



Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630

Volume 23 Issue 3

March 2023



DATES TO REMEMBER

March 12, 2023 Daylight Saving

March 17, 2023 St. Patrick's Day

March 27th-31st Spring Break

WINNING WORDS:

“Courage is resistance to fear, mastery of fear - not absence of fear.”

- Mark Twain

7 Surprising Facts About St. Patrick's Day

1. The Real St. Patrick Was Born in Britain

Much of what is known about St. Patrick's life has been interwoven with folklore and legend. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain.

He eventually returned to Ireland as a Christian missionary.

2. There Were No Snakes Around for St. Patrick to Banish from Ireland

Among the legends associated with St. Patrick is that he stood atop an Irish hillside and banished snakes from Ireland—prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. And water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.

3. Leprechauns Are Likely Based on Celtic Fairies

The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is “lobaircin,” meaning “small-bodied fellow.” Belief in leprechauns likely stems from Celtic belief in fairies— tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

4. The Shamrock Was Considered a Sacred Plant

The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the “seamroy” by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

5. The First St. Patrick's Day Parade Was Held in America

While people in Ireland had celebrated St. Patrick since the 1600s, the tradition of a St. Patrick's Day parade began in America and actually predates the founding of the United States.

Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur. More than a century later, homesick Irish soldiers serving in the English military marched in Boston in 1737 and in New York City on March 17. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there. In 2020 and 2021, parades throughout the country, including in New York City and Boston were canceled or postponed for the first time in decades due to the outbreak of the COVID-19 virus.

6. The Irish Were Once Scorned in America

While Irish Americans are now proud to showcase their heritage, the Irish were not always celebrated by fellow Americans. Beginning in 1845, a devastating potato blight caused widespread hunger throughout Ireland. While approximately 1 million perished, another 2 million abandoned their land in the largest-single population movement of the 19th century. Most of the exiles—nearly a quarter of the Irish nation—came to the shores of the United States. Once they arrived, the Irish refugees were looked down upon as disease-ridden, unskilled and a drain on welfare budgets.

7. Corned Beef and Cabbage Was an American Innovation

The meal that became a St. Patrick's Day staple across the country—corned beef and cabbage—was an American innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish-Americans living in the slums of lower Manhattan in the late 19th century and early 20th, purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.





March Education dates to know:

March 14th: GED Testing

March 15th: GED Testing

March 16th: GED Testing

March 17th: St. Patrick's Day

March 22nd: Last day of school

March 23rd: Student movie



Informational Briefing

Financial Services

General Spending Account

- Primary spending account for AICs
- Eligible deposits are received into this account
 - o Examples: Deposits received from friends/family, and PRAS
- AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
- Funds in this account are not protected from debt/obligation collection or garnishment

Protected Spending Reserve Account

- This is a spending account established for AICs who receive protected money
 - o Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards
- AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
- Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment

Transitional Savings Account

- Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody
- 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500
- AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, available electronically and in paper) up to \$500
- AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
- Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account

Informational Briefing

Financial Services



General Savings Account

- Established as a means for AICs to save funds outside of the Transitional Savings Trust Account
- AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, available electronically and in paper)
- Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
- Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment

Obligated Reserve Accounts

- Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria
- AICs may receive deposits directly to one of these accounts from an external source
- AICs must be approved to place funds into an Obligated Reserve Account
- Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

State of Oregon Department of Corrections Commissary

DATE: WEDNESDAY, FEBRUARY 22, 2023
TO: Adults in Custody
FROM: Sallie Jurgensmeier, Distribution Services NWC Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Price Increases Effective 2/17/2023:

Our vendors are working hard to keep prices as low as possible but unfortunately inflation is hitting everyone as cost of goods and transporting goods continues to skyrocket. Price increases are inevitable, as in this case, we were notified the cost of the following items have been increased.

Commissary has absorbed multiple increases on soups and a large increase with the last shipment and it is necessary for commissary to increase the current Ramen soup price.

Ramen - \$0.45

Ice Cream Pints

Value - \$4.45

Premium - \$5.25

Ice Cream Novelty

Value - \$1.70

Premium - \$2.20

Envelope #10 Embossed - \$0.85

Discontinued items:

Ice Cream Deluxe – \$7.75 is being discontinued statewide

Suggestion Forms:

Each form must be submitted by only one AIC. Forms must be legible and completed to be processed. Non-completed or inappropriate form will not be accepted.

All requests must adhere to Rule 117 - Personal Property (AIC and Policy: 40.2.3 Commissary Operations).

