

# The Echo

Writer's Workshop  
Second Visit, More to Come?

Fundraiser Completed  
**What's Next?**

Family Event In May  
EOCI Plans for Another

AVAILABLE ON THE TABLET

*The Echo*  
Volume V, Issue VI  
June, 2023

*The Official Newsletter of the Eastern Oregon Correctional Institution*  
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*Photograph by Phillip Luna*

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## TALK OF THE TOWN

## Writer's Workshop

*The PonyXpress Writer's Workshop Returns for Second Visit*

Written by Phillip Luna

**T**he *PonyXpress* Writer's Workshop returned to EOCl on May 30th, their second visit this year. The goal - a follow up on the enormous response and participation received from their previous workshop. AICs who attended the earlier event were tasked to write an essay, non-fiction memoir, or work of poetry on the topic of *Ancestors*. In their newsletter, Program Facilitator's Tracy Schlapp and Danny Wilson stated, "we were so excited about your response to the workshop that we needed to schedule a return trip. Further, your submissions are terrific. The writing has dimensions and heart, variety and most importantly, it feels honest."

The AIC writing submissions will be utilized for publication on the *PonyXpress* website, coming later this year. *PonyXpress* partners with Bridgeworks

Oregon to focus on health, well-being, and education by using art, music, and cultural awareness to bridge societal divisions in Oregon.

In the May 30th workshop, Schlapp and Wilson led the group of AICs through a series of ice breaking activities, writing exercises, and writing prompts. Several participants shared their original material; pictured above, Hugh Crow reads a selection from his work to the group of approximately 20 AICs.

It's unclear when Schlapp and Wilson will return to EOCl, but the interest certainly exists among the population. Schlapp and Wilson work with several other facilities, including the Oregon State Penitentiary where they assembled a storytelling group called *Ground Beneath Us*. To read some of the information and writing prompts from their workshop newsletter, turn to page 16.

# A Look Inside a Fundraiser

From Planning to Staging to Handout

Written by Phillip Luna

# A

fundraiser represents a culmination of months of planning and preparation. May's fundraiser event put on by the EOCl Enrichment Club was no exception - serving nearly 600 AICs a bacon double cheeseburger with curly fries and sodas.

Planning for the event started several months prior, after the Enrichment Club met and voted to pursue this meal as a fundraiser. Coordinating with Food Services Manager Emory was crucial, since this meal required the use of EOCl's Food Services area. Once the initial planning was complete, and prices and vendor availability researched and verified, Club Secretary Patrick Gazeley-Romney drafted a fundraiser proposal which was submitted to the EOCl Activities Committee - a group of staff members and administration tasked with vetting various activities and proposals at EOCl. After receiving approval for this event, the Club Secretary drafted a fundraiser flyer and order form, which were then approved by the Operations Captain and subsequently distributed to the housing units.

As the order forms piled in, Club Treasurer Kaliq Mansor and Club President Phillip Luna were tasked with the receiving process (a process which included cataloging and recorded orders, returning incomplete forms, and sorting forms numerically by SID number). Once the final orders were received, the CD-28 portion of the form was provided to Business Services for processing. *"For this event we reduced our CD-28 fail rate by about 60%,"* stated the Club President. *"We moved the order deadline until after the PRAS Award day for the month and pre-filled out as much of the form as possible."* CD-28's "fail" when they are denied due to non-sufficient funds or a form is improperly filled out. *"We've been working towards this goal for a while now, and circumstances have not allowed for previous fundraiser deadlines to be after the PRAS Award day,"* stated the Club President.





After the deadline, the food and soda order was placed with the assistance of the club's Staff Liaison, Mrs. Cunha. This allowed the club to begin more detailed planning for the event.

Fundraiser food is made by the Enrichment Club (all Enrichment Club members are required to obtain a Food Handler's certification). *"We try not to place any added strain on Food Services,"* stated Club Secretary Patrick Gazeley-Romney, *"we prep, cut, and or cook all of the food for the event."* The only exception being the back hall workers that assisted with the barbecue.

The day prior to the fundraising event is designated for preparation. For this event, club members arrived in the EOCl kitchen as early as 6 am, working several hours before heading to their regular work assignment, only to return in the evening to finish off preparations. Duties included inventor of food items; dredging, flash frying, and portioning jal-



peno wheels; slicing tomatoes and onions; pre-portioning cheese; and separating items for east and west side participants.

The event itself is an all day endeavor for the Enrichment Club with members taking furlough from their work assignment to prepare and serve the meal. One of the major challenges – and accomplishment – this time around was frying curly fries as the units arrived. *"It was really important to us that we cooked the fries to order. Members Molina and Kirk worked the fryers and did an excellent job,"* stated Club Ambassador Nico Sias. *"Fries are better when they've just come out of the fryer. We were able to cook for about 600 people and close down and clean out all the fryers by 4 pm. That's a huge accomplishment for us."*



Overall the event was a success as a result of the hundreds of collective hours that were volunteered during the planning, staging, and handout process. Additionally, EOCl staff and administration were vital in allowing the event to occur. Kitchen Coordinators Endersby, Zakrzewski, Gift and Hartman all provided support the day of the event. Club Liaison Mrs. Cunha dedicated her time to fill in the gaps where the club members could not. *"The guys did all the work,"* stated Mrs. Cunha, *"I just helped them where they needed and did the things they weren't able to do. All of the security staff and kitchen staff said the club really did a great job and were impressed by how organized everything was."*

(...continued on next page)



Sias and Molina making curly fries



Luna and Stephens pose for a photo



Barbosa and Hight help with the handout

But no event would be complete without a few complaints. *"We actually over ordered on fries, tomatoes, and jalapenos. We ended up handing out 12 ounces of fries instead of 8, an extra tomato slice, and a double serving of jalapenos wheels,"* stated Club President Luna. *"We still had a couple people complain that they weren't getting enough fries. It's hard to understand when we are very literally giving people more than they paid for."* Complaints were few and far between however, which bodes well for future events.

