

Volume 54, Issue 8

Edited by Robert P. Langley

August 2021

OSP Community Fair

As some of you have already heard, on Friday, August 27th, the OSP Administration in conjunction with the Activities Floor clubs and special interests groups are hosting an OSP Community Fair highlighting how OSP has embraced the Oregon Way. As the Oregon Department of Correction's has stated on its website, "The Oregon Way is a philosophical approach to corrections based on best practices in security and the belief that humanizing and normalizing the prison environment is beneficial for employees and the people we incarcerate."

This event was inspired by the Uhuru Sasa's June 26th Appreciation Day and it provides OSP with an opportunity to highlight the Oregon Way and celebrate how it has benefited the people who work and live in our community.



Please note that all of OSP's COVID-19 mandates will be in effect during this event. We've done a good job of following the mandates in our day-to-day lives, so it won't be much different here. Just be responsible and wear your mask when you're standing in the lunch line, inside the Recreation Building and/or in a crowd of people. Since the majority of the events will be taking place out on the yard (with plenty of spacing between them), social distancing shouldn't present a problem. Again, just reminder that we all need to be diligent in implementing OSP's COVID-19 safety measures.

As for the particulars, the overall plan is to hold the event on the yard with the various clubs putting on different events. By way of example the:

- Lifers' Unlimited Club will have a booth with literature on its Mission Statement, GOGI, Lifers' Insight Group, Equality 8, etc. They'll also have the BBQ up and running along with its' new soft serve ice cream machine.
- 7th Step Foundation will be hosting an X-Box challenge in the gymnasium.
- AA/NA will have a booth with literature, sign-up opportunities and refreshments.
- APFC will have an Asian culture-themed booth with literature, sign-ups and fundraising.
- Art Program will have art displays and demonstrations featuring 6-8 artists who will take turns contributing to one painting.
- Athletic Club will host a billiards competition in the pool room between AIC and staff, a kickball game between AIC and staff and a dunk tank.
- Latino Club will have a cultured-themed booth with literature, sign-ups and fundraising.
- Capital Toastmaster will have a booth with literature, sign-up opportunities, demonstration speeches and table topics and debates with prizes.
- Uhuru Sasa will have a cultured-themed booth with literature, sign-up opportunities and fundraising.
- Veterans Club will have a booth with VA and Veteran's benefit literature, sign-up opportunities and fundraising.
- Music Program will be coordinating a live concert on the outdoor stage.
- Hobby Shop will have a booth available to display and sell their wares.

The yard will be open to all of the blocks during the entirety of the event. Needless to say, everything is still in the developmental stage; however, plans are being coordinated, expectations and responsibilities are being determined and progress is being made.

Regarding the meals, breakfast will be served in the dining room; however, please note the dining room will be closed the rest of the day. The noon meal will be served "BBQ style" out on the yard and dinner will be a sack lunch. You'll be able to grab your meal and leave the yard if you choose. The kitchen is preparing the lunch menu and it will include:

- BBQ Chicken Sandwich (w/cheese and fixings).
- Zenners' Doubled Smoked Bacon & Cheddar Sausage (w/all beef substitute).
- Premium Potato Salad.
- Watermelon/Cantaloupe.
- A Bottle of Pepsi Product (to be purchased by the clubs).
- Other items for inclusion are still being determined (to be purchased by the clubs).

Some of the invites will include dignitaries from State and local government, Oregon Department of Corrections and Superintendents from other Oregon Correctional Facilities. The event will begin with the afternoon meal – and – the Lifers' Club encourages everyone to show up and have a good time! (RPL).



What The %#@& Is GOGI? (And why are people talking about it?) – By Robert P. Langley

Since my transition to general population from death row, Stephen, a friend on the Activities Floor, has been trying to get me to sign up for a GOGI course that he and his friend (James) have been facilitating. Each time I deferred by providing an array of excuses ranging from time constraints, legal commitments and work priorities – you name it and I gave it! Unspoken in my excuses was my innate cynicism towards GOGI and what it allegedly had to offer the AIC community. As I saw it, some smart and enterprising people found a way to synthesize materials from other self-help workbooks, re-brand it as “GOGI” and sell it to the Department of Corrections as a behavioral toolbox for prisoners. On the other hand, the developing side of me thought, “Okay. Assuming everything I imagined about GOGI were true: What difference would it make as long as it proved beneficial in helping AIC make positive decisions?”