Please do not add more than three suggestions to each form.

Commissary appreciates all suggestions and request. Unfortunately, due to the extreme volume of suggestions Commissary receives we cannot respond to each request individually.

New products must be approved through the ISM review process. Please watch your newsletters for periodic updates regarding items being added or discontinued. We strive to keep updated quality products and to remove unpopular items from Commissary.



LAW LIBRARY REMINDER

NOTE FROM THE WCCF LAW LIBRARY:

- Please remember to bring any legal material, or envelopes (if doing a mail-out or notary) to your appointment with a legal assistant.
- Please fill in all portions of the "Law Library Request Form" CD 1174 kytic, including any deadlines, schedule conflicts, case numbers, and the subject of your appointment.
- For those adults-in-custody who wish to pursue Senate Bill 819 requests through the Law Library please make sure to request your programming and disciplinary history from Mrs. Havelly, Public Information Officer for WCCF before any appointment for SB 819 Petitions, as well as copies of your judgment from Mrs. Conley, Records. This will help in filling out the SB 819 petitions.
- Currently, the General Library Checkout is unavailable. This will continue until changes are made to allow checkout to resume.
- New Materials have been added to each unit's "Resource Binder", consisting of a list of available forms you can order with a kytic to the Law Library (CD 1174) with a signed CD-28 for the cost of the form (\$.10 per page, for each form). Just send us a kytic with the price/cost, and form number (e.g., Form #03.020) of the form you want on the list, with the CD-28, and we will send you a copy of the form in the kytic system. We no longer will call you out to pick up a form.
- Please be patient with scheduling, as we are revamping our law library and system. Thank You.

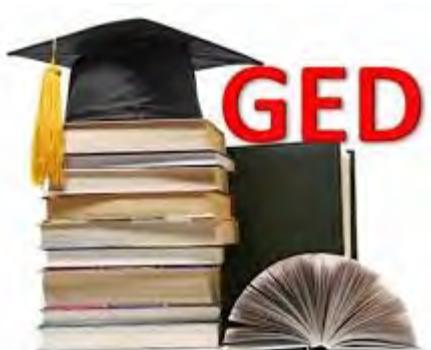
As of now all Oregon State Bar registered phone numbers for lawyers should be approved to be called. If your lawyer is using an alternate contact number they need to contact the law library at Brittany.R.HAVELY@doc.oregon.gov for instructions on how to get a Wufoo call requested.

****ALL MISSED LEGAL CALLOUTS WILL RESULT IN AN**



Please congratulate the following AIC's that received their GED:

Aaron, William B.
Ambrocio, Daniel
Baldwin, Larry
Bridges, Dustin E.
Cochran, Christian D.
Everett, David N.
Gonzalez, Kevin
Lopez, Francisco J.
Maloney, Mason T.
Matichak, Derek M.
Mendez, Stefon J.
Nuckolls, Robert M.
Nunes, Shaf M.
Ornelas, Gael E.
Phillips, Lance E.
Quinonez, Eduardo
Rodriguez De La Cruz, Jose G.
Walker, Willie J.
White, Eugene X.
Chevarria-Arteaga, Oscar E.
Balsz, Joseph R.



Education Library Book of the Month

The Teeth of the Tiger

Clancy, Tom

210.CLT.03.001 - Adventure/Thrillers

The Teeth of the Tiger is a thriller novel, written by Tom Clancy and released on August 11, 2003. Set in a post-9/11 world, it is the first book to feature The Campus, a covert intelligence agency created by President Jack Ryan before the end of his term as chief executive. While he does not appear in the book, his son Jack Ryan Jr., as well as his nephews Dominic and Brian Caruso, are featured as The Campus operatives. The book debuted at number one on the New York Times bestseller list and would become Clancy's last solely written novel before a seven-year break from writing fiction.

Independent Study of the Month:

Algebra 1

This course teaches high school level Algebra subjects including a review, linear equations, polynomials, quadratic functions, radical expressions, and much more. These courses consist of 6 DVDs each, with related worksheets.