This year the club is looking to make donations to organizations *One Simple Wish, The Alzheimer's Association, Hope for Warriors, Constructing Hope, Mental Health America, and The Paws Pendleton Animal Shelter* to name a few. Events like this one raise funds for donation to these wonderful charities and organizations.

In the news for upcoming events, the Enrichment Club is planning a Breakfast Meal in August, which should include some variation of breakfast foods (pancakes, bacon, sausage, more bacon, eggs, and biscuits) and bottled coffee and orange juice. These items are tentative and further details will be provided if the event is approved.

All donations made are a result of the tireless efforts of the club members, the support provided by EOCl staff and administration, and the hard earned dollars of AIC contributors. But AICs who want to contribute more than just dollars may be interested in signing up to become a member of the club. Club Secretary Patrick Gazeley-Romney said, *"Being engaged in a group that is changing the landscape of this prison and increasing opportunities we have access to is important. People should join the club because it gives you a voice."* The Enrichment Club is currently wait-listing for new membership. Every AIC must have the approval of EOCl administration before being added to the roster. Those interested in joining the Enrichment Club can apply to be added to the waitlist by sending an AIC communication form to the Club. All members are required to obtain a Food Handler's Card, have a work assignment or be programming in some other way, maintain clear conduct, and be in good standing with staff members and AICs alike.



AIC Jason Calhoun and wife Jenny



AIC Dion Patino and family enjoy a meal



AIC Jason Jerrell and wife Lydia



AIC James Renfro, with his son Logan and mother Kay



AIC Juan Sanchez, brother Martin and sister in-law Blanca

## TALK OF THE TOWN

## A Family Event

A Return this May with Prospective Events in the Fall

Written by Phillip Luna

**F**amily events returned last month after a long hiatus due to COVID restrictions. Federally the COVID era ended on May 11th of this year, and the Oregon Department of Corrections returned to pre-COVID operations on April 5th. In the past year family events and the availability of visiting has been spotty at the best of times. This May event served as a reminder of the impact and importance such occasions can have. *“Nothing is more important than family,”* stated event participant James Renfro, *“getting to see my mom and my son, and have a nice lunch with them, it’s really awesome. It’s really important.”* Renfro’s family made the trip to Pendleton from Klamath Falls, Oregon.

Dozens of AICs participated in the event, which took place over two separate days. AICs and visitors enjoyed an extended visit with their families and loved ones, as well as a lunch buffet that included two chicken quarters, mashed potatoes and gravy, salad, rolls, and a cookie sandwich - all of which was served by EOCI staff members.

EOCI Administration is hoping to offer an outdoor family event later in the year. *“We are currently in the process of planning an event for later in the year,”* stated Correctional Rehabilitation Manager Mr. Clark. Hopefully with COVID seemingly behind us events like this will become frequent.



TALK OF THE HIVE

## Bee Swarm Season

### Lots of Activity Indicates Hive Health

Written by Phillip Luna

**A**pril and May offer heavy swarms for most apiaries in this part of the world. Swarming is a natural process of reproduction. When a hive becomes too populated and there is not enough room for continued growth, the original queen bee will break off with approximately 60% of the colony in order to form a new colony. The original hive will rear a new queen and continue to develop.

While some may find a large cluster of bees unsettling, the colony is actually less hostile during this phase of their life. When a colony swarms, the worker bees fill their stomachs with honey to ensure they have enough food for the journey and to build out wax when they arrive at their new home. The honey stomach being so filled actually makes it difficult for a bee to protrude its stinger. Additionally, in

this state the bees do not have brood (eggs, larvae, and pupae) or resources to protect, since they have left all of that behind in their original hive. And having less to defend makes them less defensive.

When a cluster of bees gather (on a fence, fire hydrant, east gate, or in the razor wire) they are surrounding their queen while scout bees fly out to find a suitable living location. This process can be quick or take several hours, even days. Once all the scout bees (or at least 80% of them) agree on a suitable living location, the swarm will fly there and begin a new hive.

This month EOCl has seen four swarms during the month, with some including multiple queens (sometimes called *after swarms*). But don't be alarmed! This only indicates the EOCl apiary is healthy and successful for another year.

TALK OF THE HIVE

## Bee Package

### Arrives Through the Mail

Pictured right, EOCl Beekeeping Facilitator Gazeley-Romney opens a package of bees shipped from California. This package contained a mated queen and approximately 10,000 worker bees. Bee packages can be ordered through the mail and usually arrive in a small, rectangle white box. This marks the first time EOCl has purchased bees in the package format, which served as an apt learning opportunity for the students of the beekeeping program. Packages can cost between \$175 - \$200.



TALK OF THE HIVE

## Arts and Crafts and Bees

### Students Paint Bee Boxes

Students painted the newly fashioned hive bodies (hive bodies house the frames and bee colony). this month - an excellent opportunity to be creative and take ownership of their hives. Beekeeping students are grouped into pairs and designated a hive to manage for the season. The freshly painted boxes will be used on the students respective hives.



