

Message to Everyone: “Thanks for Making OSP’s Initial Package Program a Huge Success”

As many of you know, OSP’s Union Supply package program got underway on June 24th; whereby, AIC’s friends and families placed 743 orders amounting to roughly 1,200 boxes; which, were sorted – first by block and then in alphabetical order – before being passed out to all of the AIC in less than seven hours! (The first truck arrived at 12:00 p.m. and the workers delivered the last package at 6:30 p.m.).

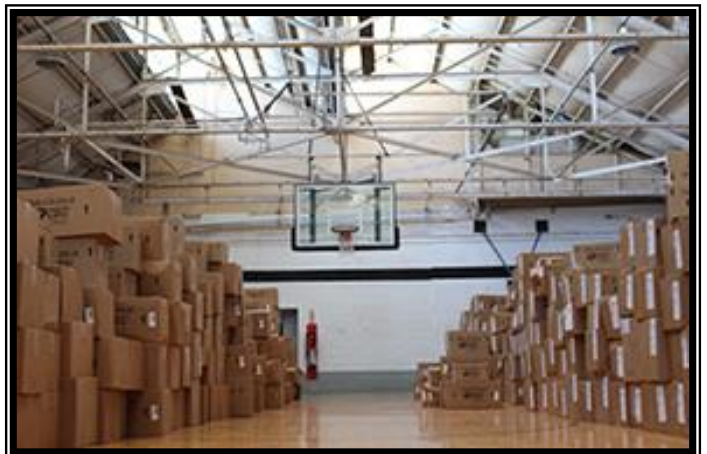
The Lifers’ Club would like to express their appreciation to all of the AIC workers, OSP Activities’ staff and the administration for not only making this event possible, but for helping us to execute it smoothly and proficiently. Likewise, a big thanks to all of the AIC that came through line and exercised patience and thoughtfulness while picking up their packages, your respect and consideration was also appreciated. Thanks!

Finally, it’s important for us to remember that with pilot programs like this, it’s our *collective response* to making this event a success that will present us with an opportunity to participate in another one. Therefore, in order for us to preserve this program, we have to accept that it’s a privilege and not an entitlement. In doing so, we’ll be able to keep the program in play not only for ourselves, but also for our friends and family. So, again, thanks to everyone who helped make what was once thought impossible – the package program – a reality.

At present, we’re awaiting word from the administration pertaining to our ability to participate in another package program. When the Lifers’ Club learns more, we’ll pass it on to you.

The Lifers’ Unlimited Club presents the following photomontage that narrates our collective success and captures the spirit of those who worked, unselfishly, for the greater good of our community. (RPL).







Serenity (by James Allen)



Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought-evolved being for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast and serene.

The calm man, having learned how to govern himself, knows how to adapt himself to others; and they, in turn, reverence his spiritual strength, and feel that they can learn of him and rely on him. The more tranquil a man becomes, the greater his success, his influence, his power for good. Even the ordinary trader will find his business prosperity increase as he develops a greater self control and equanimity, for people will always prefer to deal with a man whose demeanor is strongly equable.

The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. "Who does not like a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those possessing these blessings, for they are always sweet, serene, and calm. That exquisite poise of character which we call serenity is the last lesson of culture; it is the flowering of life, the fruitage of the soul. It is precious as wisdom, more to be desired than gold - yea, than even fine gold. How insignificant mere money-seeking looks in comparison with a serene life - a life that dwells in the ocean of Truth, beneath the waves, beyond the reach of tempests, in the Eternal Calm!

"How many people we know sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character, and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well-balanced, who have that exquisite poise which is characteristic of the finished character!"

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt. Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever ye may be, under whatsoever conditions ye may live, know this - in the ocean of life the isles of Blessedness are smiling, and the sunny shore of your ideal awaits your coming. Keep your hand firm upon the helm of thought. In the bark of your soul reclines the commanding Master; He does but sleep; wake Him. Self-control is strength; Right Thought is mastery; Calmness is power. Say unto your heart, "Peace, be still!" (RPL).

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

Continuing from June 2021's newsletter...

49. *Here's to You, Jesusa!* by Elena Poniatowska

Fiery and penetrating, this passionate story of one of Mexico's most challenging times provides the unique perspective of women in the midst of heated combat as they struggle to survive.