*** Books worth checking out in Education Library ***

George R.R. Martin **A Game of Thrones (Book 1 in the Game of Thrones Series)**
215.MAG.01.001 Fantasy

George R.R. Martin **A Clash of Kings (Book 2 in the Game of Thrones Series)**
215.MAG.01.002 Fantasy

George R.R. Martin **A Storm of Swords (Book 3 in the Game of Thrones Series)**
215.MAG.01.003 Fantasy

George R.R. Martin **A Feast for Crows (Book 4 in the Game of Thrones Series)**
215.MAG.01.004 Fantasy

George R.R. Martin **A Dance with Dragons (Book 5 in the Game of Thrones Series)**
215.MAG.01.005 Fantasy

Stephen King **The Stand**
219.KIS.99.001 Horror Thriller

Christopher Moore **You Suck: A Love Story**
216.MOC.99.001 Romance – Comedy

Christopher Moore **Bite Me: A Love Story**
216.MOC.99.002 Romance - Comedy

Christopher Moore **Bloodsucking Fiends**
216.MOC.99.003 Romance - Comedy

Christopher Moore **A Dirty Job**
216.MOC.99.004 Romance – Comedy

Dean Koontz **Prodigal Son (Book 1 in the Frankenstein Series)**
212.KOD.02.001 Horror Thriller

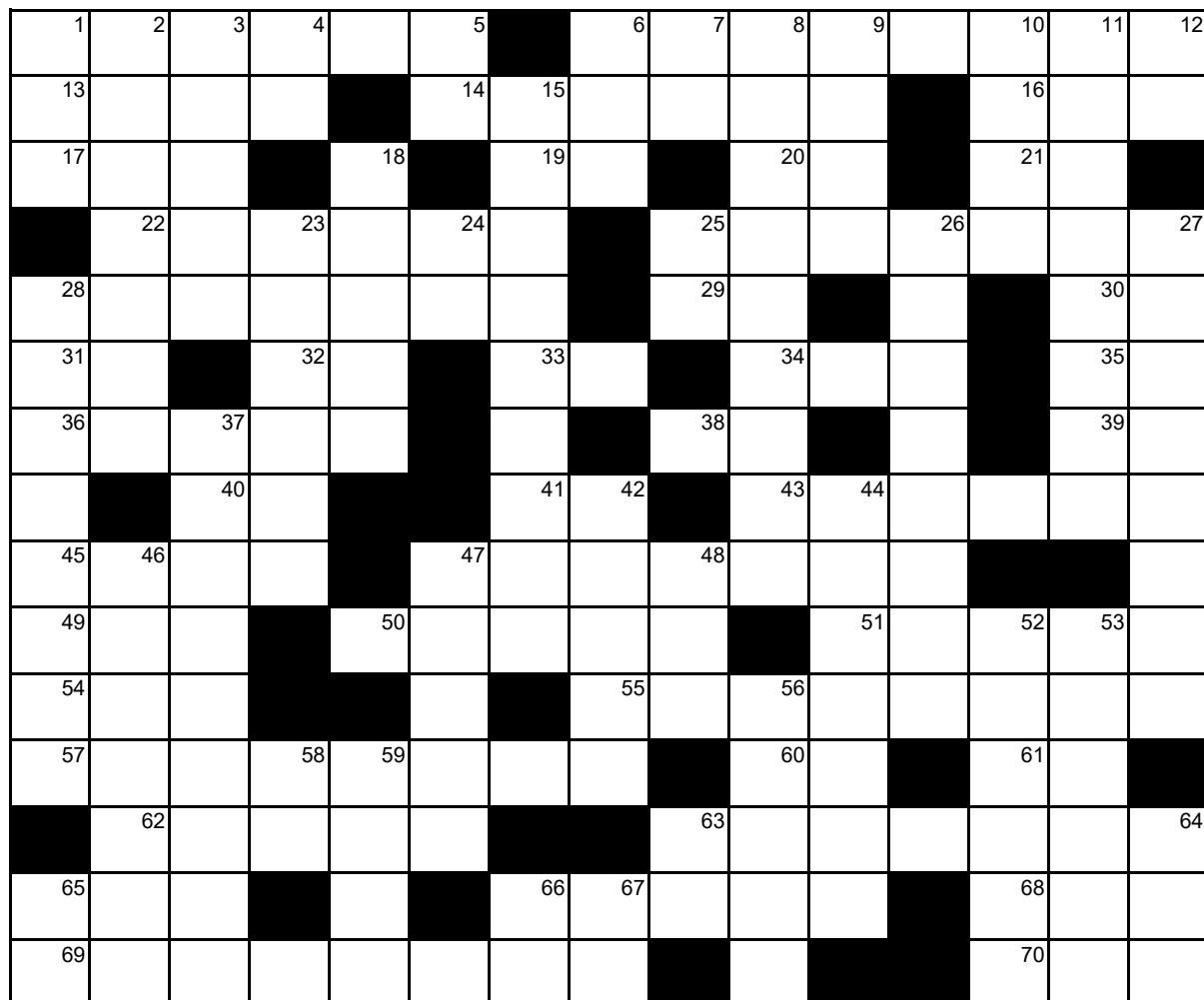
Dean Koontz **City of Night (Book 2 in the Frankenstein Series)**
212.KOD.02.002 Horror Thriller

TV Catch phrases

How many popular television shows can you identify
from this list of Iconic catch phrases?