# NOW HIRING Legal Assistant

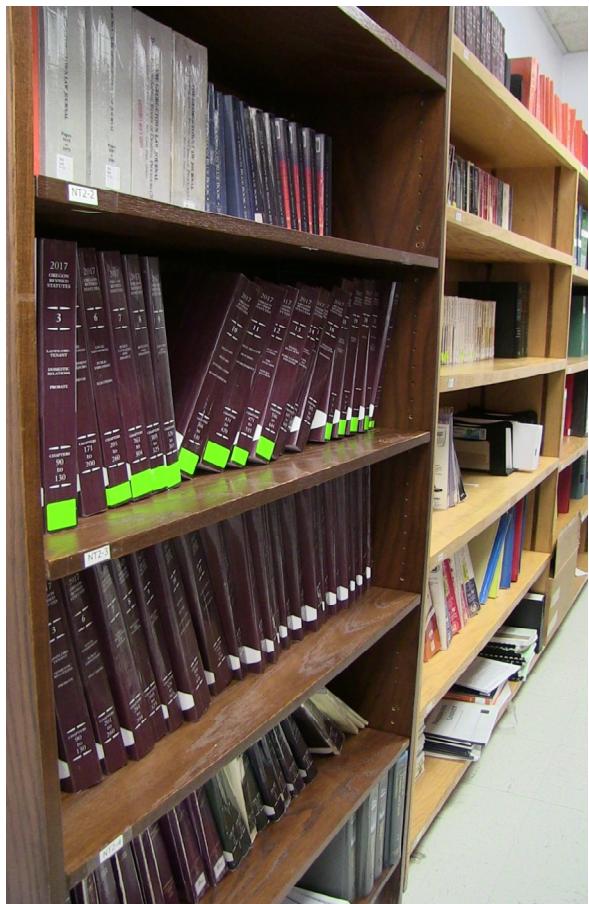
Legal Assistant position in the Law Library:

## **Minimum Requirements:**

- GED or High School Diploma.
- Non-cash Incentive Level 2 or 3.
- Minimum of 1 year misconduct free.
- Ability to follow directions.
- Communicate orally to get across complicated instructions, interpretations, and to maintain as much confidentiality as possible.



- No DOC record of staff assault(s).
- No DOC record of prior removal from library assignment that resulted in an adjudicated disciplinary report (DR).
- Minimum of 2 years time remaining to be served if at a medium custody facility and minimum of 1 year time remaining to be served if at a minimum custody facility or prior experience as a Legal Assistant.



## **Desired Attributes may include, but are not limited to:**

- Knowledge of legal system, preferably including Oregon
- Legal research capabilities.
- Legal writing skills.
- Typing skills.
- Ability to work independently.
- Ability to work well as a team member.
- Apply no later than June 15<sup>th</sup> for current openings.

**Send Applications to IWP**

**ADVERTISEMENT - WORK ASSIGNMENT**

# HEALTH SERVICES

## Hepatitis Awareness Month

Hepatitis is an inflammation of the liver. Damage or inflammation of your liver can affect its function. Hepatitis A, B, and C are the most common forms of Hepatitis in the US according to the Centers for Disease Control and Prevention (CDC).

### Hepatitis A:

Hepatitis A is usually spread when a person ingests foods that have been contaminated with small, undetected amounts of stool from an infected person. It can also spread by close person-to-person contact such as through intercourse or caring for someone who is ill. Treatment is usually through supportive measures.

### Hepatitis B:

Hepatitis B is spread through contact with infected body fluids during intercourse, sharing needles or syringes, and sharing hygiene products such as toothbrushes, and razors. It can also be transmitted by direct contact with blood or open sores of someone who is infected. It is not spread through food, water, utensils, hugging, kissing, handholding, coughing, or sneezing.

Treatment is usually supportive for acute forms. For chronic Hepatitis B, regular monitoring for liver disease and possibly medication will be required.

### Hepatitis C:

Hepatitis C is spread most commonly through shared needles. It can also be spread by sexual contact with an infected person, unregulated tattooing, needle sticks, and through childbirth from an infected mother.

### Symptoms:

The symptoms for all 3 types of Hepatitis can range from fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, diarrhea (Hepatitis A only), clay colored stools, and joint pain.

### Prevention:

The best way to prevent getting Hepatitis A and B is through a vaccine. It is highly effective and offers long-term protection. ODOC offers vaccines for Hepatitis A and B. If you would like to receive these vaccines, send an AIC Communication Form to Health Services.

There is no vaccine for Hepatitis C, but ODOC does offer counseling, testing, and referral services for treatment, which can be obtained by sending a Communication Form to Health Services.



TALK OF THE TOWN

## Where Are The Programs?

Everywhere, If You Know Where to Look

*Written by Phillip Luna*

Where are the programs? How can you spend your time? Beyond exercise, sports, and other recreational activities, there are numerous programs and opportunities available at EOCI.

### Self-Help/Self-Improvement Programs

#### GOGI

GOGI is a non-profit organization created by incarcerated men and women for others who found physical freedom beyond their grasp. Tens of thousands of prisoners contributed to the materials that now define GOGI. This program teaches the tools needed to promote positive decision-making. Sign up by sending a communication form to "GOGI."

#### Anger Management

Anger Management is an evidence-based treatment program approved by the US Department of Health. Anger Management is designed for substance abuse and mental health clients. This program can help individuals manage anger, stop violence, and develop self-control over their thoughts and actions. Contact your counselor for referral.

#### Grief Recovery

Grief Recovery is a support group for those affected by loss. Available through the Chapel.

#### Parenting

A 12-week program for AICs who are either a parent now or are interested in becoming a parent in the future. The program includes a family visit and an activity day, all specifically designed for incarcerated parents to improve their parenting skills and become better parents to their children. Contact your counselor for referral.

#### Pathfinders

Pathfinders is a 14-week Cognitive Behavioral Intervention program. Pathfinders is intended to: (1) reduce institutional misconducts and post-release recidivism, and (2) teach participants the skills needed to achieve greater self-control, satisfaction and purpose in life without illegal behavior. Contact your counselor for referral.

#### Educational Programs

##### Roots of Success

Roots of Success is an environmental literacy course consisting of 10 modules. Topics range from environmental problems such as deforestation, pollution, climate change and jobs in the green sector that are viable options for the formerly incarcerated. Classes are 2-3 times per week. Class times vary. Contact IWP to sign up.

#### Beekeeping

The EOCI Beekeeping Program educates and certifies AICs through the Washington State Beekeepers Association (WSBA) in the skills of apiary work (beekeeping). Beekeeping classes occur 1-2 times per week and offer both classroom and hands-on study. Applications are accepted once per year. Contact IWP to sign up when openings are posted.

## Sustainable Gardening

Sustainable Gardening is a 2-module course; Seed2Supper and OSU Master Gardener. Upon successful completion of all course requirements, students can expect to receive a Certificate of Home Horticulture from Oregon State University. Look for application notifications for this program in the late fall/winter.