48. *Heart of Darkness* by Joseph Conrad

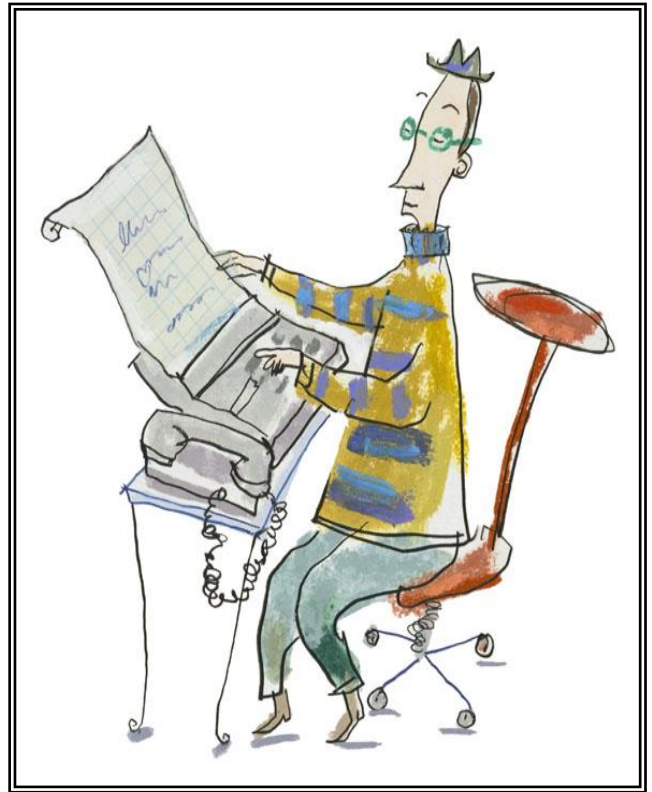
Charles Marlow is dispatched to the Congo in Africa on behalf of a Belgian trading company — but he gets more than he bargained for in the jungle's literal heart of darkness. A grim masterpiece that catapulted Joseph Conrad among the ranks of the great writers.

47. *Harry Potter* by J.K. Rowling

The worldwide phenomenon of the boy who lived is known by pretty much every child and adult alive today, but if you haven't given it a chance yet, this is the time to do it. Follow eleven-year-old Harry, Ron, and Hermione as they grow up, study magic, and learn how to defeat the Dark Lord — and try to make it out alive.

46. *The Handmaid's Tale* by Margaret Atwood

In this terrifying vision of the future, Margaret Atwood imagines a society governed by gender discrimination. More than a tour de force in the dystopian genre, *The Handmaid's Tale* is a grim, evergreen inquisition of identity, marriage, and what it means to be free.

**45. *Hamlet* by William Shakespeare**

Who is Hamlet, Prince of Denmark — and is he truly seeing the ghost of his father or is he going mad? William Shakespeare's most famous work boasts not only one of the most quoted lines in history ("To be or not to be"), but also the complex character who ever belonged on stage (Hamlet).

44. *Gulliver's Travels* by Jonathan Swift

Savage and brilliant, Jonathan Swift bends his satirical eye on humankind himself in *Gulliver's Travels*. *Gulliver's Travels* is one of the bestselling parodies of all time for a reason.

43. *Grimm's Fairy Tales* by Jacob and Wilhelm Grimm

Often said to be Disney for grown-ups. Beware: *Grimm's Fairy Tales* are much crueler and cruder than the stories that most children know.

42. *The Great Gatsby* by F. Scott Fitzgerald

When Nick Carraway settles down in decadent 1920s New York for a summer, he has no idea what awaits him in the booming parties, Daisy Buchanan, and the mysterious figure at the center of it all, Jay Gatsby. In *The Great Gatsby*, F. Scott Fitzgerald has crafted a masterwork for the ages and a haunting contemplation of the American Dream.

41. *Great Expectations* by Charles Dickens

Pip's journey from a poor apprentice to a gentleman has become the stuff of literary legend. First published in 1861, *Great Expectations* remains one of Charles Dickens' finest and most famous works.

40. *Goodnight Moon* by Margaret Wise Brown

"Goodnight room. Goodnight moon. Goodnight cow jumping over the moon."