Because Stephen was persistent, and after I convinced a couple of friends to join me (thanks, Randy and Visith), I finally relented and committed to attending a 12-week GOGI Certificate Program. In doing so, I figured at minimum it would challenge me by placing me in some uncomfortable social settings and, if nothing else, that alone would assist in my transition to population. And, besides, I may actually learn something.



Now, back to the subject of this article. If you're like me “What the %#@& is GOGI?” was the first question that popped into your mind when you initially heard about it. A little while ago, I was assisting Stephen on another GOGI project when my curiosity got the best of me and I decided to look into what GOGI had to offer. This resulted in research that led me to a book titled *TEACH ME HOW TO GOGI - The Ultimate GOGI Group Study Guide* (by Coach Mara L. Taylor and Coach Leigh Carlson) (2015). Within it one of the authors wrote:

“My name is Coach Mara L. Taylor and in 2002 I sat down and began to listen to men and women and children who were put in prisons and jails because of their addictions and poor decision making. I listened to tens of thousands of prisoners for more than 10 years and during that time, I witnessed their struggle, hopelessness, despair, regret, remorse, sorrow, guilt and sadness. Through this process of active listening, the prisoners taught me many things including how to find my own

internal freedom. Thousands of prisoners helped me to formulate the tools you are going to learn in this book. Each tool was designed by prisoners and only added to the GOGI 'toolbox' after being tested and circulated to thousands of prisoners asking for their comments and opinions. If these tools work for individuals who have made the most poor decisions possible, I have a feeling they might work for you, too. As Herbert Smith, a prisoner in Utah stated, "If I can be GOGI, then anyone can be GOGI." Like many people, Herbert has had a lifetime of poor decision-making. But, now he studies – AND TEACHES – GOGI each week to fellow prisoners, and his life is changing each and every day for the better. **Can GOGI work for you? I promise you this, if you keep this book handy and you read just one page each day for the rest of your life, I believe your life will turn out better than you could ever have imagined.** I have seen change happen with thousands and thousands of individuals who have suffered for too long and reach for GOGI as a possible solution. They use their tools and life gets better. Welcome to GOGI. Welcome to a growing family of happy people. Smile. You are about to learn how to find a rare form of freedom with GOGI.

Love,
Coach Mara" [bold added].

Naturally, after reading this excerpt, my bull**** meter went off, "Really? You're promising me that if I keep *Teach Me How To GOGI* handy and read just one page a day for the rest of my life, my life will turn out better than I could ever have imagined?" Well, imagine that! The next thing you know the cigarette manufactures will claim smoking doesn't present any health risks. (Oh, wait! They already did that). The mocking side of my brain thought, "Wow! There must be some serious enlightenment in this book because the Bible, Tao and Koran don't even make that promise." In all seriousness though, this one excerpt almost stopped me from reading the rest of the book. And, it would have, except for the fact that I have a rule when it comes to books: If I start reading one I always finish it. (This requires me to be selective in what I choose to read). So, looking past my cynicism, I decided to read on until I found the answer to what is GOGI?

The following is an abridged version of what I discovered.

"GOGI" is an acronym for "Getting Out By Going In." As explained in *Teach Me How To GOGI*,

"Getting Out By Going In (GOGI) helps you "get out" of negative situations by "going in" to your own ability to find the solutions. By "getting out" we mean freeing you from negative thoughts, actions and reactions. By "going in" we mean providing you with simple tools for you to change your life starting with changes inside you."

The "simple tools" that GOGI refers to are:

Tools of The Body

- Boss of my Brain
- Belly Breathing
- Five Second Lightswitch

Tools of Choice

- Positive Thoughts
- Positive Words
- Positive Actions

Tools of Moving Forward

- Claim Responsibility
- Let Go
- For-Give

Tools of Creation

- What if
- Reality Check
- Ultimate Freedom

How To GOGI, Book One (Positive Decision Making Tools) (2012) describes the tools this way:

"The Twelve Tools of GOGI are based on common and well-known psychological and behavioral techniques. There is nothing new about the tools, but somehow the simple descriptions of the tools make them easier to remember and apply. Simplifying otherwise complex strategies has been the most important aspect of GOGI's positive decision-making tools and the foundation of our incredible success."