## Greenhouse Management

This is a class about designing, maintaining and troubleshooting greenhouses. The course is offered through Portland based food justice organization, Growing Gardens. The course is 8 weeks in length. Students can expect to spend 2-4 hours per week in class and engaged in course work. Contact IWP to sign up.

## ACT National Career Readiness Certification

The ACT National Career Readiness Certificate (NCRC) is an industry-recognized, evidence-based credential that certifies achievement of foundation skills essential for workplace success. The NCRC system measures job skills that are valuable for any occupation - skilled or professional - at any level and in any industry. Eligible AICs can sign up by sending a communication form to IWP.

## Clerk Internship Program

The Clerk Internship Program is a 3-month work assignment paying 9 PRAS points. Through peer mentorship, the program helps an AIC develop clerical skills in areas such as writing, grammar and punctuation, typing, and excel. Interns will job shadow clerks in various departments, including but not limited to; Food Services, the Physical Plant, Multi, Health Services, and the Garment Factory. AICs interested in the program should submit a job application to IWP. The program is based in IWP.

## CPR

AICs have the option to become CPR certified should they choose. Classes are held periodically and as needed. CPR is a one-day training. Contact IWP for more information.

## Flagger Certification

Flagging certification occurs periodically. A \$95.00 payment must be received prior to participating in the class. Certification is through Chemeketa Community college and is good for three years - valid in Oregon, Washington, Idaho, and Montana. Contact transition services for questions.

## Pro-Social Programs

### Dads4Life

The Dads4Life program is designed to promote family connections and encourage increased communication between children and their incarcerated fathers. Interested AICs should send a communication form to "Correctional Rehabilitation - Dads4Life" to receive more details on applicant eligibility.

### Enrichment Club

The Enrichment Club is a group of AICs who work to raise funds for various charitable causes. Interested AICs should send a communication form to "IWP - Enrichment Club" to be added to the perspective waitlist. Only level 3 AICs are eligible to apply. Regardless of incentive level, all applicants must receive administration approval to be added to the club. Applicants must have a food handler's card and be in good standing with staff and other AICs.

### Volunteer Gardening

The volunteer gardening program is open to all incentive level 3 AICs. This program offers the opportunity for AICs to garden, which has been shown to have a therapeutic effect, without working in the greenhouse or on the grounds crew. Openings are seasonal. Interested AIC should send a communication form to "Food Services" when openings occur.

## BHS Programs

BHS offers a number of programs. Contact your counselor for more information. Some of the programs offered include:

Dialectical Behavior Therapy (DBT) | Shifting Gears for Change | Seeking Safety | DBT with Art Application | DBT Garden Group | MRT (Moral Recognition Therapy): Breaking the Chains of Trauma.

# News From the Chapel

## Various Information

*Provided by the Chaplains*

### Add-Drop Forms Are No Longer Used

If you want to request to be added to or dropped from a call out for Religious Services and/or activities, please send a kytic to Religious Services and specify which service(s) you wish to attend or drop. If you wish to cancel a religious call out, you must do so with your unit officer at least one hour prior to your call out time. If you wish to drop the service, please send a kytic promptly.

### New DVDs Donated to Chapel

Several new DVDs have been donated to the Chapel for use during Open Chapel or for movie presentations. There is a catalog with dozens of DVDs of various content that may be viewed by AICs. If you are interested in checking out the catalog of DVDs and are an Incentive Level 3, sign up for a session of Open Chapel by sending a kytic. Please indicate either Tuesday morning from 8:00 to 10:45, or Wednesday afternoon from 1:00 to 3:45 as a preferred time. There are a variety of categories that include multiple beliefs, religions, and non-religious films. If you are signing up for Open Chapel for the purpose of viewing DVDs, please let us know in your request so we may have the equipment ready.

### Fall Weddings

Religious Services will begin accepting requests for wedding applications June 12, 2023. If you are interested in getting married in October and want to begin that process, send a kytic to the Chaplain. Religious services will not send information about ODOC rules regarding marriages. If you are requesting that information you must send a request to the Law Library.

### SDA Spanish Worship Service is Back

The SDA Spanish service is held on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month from 6:30 until 8:00 p.m. If you wish to attend that service, send a kytic to Religious Services and request to be added.

### Give Away Books and Bibles/Scriptures

As you may have noticed, the Give away Book List has over 30 new titles on it. Unfortunately, for most of the titles there is only one copy each. The requests are processed first come, first serve. Religious Services keeps track of each book that is issued to an AIC as well as the date it was processed and the limit of three books per month is imposed.

Bibles and other scriptures that are given away to AICs are tracked to ensure that free materials are given out responsibly. If you request a Bible from Religious Services and records show that you have already been issued one, your request for another copy may be denied. When requesting a Bible, please specify which translation (NLT, ESV, NKJV, etc.) you would like. If you do not have a specific scripture in mind, it is possible we have a copy available for check out from our Chapel Library. As a final note, Religious Services does not "give away" religious items like prayer rugs, beads, etc.

#### EOCI Chapel "Give Away" Books

JUNE 2023

If you wish to receive one of these books send a kytic to Religious Services and list the Title and Author of the book(s) you would like. You may only request 3 titles each month. Kytic and book requests are processed "first come, first served" as quantities are limited.