Beautiful illustrations and perfect rhyme have made Margaret Wise Brown's *Goodnight Moon* a cherished favorite of children everywhere. (RPL).

Mindfulness Skill Series – Skills you can use to enhance your life and work (by OSP's Behavioral Health Services)**(1) Mindfulness Skill: Right vs. Effective**

Taking the right position.

Do you ever find yourself arguing your point to prove that you are "right" and that the other person is "wrong"? Taking the right position means that digging your heels in and standing firm regardless of the consequences to yourself and the relationship. You may be right, but is taking the "right" position the best solution? Ask yourself, "is it worth spending my time and energy trying to prove my point?"

Taking the Effective Position.

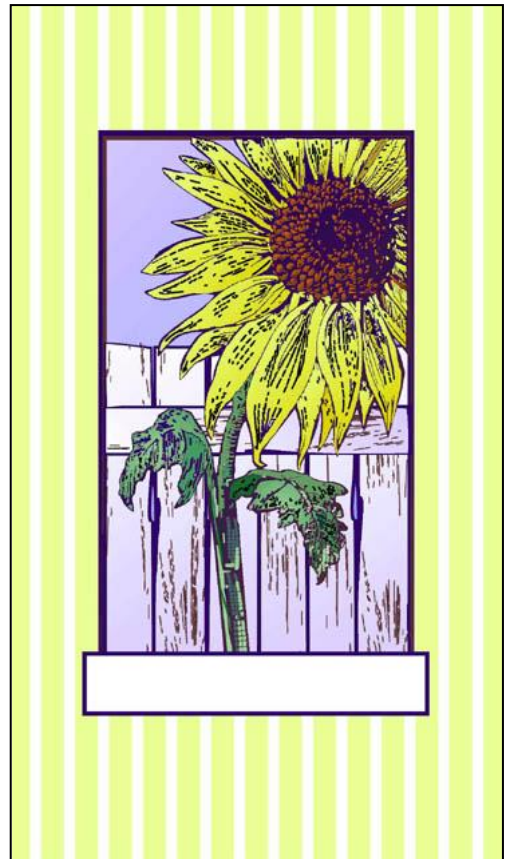
When you are effective, you do not focus on who is right or what is fair. Instead you focus on what works in the current situation. Being effective means that you set aside your need to be heard (and validated) in that moment and focus on what is going to have the best result. It also means that you take a step back and consider if your response is consistent with your goals and priorities.

Skill Benefits

- Prevents you from spending your energy proving that you are right by making a choice to do what is most effective in the moment.
- Being effective helps you maintain and keep relationships.

(2) Mindfulness skill: Calm Detachment

Calm Detachment is a coping skill that you can use to step back from a situation that would otherwise upset you. It involves making a choice to not get "attached" to a specific situation, person, outcome or event. You have the choice to decide, "is this worth my time and energy?" If the answer is no, Calm Detachment gives you another option. Calm Detachment does not mean that you don't care about what is going on or who is involved. It means that you are making a conscious choice to



not give the situation your time or energy. You are calmly stepping away and letting go of any attachment to the situation.

Skill Benefits

- Calm Detachment gives you more control over the situation. It means that you chose whether or not you are going to expend your time and energy.
- You have a choice, rather than acting impulsively, you have more control in the situation, and more control over your life. By choosing your own behavior instead of allowing someone (or something) to force a response, you are taking personal responsibility and control of your life.

(3) Mindfulness skill: Wise Mind

There are three different states of mind that a person experiences in any moment. These mind states are *Emotion Mind*, *Logic Mind*, and *Wise Mind*. Emotion Mind is when you experience intense emotions and your emotions drive your behavior. Many times Emotion Mind results in an outcome you later regret because your decision was made impulsively. Logic Mind makes decisions based on facts and does not use emotions to make decisions. Wise Mind is a balance between your Emotion Mind and your Logic Mind. Wise Mind is being mindfully aware of your emotional experience while you consider the facts to make a clear decision. One step towards Wise Mind is taking a moment out of your day to slow down and breathe. This reduces intense emotions and helps you think clearly.

Skill Benefits

- Wise Mind helps you figure out how you feel, what your goals are and then how you interact in life.
- In Wise Mind you do not run on emotions or shut them down. You pay attention to your long term goals instead of focusing on your short term wants and needs in the moment. (RPL).