As I read on, the following Tool Instruction caught my eye:

"You know you have a brain. You can control your brain or you can let others control it. You have a choice. No one and nothing can control your thoughts without your permission. You can leave your brain wide open to be filled with pollution or you can be in control of your thinking at all times. You choose."

Hmmm... This was a lesson that I learned organically while living on death row, so at this point the book started to make sense to me. In fact, when I read the Twelve Tools of GOGI they seemed intuitive and/or they described lessons that I had already learned from some of the people I've been blessed to know. For example, one of the GOGI tools is called "Belly Breathing" (the goal is to learn to breathe with your chest remaining still and your belly moving in and out; breathing with the entire body is one of the most powerful ways to calm the body and mind down). Once back in the mid-1990s, I was going through a penalty phase remand when the trial court fired both of my attorneys and ruled that I had to proceed to my capital trial without counsel. For the purpose of this article the particulars aren't important, what's important is that I was under a lot of stress. So, to make a long story short, because I disagreed with the court's actions – I refused to participate in the legal proceedings. Each day I would show up to court, tell the judge I refused to participate and just sit there while the prosecution put on its case and, on occasion, do things to try and provoke me. Needless to say, it was an extremely stressful time in my life. Fortunately, everyday after court I would receive a phone call from one of the attorneys who had been fired and, like clockwork, the first thing she would ask me is, "Bob, did you remember to breathe?" She would always emphasize breathing techniques and stress the importance of how taking a moment to breathe before speaking was essential to clear and concise communication when a person is experiencing stress. I took this lesson to heart and I've practiced it with success ever since. In the same way, I can recount a number of other stories relating to the tools and themes of GOGI appearing in my life. (This makes me wonder if I've been doing an organic version of GOGI without knowing it?).

As I kept reading my cynicism was further dispelled by the following passage from Ms. Taylor (who's "promise" I criticized above):

"The Twelve Tools of GOGI are yours to use as you see fit. If you disagree with how a tool is described, don't let your disagreement negate all the positive which is possible. Just set that particular tool or description aside and focus on the parts which are consistent with your mindset or studies or religion or culture. Chances are, you will disagree with some things. That is the unfortunate reality of living with other humans who have experienced life differently than you. **But to ignore all that is good in something, simply because you disagree with a few things that you believe are flawed, is a very narrow way of living and creates separation and sadness, addition, and anger.**

If you wish to be seen as more than your past, as more than your [] corrections file, as more than your color or creed, religion or size, sex shape, or education, then you can practice extending that same courtesy to others, including the Twelve Tools of GOGI. **Look for the good, not only in the Twelve Tools of GOGI, but in every circumstance, situation, or human.** We ARE all trying to be happy in our own unique and sometimes flaw-laden ways. We all suffer. We all have dreams. We are all human, as inhuman as we may appear. We all have hearts which are bleeding and dreams which have disappeared. **Let's look beyond our own narrow pain to see the well of sorrow created by a system we feed into and fuel by our poor decisions. We can only change a broken system when we change the broken things inside us first.**

I believe how you do one thing in life is often how you do other things. If you are negative with one thing, you are often negative with most things. If you are supportive of one thing, you are often supportive of many things. We as humans tend to be habitual characters and repeat how we see the world, regardless of the conditions of the world around us. We see what we have always seen or what we wish to see. WHAT IF we demanded more from ourselves?" [bold added].

Touché Ms. Taylor! "To ignore all that is good in something, simply because you disagree with a few things that you believe are flawed, is a very narrow way of living. * * * WHAT IF we demanded more from ourselves?" Now we're getting somewhere...it sounds like she may have been talking to me!