1. “How sweet it is”
2. “Hi ho, Silver!”
3. “I’d like to buy a vowel.”
4. “Now cut that out!”
5. “Good night, John Boy.”
6. “Is that your final answer?”
7. “Stifle, Edith!”
8. “Sock it to me.”
9. “Norm!”
10. “You’ve got spunk. I hate spunk!”
11. “Live long and prosper.”
12. “It’s a common word, something you see every day.”
13. “Say kids, what time is it?”
14. “This tape will self-destruct in five seconds.”

March Crossword



ACROSS	DOWN
1. Halloween visitors.	1. Maker of Heaven and Earth.
6. Trick-or-treat necessities.	2. Ghostly residence.
13. A cereal grass.	3. Not this or that.
14. Popular cooking oil.	4. We relative.
16. Eggs.	5. South Carolina (abbr).
17. Isn't it obvious?	6. Nursing Assistant (abbr).
19. Drug users support group.	7. Ghostly utterance.
20. American League (abbr).	8. Massacre.
21. Not applicable (abbr).	9. Story.
22. New Jersey city.	10. Louvre attraction Lisa.
25. Pool's strike target.	11. Determine the worth of.
28. Arrested development.	12. San Antonio (abbr).
29. The original (abbr).	15. Joint stiffness or disease (pl.)
30. Piss test (abbr).	18. Spanish Hors D'Oeuvres.
31. Nebraska (abbr)	23. Deserving.
32. Egyptian sun god.	24. Elemental symbol for Rhodium.
33. Louisiana (abbr).	25. Company (abbr).
34. Primary verb statement (masc.).	26. Spring sport.
35. Alaska (abbr).	27. Near empty California reservoir.
36. Prepares for publication.	28. Short narrative.
38. New Testament (abbr).	37. Cast light upon.
39. Tight End (abbr).	42. Cooly.
40. Elemental symbol for Rhodium.	44. Rate of travel.
41. Yes in Spain.	46. Art of public speaking.

7	4				8	
	2		9			
		7	8	5		
8				9		
			7			
	3			8	9	2
	8		3			5
4						
5	7	1		4	3	