TITLE	AUTHOR	QTY	TITLE	AUTHOR	QTY
Z-OWNS	BOB BEAUDINE	19	JUST LIKE JESUS	MAX LUCADO	1
30 DAYS TO UNDERSTANDING THE BIBLE	MAX ANDERS	1	KRISHNA CONSCIOUSNESS TOPMOST YOGA	ACBS, PRABHUPADA	1
A BETTER WAY	JOHN BARROW	3	OSHA THE SUNSHINE PERSONALITY OF GODHEAD	SWAMI PRABHUPADA	1
A LA MESA CON CRISTO	MEDITACIONES DIVINAS	1	LA PRÁCTICA DE LA PRESENCIA DE	HILARIO LAWRENCE	8
ALIMENTANDO LA FE	RICHARD A. BENNET	1	LESSONS ON ISLAMIC DOCTRINE (4 BOOKS)	SAYED QUTB AND HAMID	1
BEAUTY FOR ASHES	JOYCE MEYER	1	LIFE RECOVERY WORKBOOK, THE	T. ALEXANDER & STAFF	20
BECOME A BETTER YOU	JOEL OSTEEN	1	LO QUE TODA PERSONA	DEBIE SABER	1
BEYOND A SENSE OF GOOD & EVIL	CLIFF MATOUSEK	5	ME AND MY BIG MOUTH	JOYCE MEYER	1
CHICKEN SOUP FOR THE CHRISTIAN FAMILY SOUL	JACK CANFIELD	1	WITNESSING FOR CHRIST: THE EVOLUTION OF THE SOUL	KATHRYN CALLAHAN	1
CIRCLE MAKER, THE	MARK BATTENSON	12	NO HAY NADIE COMO JESÚS	BLAKE WESTERN	9
COMPASSION BOOK, THE	PEMA CHODRON	1	PRACTICING LIFE OF FAITH, THE	CHARLES R. THRENDOLL	1
CONSUMED BY HATE HECKLED BY LOVE	THOMAS A. TARRANT	2	PURPOSE DRIVEN LIFE	RICK WARREN	4
DON'T WASTE YOUR LIFE	JOHN PIPER	1	PURSUIT OF GOD	A. W. TOZER	4
EL REINO MILAGROSO	BOBBY W. AUSTIN	3	QUESTIONS TO GROW IN (DAILY JOURNAL)	DAY SPRING	21
ESSENTIAL PEMA, THE (STUDY)	LEILA CALDER	4	RAGAMUFFIN GOSPEL, THE	BRENTAN MANNING	1
EXILES A PRISONERS DAILY DEVOTIONAL	ROBERT GARY REED	1	SERVING PROFOUNDLY	TOM LAGANA	1
EXTREME PRAYER	GREG PRUITT	1	SERVING TIME, SERVING OTHERS	TOM & LAURA LAGANA	1
FACE TO FACE WITH JESUS (STUDY)	PRISON FELLOWSHIP	7	SHORTCUT (PREPARING FOR RELEASE)	PRISON FELLOWSHIP	14
FISHERS OF MEN	SHARON DUTRA	2	START YOUR NEW LIFE TODAY	JOYCE MEYER	2
FOOD FOR FAITH	RICHARD A. BENNET	13	TACHKAKU LI ALIYA (INVOCATIONS OF SAINTS)	BANKEY BEHARI	1
GIFTS OF FREEDOM	GRIG RICE	1	TEACHINGS FROM TIBET	NICHOLAS RIBUSH	1
GOD WILL CARRY YOU THROUGH	MAX LUCADO	4	THE DAY THE REVOLUTION BEGAN	M. T. WRIGHT	1
HANDWRITING ON THE WALL, THE	DR. DAVID JEREMIAH	1	TRADE YOUR CARES FOR CALM	MAX LUCADO	9
HE STILL MOVES STONES	MAX LUCADO	1	WALKING THE TALK	ARVIN MARTIN	1
HEART OF THE KORAN	LEKHDEV	1	WALKING WITH GOD FRIENDSHIP AND SUPPORTING	TIMOTHY KELLER	1
HOW TO BE A CHILD OF GOD (BOOK/CD KIT)	DAVID HOWELL	47	WATERFALL CONCEPT, THE	ROGER STARK	1
HOW TO HEAR FROM GOD	JOYCE MEYER	1	WE'RE ALL DOING TIME	BO LOZOFF	1
JESUS	MAX LUCADO	1	WHY DO WE NEED A SAVIOR?	TRACY M. SUMNER	14
JOHN 3:16 IN BRIEF AND WISDOM SERMON	JORDAN WILSON	1	WEEK-A-GUIDE FOR THE BAPTIST PRACTICER	SCOTT CUNNINGHAM	1
JUST LIKE JESUS	MAX LUCADO	1	WITH EACH AND EVERY BREATH	THANISSARD	2



# Discover the Joy of Angel Tree Christmas

Share the hope of Jesus with a child in your community as you deliver a Christmas present and a personal message of love on behalf of their parent in prison. **It starts with a gift and opens the door for year-round ministry opportunities.**

*Deadline to Apply:  
September 25th*

*Send a Communication  
Form to Religious  
Services for an application*

# Tracy's Bookshelf: Currently on Deck

## Who is the Hero in This Story?

Provided by the Tracy Schlapp via the PonXpress Writer's Workshop

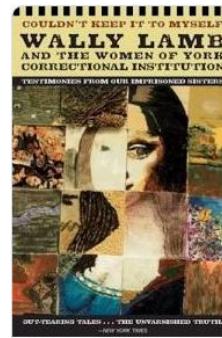
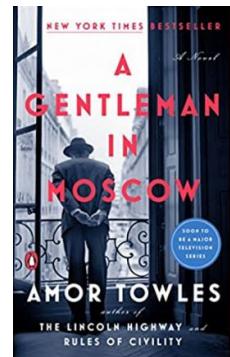
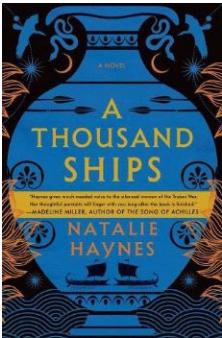
### A Thousand Ships: Natalie Haynes

Homer's epic the *Iliad*, recounts the hubris that propelled an ancient war. The Greek Gods set into motion a ten-year conflict that finally toppled the kingdom of Troy. Haynes reframes the story through the eyes of their women left alive to testify about the burning building, the lost children, the loss of their men and their freedom.