Anyway, after looking into GOGI my personal take away is this:

In the first instance, the entire GOGI process requires commitment, practice and repetition. We all suffer the misfortunes of being human and, for better or worse; we've all developed different thinking patterns. Further, since everything we perceive is tainted by our subjectivity, our negativity exists in relation to our *subjective* perceptions. GOGI teaches you that if you change your thinking you'll change your perceptions. Equally, your behavior will change as you develop new and constructive thinking patterns. That is to say, by being attentive to what you're thinking, positive actions will flow from positive thoughts. In this respect, GOGI offers a guidebook on how to objectively evaluate your thinking – while cultivating new and positive thinking patterns. Plainly put, GOGI teaches you how to reverse the process of your negative thoughts by encouraging positive and constructive thoughts. Although the GOGI classes provide a framework for the participants, the true course of growth is up to the individual. In this way, the Twelve Tools of GOGI are designed to work by compounding self-cultivation with the dividend of learning how to make positive decisions. The core principal being that once you learn how to string positive decisions together you will not only enhance your life, but the lives of those around you.

Importantly, GOGI is not a cure-all so if you go into it looking for specific results they'll probably elude you. If, however, you go for the experience and all you learn (at least initially) is how to be present and participate (read the books and complete the written assignments), then you'll put yourself in a position to benefit from taking the classes. Obviously, you can't change what you don't acknowledge. Therefore, if attending the classes only provides you with insight and inspires you to change, then you'll hold the keys to your own future by nurturing and cultivating it. As with most programs, the changes GOGI offers will only become manifest when they're united with your resolve for self-improvement; desire is the motivation inciting your will to action – we are what we do. Most people are anxious to improve their circumstances, but are unwilling to change themselves. Not coincidentally, this approach reinforces their negative perceptions while undermining their ability to change the circumstances they seek to improve. In contrast, GOGI says if you improve YOURSELF FIRST; your circumstances will follow... A concept that has been echoed throughout literature:

"A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, *bring forth*. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind. Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts. **By pursuing this process, a man sooner or later discovers that he is the master gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought forces and mind elements operate in the shaping of his character, circumstances, and destiny.**"

- James Allen [bold added]

Imagine how much better off your life would be if you were able to eliminate just one or two poor decisions a day? GOGI says you can. And, from what I've learned, I think so too. So, if you'd like to become the best version of yourself and learn how to become a better citizen within our community and/or upon your release, give GOGI a try. It offers a down-to-earth starting point – AND – it will work in direct proportion to your participation and quest for self-improvement.

Finally, if anyone would like to learn more about GOGI and what it has to offer, stop by the Lifers' Unlimited Club tent during the August 27th OSP Community Fair and talk with one of the GOGI facilitators. (They're knowledgeable and committed to helping AIC make positive decisions).
~ Peace ~ (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)
- Four Horseman Black (100ct Pyramid Sachets)
- Chinese Sencha Green (100ct Pyramid Sachets)
- Jasmine Special Grade GR (100ct Pyramid Sachets)



HERBAL TEAS



- 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)

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).

Victory (from the Tao)

Can you be both martial and spiritual?

Can you overcome your ultimate opponent?

To be martial requires discipline, courage, and perseverance. It has nothing to do with killing. People fail to look beyond this one narrow aspect of being a warrior and so overlook all the other excellent qualities that can be gained from training. A warrior is not a cruel murderer. A warrior is noble and heroic.

A warrior will have many opponents in a lifetime, but the ultimate opponent is the warrior's own self. Within a fighter's personality are a wide array of demons to be conquered: fear, laziness, ignorance, selfishness, egotism, and so many more. To talk of overpowering other people is inconsequential. To actually overcome one's own defects is the true nature of victory. That is why so many religions depict warriors in the iconography. These images are not symbols for dominating others. Rather, they are symbols of the ferocity and determination that we need to overcome the demons within ourselves. (RPL).

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

Continuing from July 2021's newsletter...

39. *The Golden Compass* by Philip Pullman

A retelling of John Milton's *Paradise Lost* for the 21st century, *The Golden Compass* transports readers into a world of animal familiars, parallel universes, and brave young girls who could make a difference.

38. *The Giver* by Lois Lowry

12-year old Jonas lives in a seemingly utopian society. However, when he is assigned to take over as the next Receiver of Memory, he discovers that there's more to his community than meets the eye. An astute, lyrical children's book.