Word Origins...

Poker. How did the game "poker" get that name?

The game is German in origin and gets its name from the German *pochen*, meaning "to boast" or "brag" – though a literal translation is "to knock." A "knock" is still used in poker to indicate a passed bet – and the game still includes considerable "bragging." But the game seems to have been introduced into this country through New Orleans where, due to its similarity to the French game *poque*, it acquired that name. Southern gentlemen who played the game but were untutored in French pronunciation gave it two syllables – "pok-uh" – which is very similar to their pronunciation of "poker." Northerners who learned the game from these gentlemen quite obviously deduced, therefore, that it was spelled the same.

Port. What is the reason we call the larboard or "left" side of a vessel the "port" side?

The steering oar of ancient sailing vessels was on the right side. The opposite, or left side, was therefore the one laid up against the dock for unloading. This side was nearest the "port"; and, if necessary, it had in it a cargo "port" or opening. Both terms come from the same Latin root *port-*, meaning "opening." The change from calling this side of the vessel "larboard" was brought about by the confusion often arising out of the similarity of the sound between "larboard" and "starboard." (RPL).

Gogi Graduations

The Lifer's Unlimited Club would like to congratulate the AIC that completed the 15-week Gogi course facilitated by Stephen Weavill and James Knope. What's more, a special thanks goes out to Cheryl Lenex who helps make this course available to AIC who are committed to making more positive decisions in their lives.

Thanks!

June 2021's graduating class is: (Bold indicates lifers).

Leonardo Gonzalez

Konrad Casebeer

Travis Asbill

Marshall Mckenna

Jildardo Blancas-Perez

Darius Brown

Jeremy Boyd

Steven Hill

Dustin Norris

Enrique Bautista

Jordin Stepan

Dwayne McClinton

Abdalah Mohamed

Nolan Briden

Deshaun Swanger



Note: If you are interested in learning more about Gogi and/or participating in one of the courses, please send a kite to Cheryl Lenex, Counselor Manager, Group Living. (RPL).

Changes To Measure 11 Prison Sentences Appear Dead This Session (by Noelle Crombie)



Efforts to undo Oregon's mandatory minimum sentencing law have fizzled, according to a key lawmaker who has pushed for years to roll back the longstanding policy.

Sen. Floyd Prozanski, a Democrat from Eugene, said Thursday that the bill he sponsored, Senate Bill 401, is marooned in the Senate Rules Committee, where it seems likely to die.

Prozanski sought to replace mandatory minimum sentences for most violent crimes with a system that would give judges more discretion over sentences.

He blamed the Oregon District Attorneys Association for failing to work with him on a potential compromise.

"I don't see us moving it forward," he said. "I don't have the 20 votes" needed to pass it out of the Senate.

He said a neutral position from the prosecutors group would have gone a long way toward swaying some lawmakers.

He said he went to the district attorneys association several weeks ago with a compromise that would remove only second-degree robbery and second-degree assault from the list of crimes that trigger mandatory minimum sentences. The rest of the law would remain the same he said.

But he and the prosecutors still could not reach an agreement.

"It's never good enough" for the association, he said.

Marion County District Attorney Paige Clarkson, president of the prosecutors association, said in response that any changes "must be carried out in a deliberate and thoughtful manner that does not increase uncertainty about any unintended consequences of those changes."

She called Prozanski's final proposal removing second-degree robbery and second-degree assault "rushed."

"A crime victim survivor should be able to have faith that any proposed changes will only result in the intended outcome and by not rushing this complex conversation we decrease the chances for those unintended consequences harming crime victims and survivors," she said.

Prozanski went into the session hoping to discussions on changing Measure 11 would be front and center. Four bills were submitted for consideration, but eventually SB 401 emerged as the focus of those talks.

On Thursday, he said he was disappointed the debate went nowhere.

"It's frustrating that I don't get the courtesy of having honest deliberation and discussion," he said.

All along, prosecutors have been the most forceful opponents of changing the law. They argued that Measure 11 ensures courts treats violent criminals in a consistent and fair manner. They say the state's mandatory minimum sentences for crimes such as rape – eight years and four months – are reasonable, hold offenders accountable and keep communities safe.

Prozanski and others who want to do away with mandatory minimums say the policy is outdated, inflexible and overly harsh. (RPL).