This writer makes mythology come off the page with a sense of humor and an unflinching look at what is wrought when we tear down worlds. The writing is direct and concise, the story unfolds through multiple viewpoints. Haynes moved archetypal flat characters to fully dimensional people engaging with vain, imperfect Gods. The result is a fast-paced and compelling read. I had to then read her novel, *STONE BLIND*, a retelling of the Medusa myth. Haynes requires that we rethink our assumptions about who is the monster and who is the hero and she reveals the deeper consequences that come from slaying a creature we have deemed dangerous.

### A Gentleman in Moscow: Amor Towles

I started this book more than four times and put it down, until I returned to it at the right time. It's 1922 and Count Rostov is sentenced by Bolshevik tribunal to spend the rest of his life under house arrest in the elegant Hotel Metropol in Moscow. Imperial Russia is being reconstituted into the USSR. A worldly man, legend, articulate and incredibly witty, the Count now must witness a cultural revolution through the confines of this posh prison. Here we have a story of a man whose entire identity is built around aristocracy at a time when such an identity is no longer revered. His manner, his experiences, his point of view are no longer social currency. What unfolds is a series of encounters and reunions that over many years create new alliances and lead to an exciting and unexpected conclusion.



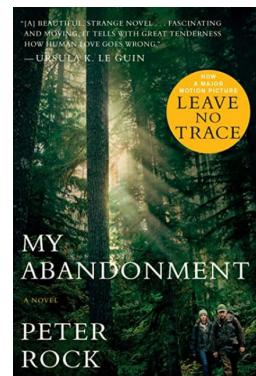
### Couldn't Keep it to Myself: Wally Lamb & The Women of York Correctional Institution

This 2003 book is anthology from a writing class run by Wally Lamb (Land debut novel "She's Come Undone" was anointed by Oprah's book club in 1998 and his writing career skyrocketed). A friend asked Lamb

to meet a group of women at the maximum security York Correctional Institution in Connecticut. He had recently written a follow up novel that dealt with suicide, and at the same time, the women in the facility were struggling with the despair of several suicides that had taken their peers. He was nervous when he entered - the women just wanted to know if he had met Oprah. From this scrappy beginning, they developed a trusting relationship that resulted in this collection of short autobiographical stories. There are threads throughout the book - abuse, poverty, addiction, loss, and grief. Clearly I read the book to see how others have approached writing in prison. The women are generous in their willingness to open themselves up and let the ink pour from their pain. At times, I feared that they were too generous for such a public offering and I questioned the editor's responsibility to these writer's who were still quite vulnerable.

### My Abandonment: Pete Rock

Thirteen year old Caroline and her father (who suffers from PTSD) live in Portland's Forest Park just across from the St. John's Bridge. Rock writes Caroline's perspective natively, as if he has transformed into a person who experiences the modern world from the outside. Based on a true story, the book peels away at the assumptions we make about security, health, and education to leave us thinking about how we care for one another in this modern world.



# Writing Prompt: Build an Emotionally Nuanced Landscape

Provided by the Tracy Schlapp via the PonXpress Writer's Workshop

Select three emotions from this list to describe a sense of being. Switch out one of those words to build a new sensation. Continue this way until you have developed a palette of new emotions to use in your writing.

<b>Accepting/Open</b>	Frustrated	Fascinated	Mortified	Incapable
Calm	Furious	Interested	Self-conscious	Resigned
Centered	Grouchy	Intrigued	Useless	Trapped
Contend	Hostile	Involved	Weak	Victim
Fulfilled	Impatient	Stimulated	Worthless	<b>Tender</b>
Patient	Irritated	<b>Despair/Sad</b>	<b>Fear/Afraid</b>	Calm
Peaceful	Irate	Anguish	Anxious	Caring
Present	Moody	Depressed	Apprehensive	Loving
Relaxed	On edge	Despondent	Frightened	Reflective
Serene	Outraged	Discouraged	Hesitant	Self-loving
Trusting	Resentful	Forlorn	Nervous	Serene
<b>Aliveness/Joy</b>	Upset	Gloomy	Panic	Vulnerable
Amazed	Vindictive	Heartbroken	Paralyzed	Warm
Awe	<b>Courageous/</b>	Hopeless	Scared	<b>Stressed/Tense</b>
Bliss	<b>Powerful</b>	Lonely	Terrified	Anxious
Delighted	Adventurous	Longing	Worried	Cranky
Ecstatic	Brave	Melancholy	<b>Fragile</b>	Depleted
Enchanted	Capable	Sorrow	Helpless	Edgy
Energized	Confident	Upset	Sensitive	Exhausted
Enthusiastic	Daring	Weary	<b>Grateful</b>	Rattled
Excited	Determined	Yearning	Appreciative	Restless
Inspired	Free	<b>Disconnected/</b>	Blessed	Shaken
Invigorated	Grounded	<b>Numb</b>	Delighted	Tight
Lively	Proud	Aloof	Fortunate	Weary
Passionate	Strong	Bored	Grace	<b>Unsettled/Doubt</b>
Playful	Worthy	Confused	Humbled	Apprehensive
Radiant	Valiant	Distant	Lucky	Concerned
Refreshed	<b>Connected/Loving</b>	Empty	Moved	Dissatisfied
Rejuvenated	Accepting	Indifferent	Thankful	Disturbed
Satisfied	Affectionate	Isolated	Touched	Grouchy
Thrilled	Caring	Lethargic	<b>Guilt</b>	Hesitant
Vibrant	Compassion	Listless	Regret	Inhibited
<b>Angry/Annoyed</b>	Empathy	Resistant	Remorseful	Perplexed
Agitated	Fulfilled	Shut Down	Sorry	Questioning
Bitter	Present	Uneasy	<b>Hopeful</b>	Rejected
Contempt	Safe	Withdrawn	Encouraged	Reluctant
Cynical	Warm	<b>Embarrassed/</b>	Expectant	Shocked
Disdain	Worthy	<b>Shame</b>	Optimistic	Skeptical
Disgruntled	<b>Curious</b>	Ashamed	Trusting	Suspicious
Edgy	Engaged	Humiliated	<b>Powerless</b>	Unsure
Exasperated	Exploring	Inhibited	Impotent	Worried

# Financial Services

## Informational Briefing

Provided by ODOC

### What is the Transitional Savings Account (TRSA)?

- Funds in the TRSA are protected from debt/ obligation and garnishment.
- Established per SB844/ORS 423.105 as a means for AICs to save funds for release.
- 5% of each eligible deposit is applied into the AICs TRSA until the account reaches \$500.
- AICs may elect to transfer funds into their TRSA by submitting a Trust Account Transfer Request form (CD1832) up to \$500.
- AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied.