37. *Frankenstein* by Mary Shelley

The grandfather of monster fiction, *Frankenstein* has fanned the imaginations of horror and suspense lovers around the world. Mary Shelley's enduring legacy of a mad scientist and his tortured, anguished creation (with a badass name) is to this day considered to be the first science-fiction book ever written.

36. *Fahrenheit 451* by Ray Bradbury

Perhaps the singular work that doubles as both an incisive commentary on mass media and a bookworm's worst nightmare. In Ray Bradbury's towering dystopian masterpiece, Guy Montag is a conflicted fireman who is intimately familiar with fahrenheit 451: the temperature at which books burn.

35. *Emma* by Jane Austen

In Regency England, a young woman named Emma Woodhouse is determined to match make the friends around her. Hijinks and plenty of revelations of the heart ensue. Of her titular character, Jane Austen wrote, "I am going to take a heroine whom no one but myself will much like." But anyone who reads the book will end up falling in love with imperfect and high-spirited Emma.

34. *Dracula* by Bram Stoker

A small band of friends must stop Count Dracula from coming to England and spreading the curse of the undead all over the continent. Published in 1897, *Dracula* boasts the original vampire and lastingly re-defined gothic fantasy.

33. *Don Quixote* by Miguel de Cervantes

Considered one of the greatest works in the pantheon of world literature, *Don Quixote* follows the ill-fated adventures of Alonso Quixano: a middle-aged man who loses his sanity and believes himself to be one of the knights in shining armor he has read about in chivalric books.

32. *The Divine Comedy* by Dante Alighieri

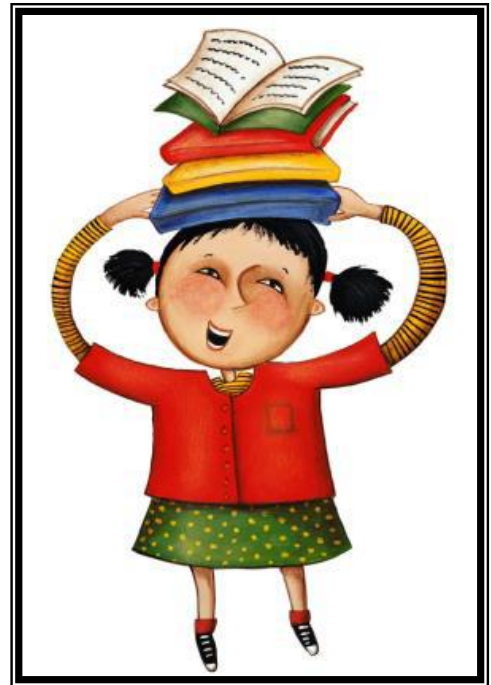
Few authors are so exalted that they're recognized by their first names, and even fewer books are as lofty as *The Divine Comedy*. Dante's journey through Hell, Purgatory, and Heaven is a feat of imagination and an undisputed giant in world literature.

31. *The Diary of a Young Girl* by Anne Frank

Anne Frank was 13 years old when she and her family went in hiding. Of the diary that was published posthumously by Frank's father, John F. Kennedy once said: "Of all the multitudes who throughout history have spoken for human dignity in times of great suffering and loss, no voice is more compelling than that of Anne Frank."

30. *Diary of a Madman and Other Stories* by Lu Xun

Inspired by Nikolai Gogol's short story of the same title, "Diary of a Madman" made Lu Xun one of the leading Chinese writers of his time. But there's more to Xun than just "Diary of a Madman," as evidenced by this complete collection of his short stories. (RPL).

**Word Origins...****Q. What is the reason we call gratuity a "tip"?**

A. Years ago in English inns and taverns it was customary for the patrons to drop a coin for the benefit of the waiters into a box placed on the wall. On the box was a little sign, which said: "To insure promptness." Later just the initials of the phrase were put on the box – T.I.P. (RPL).