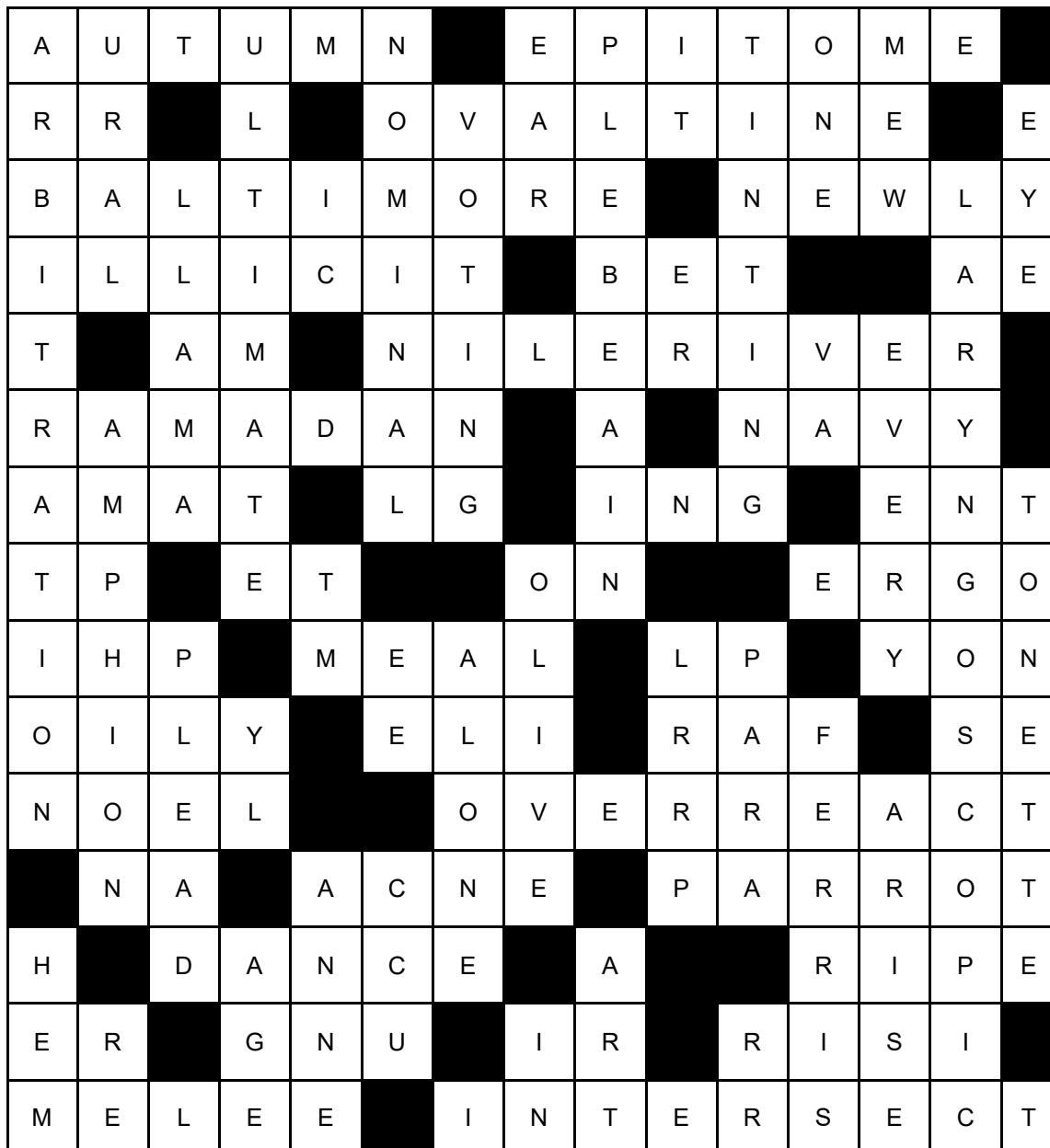
4							9	
	2		5	6				
	9			3			7	
8		7		1				3
	5						4	
	1			2				
			6					
	7	8						
			4			9	6	

6					1			5
				4				
	9	1				4	7	
8		7		9				6
			6			2		
5						7	9	
9						8		
				5				
2	8	4			1	9		

4					2			
	5					6		
	3				6			
		8	1	9			4	
4	7		5		3			6
5	8		2		9			
		9	4					
	2			6				

SUDOKU!

FEBRUARY CROSSWORD SOLUTION





AIC Newsletter Article – 2022



Prison Rape Elimination Act (PREA) Information

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are located in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

Mindfulness

Mindfulness

Three Simple Ways to Bring Your Attention Back to the Breath

Breathe when you're still in bed: Bring awareness to your breath and body when you wake up in the morning, take a few conscious breaths, and practice half-smiling before getting out of bed.

Take 10 mindful breaths a few times a day: Bring awareness to your breathing at various times of the day. Choose to take a few conscious breaths, following the breath in and out. Count 10 full breaths and then start again.

Use the natural rhythms of the day as triggers to practice. Return your attention to the present moment: when the phone rings, pass through doorways, when a sound comes into your awareness. Use these moments to breathe, experience your bodily sensations, and feel your feet on the ground.

Incorporate Mindfulness in Your Day

Bring awareness to your communication patterns: talking, listening, and periods of silence; notice your states of mind during these activities. Especially, notice the silence and the sounds in between the silence.

While sitting at your desk, computer, etc., pay attention to your bodily sensations and consciously attempt to relax and rid yourself of excess tension. Remember to be present to whatever you are working on and focus your attention on your breath.

Take some time to relax consciously. Close your eyes and breathe, counting your breaths and letting go of the day behind you and ahead.

At the end of the day, try retracing the day's activities. Acknowledge and congratulate yourself for what you've accomplished, and then make a list for tomorrow. You've done enough for today!

Unwind in the Evening

When you get back to your area, create an unwinding routine. Change out of your work clothes, and say hello to each of the people you live with, plants, even your couch. Take a moment to look and take five to 10 minutes to be quiet and still. Wash your hands as if you are starting a new phase of your life.

Before falling asleep at night, bring awareness to your breathing and your body sensations for at least five full breaths, all the way in and out. These deep breaths will activate the parasympathetic nervous system and help you to rest.