### What is the General Savings Account (GS)?

Funds in the GS Trust Account are not protected from debt' obligation collection or garnishment.

Established as an optional means for AICs to save funds outside of the TRSA.

AICs may elect to transfer funds into the GS Trust Account once per calendar month by submitting a Trust Account Transfer Request Form (CD1832).

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.

Note: Trust Account Transfer Request Forms (CD1832) are available through Business Services. If the amount being transferred is excessive, it will be limited. The minimum transfer amount is \$5.00.

Please address any questions to Business Services (electronic communication option preferred & available on the tablet). Friends and family may submit questions to [dldoctrustinfo@doc.state.or.us](mailto:dldoctrustinfo@doc.state.or.us).

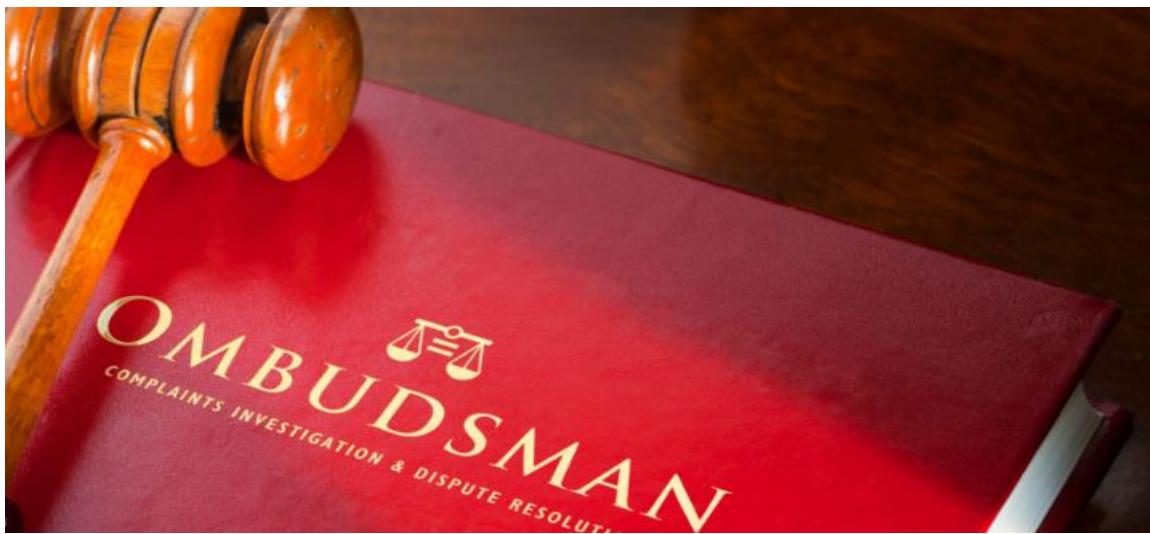
### Court Ordered Financial Obligation (COFO)

- Collected from eligible deposits per ORS 423.105
- 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500.
- Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied.
- The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details: Oregon Judicial Department, Business and Fiscal Services Division, Attn: Collections. 1163 State Street, Salem, OR 97301.
- COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support.

### DOC Debt

- Collected from eligible deposits.
- Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available.
- DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances.
- DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt.
- Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending.

Financial Services is seeking to ensure AICs are provided with information to better understand the types of savings options that are available. AICs with questions regarding their trust account(s) are encouraged to send a communication to Business Services (*electronic communications, available on the tablet, preferred*).



## COLUMNS

## Oregon Ombudsman

### A Letter from the Corrections Ombudsmen

*Provided by ODOC*

In 2022 the Oregon legislature funded an independent Corrections Ombudsman position located in the Governor's Office. One of the primary purposes of this position is to strengthen procedures and practices which lessen the possibility that objectionable corrections actions will occur.

The Corrections Ombudsman has the power: to investigate, on complaint or on the Ombudsman's own motion, any action by the Department of Corrections (DOC) or any employee thereof without regard to its finality. However, pursuant to ORS 423.425, the Ombudsman may decide not to investigate complaints that are trivial, frivolous, vexatious, or not made in good faith, as well as those that are too long delayed or could reasonably be expected to be resolved through a different administrative process.

The position is located within the Governor's Office and is not accountable to and does not report to the DOC in any manner. All communications to the Ombudsman are confidential and no person who files a complaint to the Ombudsman pursuant to ORS 423.400 to 423.450 shall be subject to any penalties, sanctions or restrictions because of such complaint. If any person willfully obstructs or hinders the proper and lawful exercise of the Ombudsman's powers, or willfully misleads or attempts to mislead the Ombudsman in inquiries under ORS 423.400 to 423.450, a Marion County Circuit

Court judge, on application of the Ombudsman, shall compel obedience by proceedings for contempt.

Because the modern version of this position is new, it will take some time to establish the office and build the Ombudsman team. While I am processing and replying to all complaints, please be advised that this is a very slow process. For now, please take the survey below and kytic or write a letter with your answers to the address below.

1. How many people on your contact list have tried to get validated with the IC Solutions phone system?
2. How many have been successful so far?
3. What stopped them from getting registered (they have a prepaid phone, can't get a credit card, system is too complicated, etc.)
4. How long have you been waiting for someone to get validated (ex. "I haven't talked to my partner in six weeks because they can't get validated").
5. What other DOC issues are important to you?