Parole Hearings ~ The GOGI Way

Preparing for Hearings, Parole Board, and other interviews

A Note from GOGI Founder, Coach Taylor

A letter was sent to GOGI from one of our leaders who was pleased to share his successful parole hearing outcome. He wanted to share suggestions that he hoped were passed on to others who would be in the same hearing seat in the days and months to come. That same week, I received another letter from another GOGI leader who engaged in discussions with staff related, specifically, to hearings. He offered some suggestions, as well.

As a listening organization, GOGI responds to the needs of our students. Both of our students were providing similar suggestions they hoped would be shared. This handout is a response to their insights and suggestions. While GOGI takes a lot of criticism for the fact that our courses repeat, repeat, repeat, we also receive a lot of praise for a stellar record of successes among our released students. Each of the GOGI books repeat, repeat, repeat the same thing in different ways, excellence requires practice and repetition. We have found that the more solid our students can speak about the application of the GOGI Life Tools in their daily choices, the more positive they feel about their interview results.



As you prepare for return to the community, please know that all of us at GOGI want you to be repaired at your very core. We do not want to have you return home only to suffer and struggle. At GOGI, we want you to return home and become a solution to a suffering society. That, my friend, requires repeat, repeat, repeat.

When you speak of your own GOGI Life Tools in interviews and hearings, please be prepared to respond to, or offer a solid, concise, and accurate response to, the many questions I will list below. One helpful hint is that those individuals tasked with interviewing you have great confidence when our students can share specific instances when a specific tool came in handy. Therefore, keeping a list or journal or a "GOGI Life Tool Log" permits you to list dates, times, places and topics where you applied your GOGI Life Tools to specific situations you have documented. You may, or may not, be able to take this journal or log into the meeting, but you can refer to it, and say something like, "In my GOGI Life Tool Log I documented one time when my cellie...". This level of engagement is likely to impress anyone, and may accurately reflect your level of commitment to using your GOGI Life Tools when facing daily challenges.

Here are some questions you may be asked: What is GOGI? How has GOGI helped you? What does GOGI do for you? How can GOGI better prepare you for society? How does GOGI help you make better decisions? Explain the GOGI Life Tools to us. What do you mean by BOSS OF MY BRAIN? How do you apply this specific Tool to your life? On the night of XXXX when you committed the crime of XXXX, if you had known the GOGI Life Tools, would the outcome of that night have been different and how? When you received a write up for XXXX on (insert date here), would your GOGI studies have made a difference and how? Regarding remorse for your actions, specifically, how does GOGI help you? How do we know that if you are let out, you are not going to return to your previous

life style? What will you do if someone offers you drugs? If a fight happens and you are right there, what are you going to do? If someone comes running at you, how are you going to deal with that? What if you are in a situation and you are around people who are drinking or getting high, what are you going to do about that? How are you going to cope with the stress of getting a job and paying your bills? Who do you reach out to? Are you going to continue groups and self-help if you return home? What are 5 stressors you are going to have if you get out and how will you cope?

Remember, dear GOGI students: Be GOGI specific! KNOW YOUR TOOLS. Know specifics about specific tools to be used at specific times and under specific circumstances. Keep a log! And remember, above all else, repeat, repeat, repeat. (Coach Taylor). (RPL).

DAVID vs. THE "COFFEY" (First SMH Resident Allowed to Participate)



Congratulations Dave! Who would of thought that after all those years of listening to you talk about how you wished the administration would let you go to the yard to run and workout – you finally made it! Rumor has it that you took on the Coffey Challenge and kicked its butt! Of course, it only took you two yard periods – or - 5 hours and 13 minutes to complete it! (Not counting your lunch break). But, hey, at least they didn't have to pay your escorts overtime... Not bad for the first time through.

From all of your old row dogs' congratulations! Moreover, thanks to the administration and staff who helped make this event happen. Your thoughtfulness did not go unnoticed or unappreciated.

Editor's note:

Dave actually completed the Coffey in less than 43 minutes! Thereby, qualifying for the August 20th Razor Wire Challenge. Good job and good luck! (RPL).

It Couldn't Be Done

"If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will –
It's all in the state of mind.



"Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can and you will;
It's all in the state of mind.

"If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can."