Allan's Specialty Tea Options

Just a reminder for a limited time and by special order only, the Lifers' Unlimited Club in partnership with Allan's Coffee & Tea, is offering the following regular and herbal teas.

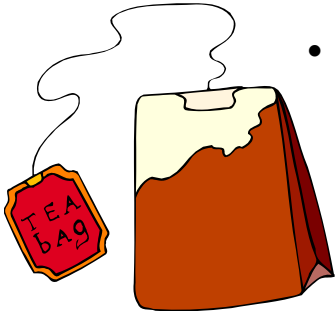
REGULAR TEAS

- English Breakfast Black (100ct Pyramid Sachets)
- Earl Grey Black (100ct Pyramid Sachets)
- Large Leaf Masala Chai (100ct Pyramid Sachets)
- Coconut Rush Black (100ct Pyramid Sachets)
- Four Horseman Black (100ct Pyramid Sachets)
- Chinese Sencha Green (100ct Pyramid Sachets)
- Jasmine Special Grade GR (100ct Pyramid Sachets)
- Pomegranate Mojito Green (100ct Pyramid Sachets)
- Cinnamon Orange Spice Rooibos (100ct Pyramid Sachets)



- Madagascar Coconut White (100ct Pyramid Sachets)
- Gold Rush White (100ct Pyramid Sachets)
- Creme Brulee Oolong (100ct Pyramid Sachets)

HERBAL TEAS



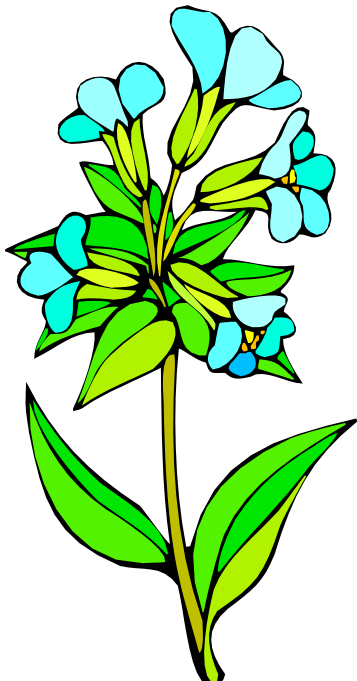
- Seven Seas (100ct Pyramid Sachets) (Ingredients: Cinnamon Chips, Rooibos Herbal Tea, Eleuthero Root, Peppermint, Echinacea, Sarsaparilla Root, Licorice Root)
- Wellness Blend (100ct Pyramid Sachets) (Ingredients: Lemongrass, Peppermint, Rose Hips, Licorice Root, Chamomile Flowers)
- Insomniac's Dream (100ct Pyramid Sachets) (Ingredients: Chamomile Flowers, Lemon Balm, Catnip, Lemongrass, Peppermint)
- Vanilla Spice (100ct Pyramid Sachets) (Ingredients: Cinnamon Chips, Ginger Root, Fennel Seeds, All Natural Flavor).

If you're interested in purchasing any of Allan's Specialty Teas (prices start at \$45.00 per 100ct) please send a kite to the Lifers' Club stating your request. (RPL).



Need A New Lifers' Card?

If your yellow Lifers' Membership Card is worn out, lost and/or you're a new member, so you have not yet receive one... Send a kite the Lifers' Unlimited Club and we'll work on replacing it. (RPL).



"Sweep up the debris of decaying faiths;
Sweep down the cobwebs of worn-out beliefs,
And throw your soul wide open to the light
Of Reason and of Knowledge. Be not afraid
To thrust aside half-truths and grasp the whole."

- **Ella Wheeler Wilcox**

"For life is the mirror of king and slave,
'Tis just what you are and do;
Then give to the world the best you have,
And the best will come back to you."

- **Madeline Bridges**

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

Courtney McFadden, Staff Advisor
Lifers' Unlimited Club
Phone: 503-378-2289
Email: courtney.d.mcfadden@doc.state.or.us

Just a reminder the Lifers' Club Pop-Up BBQs are every weekend. 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. Thank you.



~*~*~ **WE ALL HAVE UNLIMITED POTENTIAL** ~*~*~

Lifers' Unlimited Club Executive Body

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

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.