestry/DNA testing kits could be ordered by AICs. AICs can follow the process for package authorization of the DNA testing kit. This process does work. Unfortunately, Ancestry and 23andMe are not willing to accept orders through the mail, which is part of the package authorization process. They will only accept orders placed online. No other genetic/DNA companies have been approached regarding testing services for AICs.

If any additional information becomes available it will be provided in the newsletter.

The Echo

Eastern Oregon Correctional Institution Newsletter

The Echo is now distributed to housing units on the 15th of each month, or on the closest regular work day if the 15th falls on a weekend.

A Note from the Editor:

Here at *The Echo* we accept newsletter article submissions. This is not something we have normally done in years past, but with the increase in pages we are able to add some additional content each month.

If you are interested in writing an article on: art techniques and compositions, music, health and fitness, finance, book reviews, creative writing, video games/reviews, Dungeons & Dragons, or the latest episode of *Gotham* - really anything - then send us a kyte and let us know. You can hand-write articles and there is some criteria which will be provided to you if you send a kyte to IWP. Send a kyte to IWP and request the criteria prior to submitting an article.

Overall, we can't publish everything and some things won't be workable, but we are interested to hear the different ideas. From our perspective, anything we can do to make the newsletter more interesting is a good thing.

The Echo - Volume III, Issue VII - July, 2021

Produced at IWP

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NASA's Goddard Institute for Space Studies

Oregon Careers magazine 2021

USDA Nutrition Database

To Kill a Mockingbird by Harper Lee

OCE Voices (OCE Newsletter)

The Oregonian/OregonLive

Important Dates and Events

July 14th/15th Ice Cream Floats

July 23rd Full Moon

July 28th Pepperoni Pizza Event

July 29th Cheeseburger Pizza Event

August 22nd Full Moon

Sept 3rd Angel Tree Order Deadline

Sept 6th Labor Day

Sept 11th Patriots Day

Sept 16th Mexican Independence Day

Sept 20th Full Moon

Sept 22nd Autumn Begins

PRAS Posting Dates

January 7th

February 4th

March 4th

April 8th

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

Get *The Echo* Via Email!

A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon.

Direct questions and comments to EOCI Institution Work Programs (IWP).

Friends and family can text "CORRECTIONS" to 22828 the receive *The Echo* in a monthly email.