LIFERS' CLUB NEW BBQ LOCATION

As you have probably noticed, the Lifers' Club BBQ operation has moved to its new location on the yard next to the ice dispensers. Some of the benefits the new location offers are faster and more convenient service; it gives ICH an opportunity to participate in the BBQs (the previous location prohibited this); and it provides PM Runners with the ability to purchase their food and leave the yard at their designated times, etc.

Given the need to fix C-Block's roof our move was a little premature in the sense that we didn't have our new location's infrastructure in place yet. As a result, it's going to take a little time for us to get fully situated and become accustomed to operating from our new location. For this reason, we ask for your patience as we go through our growing pains. (Thank you).

Lastly, in order to make the BBQs run smoothly and, with the least amount of disruption to the established routines in that area, we ask that if you're waiting in line to make purchase – please stand along the fence line pictured to the right. This will allow us to operate the BBQ without interfering with the folks utilizing the track and/or standing in the ice lines. Thank you and we'll look forward to seeing at the BBQs. (RPL).



2021 - Criminal Justice Related Legislative Bills That Passed

SJR 10

Proposes amendment to Oregon Constitution to prohibit slavery and involuntary servitude in all circumstances.

SB 83

Modifies provision of law relating to youth diversion plan.

SB 819

Establishes procedure by which district attorney and incarcerated person may jointly petition sentencing court for reconsideration of conviction and sentence.

HB 2172

Expanding earned leave for Oregonians on supervision. Expanded earned leave eliminates barriers to success by allowing greater reduction in time spent on post-prison supervision. This reform reduces obstacles to success so that people can focus on rebuilding their lives, families, and community connections after incarceration.

HB 2204

Launches new grant-supported restorative Justice programs. This broadens pathways for crime survivors to seek accountability for the harm they have experienced.

HB 5006

Contains over \$25 million in funding for four public safety programs. Investments will be directed towards the following: The Restorative Justice grant \$4 million; A black community-led workgroup that will develop community safety alternatives, also known as the Reimagine Safety Fund; \$1.5 million Backfilling lost revenue from the elimination of supervision fees \$10 million; and the Criminal Justice Commission in the amount of \$10 million to support a Transforming Justice initiative that invests in communities of color with practices that equitably reshape Oregon's public safety system.

SB 651

Requires supervising officer to notify probationer of right to file objection and have hearing concerning officer's proposed modification to special conditions of probation.

HB 2036

Authorizes State Board of Parole and Post-Prison Supervision to discharge person from parole or post-prison prior to end of supervision term for specified medical reason if compatible with best interests of person and community.

SB 204

Adds civilian or community oversight boards, agencies and review bodies designated to municipalities or law enforcement agencies to definition of "criminal justice agency." Allows civilian or community oversight boards, agencies and review bodies to access law Enforcement Data System.

SB 836

Directs Department of corrections to consider all other alternatives before suspending or terminating alternative incarceration program in its entirety for more than five consecutive days.

SB 133

Places limits on admissibility of facilitated dialogue and responsibility letter bank programs communications for youth offenders and persons temporarily assigned to youth correction facilities.

SB 620

Provides that monthly supervision fee for person under supervision of community corrections program is not automatically required but may be required by program. Making Oregon the second state in the nation (after California) to eliminate fees for post-prison supervision, probation and parole.

SB 575

Modifies procedure for expunction of certain juvenile records.

SB 817

Eliminates fees, court costs and fines associated with juvenile delinquency matters.

SB 397

Modifies procedures for motions to set aside conviction, arrest, citation, charge, finding of contempt of court or judgment of guilty except for insanity.

SB 755

Clarifying and strengthening Measure 110, which made Oregon the first state in the nation to decriminalize small amounts of drugs and invest in treatment. (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 semi-closed until social distancing restrictions are lifted. We will, however, do our best to keep everyone advised as events open up and/or our 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

Lifers' August Birthdays!
Here's wishing you all a
happy and satisfying
birthday!

ERNEST LOTCHES, 8/2
JEREMY METELAK, 8/7
KYLE HEDQUIST, 8/12
JASON DOWN, 8/14
WILLIAM FISHER, 8/16
FAROUK ELDABAA, 8/25
JAUN SOLIS, 8/26
TROY RAMSEY, 8/28

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.