Please send responses by kytic or letter to:

Adrian Wulff  
Corrections Ombuds  
900 Court St. SE Suite 254  
Salem, OR 97301  
Hotline Number- (833)-685-0842

# Notices You May Have Missed

## From Your Housing Unit Bulletin Board and Brief Announcements

*Provided by ODOC and Various Sources*

Below is the list of status changes made to DOC administrative rules and policies since 5/30/2023. Staff are encouraged to review administrative rule and policy changes. DOC rules and policies can be accessed through the DOC website: <https://www.oregon.gov/doc/rules-and-policies/Pages/policies.aspx>

### **PERMANENT RULES:**

#### **291-009 Tours**

Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

Effective 5/4/23

#### **291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections**

Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

Effective 5/24/23

#### **291-069 Security Threat Management**

Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload.

Repeals Attachment A "High Alert Adult in Custody" and renames former Attachment B "STM Restriction Scale" to Attachment A.

Effective 4/28/23

### **291-077 Performance Recognition and Award System**

Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.

Effective 5/16/23

### **291-105 Prohibited Conduct and Processing Disciplinary Actions**

Amends rule to permanently adopt changes to the rule that were temporarily adopted on 1/1/2023 reducing the maximum consecutive sanction to DSU from 180 days to 90 days, including amendment to major and minor violation grids; for minor grammatical changes; and for consistency.

Effective 5/23/23

### **291-113 Education and Training Programs**

Amends rule to align with current practice; change "inmate" to "AIC"; and for other minor grammatical revisions, clarifications, and consistency.

Effective 5/24/23

### **POLICIES:**

#### **10.2.1 Internal Audit**

Amends policy to align with current practice and for a general update. The three separate audit policies (10.2.1, 10.2.2, 10.2.3) will be merged into one policy.

Effective 4/27/23

#### **10.2.3 Change of Director**

Repeals policy and merges this policy into 10.2.1 Internal Audits.

**10.2.2 Audit Charter Committee**

Repeals policy and merges this policy into 10.2.1 Internal Audits.

Effective 4/27/23

**20.5.1 Management Authority and Accountability for a Participatory Work Environment**

Repeals policy due to being redundant. This policy is superseded by the DAS Enterprise Values and Competencies for Managers.

Effective 5/16/23

**20.5.21 Strike Contingency**

Amends policy for minor correction: In Section III (B), change “odd numbered year” to “even numbered year”.

Effective 3/29/23

**20.6.14 Violence-Free Workplace**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Violence-Free Workplace 50.010.02.

Effective 4/19/23

**20.8.1 Sick Leave with Pay**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Sick Leaves with Pay 60.000.01.

Effective 4/19/23

**20.8.2 Vacation Leave**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Vacation Leave 60.000.05.

Effective 4/19/23

**20.8.3 Special Leaves with Pay**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Special Leaves with Pay 60.000.10.

Effective 4/19/23

**20.8.5 Alternate Leave Provisions**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Alternate Leave Provisions 60.000.20.

Effective 4/19/23

**20.8.6 Leave Without Pay**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Leaves Without Pay 60.000.11.

Effective 4/19/23

**20.8.7 Holidays**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Holidays 60.010.01.

Effective 4/19/23

**20.8.8 Temporary Interruption of Employment**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Temporary Interruption of Employment 60.015.01.

Effective 4/19/23

**20.9.1 Management Service Discipline, Dismissal/Removal**

Repeals policy due to being redundant. This policy is superseded by the DAS policy Management Service Discipline and Dismissal 70.000.02.

Effective 4/19/23

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Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.

## Extra Postage Discontinued

In 2006, Central Trust advised the Mailrooms to discontinue the process of accepting CD28's for "extra postage". This practice has crept back into some facilities, and we have again been asked to discontinue allowing it.

Canteen provides a variety of sizes of envelopes and weight limits. Many Canteens also provide a variety of shipping boxes; those facilities that do not currently have that option should soon.

CD28's can be used for:

### Priority Legal Mail through the Legal Library

At institutions where Canteen does not offer shipping boxes, to mail items that are too large/heavy for envelopes (for example, to mail out a dozen books to clear out some of your property).

## Library Orientation

New to EOBI? Need to access the Legal Library and do not know how or what service to request? Interested in checking out manga/art how to books or general reading books? Wanting to learn a second language or study a certain topic? If you answered yes to any of these questions then send a kyle to the library and request an orientation appointment. You will be scheduled for a half hour session and the library staff will answer your questions and explain library procedures/services to you.

## Business Services - Outside Payments

The Oregon Judicial Department (OJD) provides Department of Corrections/Salem Central Trust with monthly updated totals owed and monthly payments received for each respective AIC. Only the OJD can provide you with exact information on "Outside Payment" information and your court case numbers.

You'll need to write to/mail to:

Oregon Judicial Department, Business & Fiscal Services Division, ATTN: Collections, 1163 State Street, Salem, OR 97301 with all your questions.

## Legal Call Outs Scheduled in the Library

The library has started scheduling attorney client phone calls in phone booths that are located in the General Library door starting on January 19<sup>th</sup>. All new calls will be scheduled there going forward.

Calls located in the law library are designated ATTY on your call out. Calls located in D2 will be designated LEGL on your call out.

Please note this will not include:

- Court hearings
- Video calls
- Advocate calls
- DHS-related calls and court hearings
- Psychosexual evaluations ordered by the Board of Parole and Post-Prison Supervision
- Psychological evaluations
- Department of Justice (DOJ), Trial Division & Small Claims
- Department of Administrative Services (DAS), Risk Management

## Preventative Health Care Screening

DOC is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a "preventative health care screening" appointment.

Los Servicios de Salud del Departamento de Correcionales esat interesado en asociarse con usted para promovercomportamientos saludables y garantizar que este lo mas saludable possible. Si esta interesado en hablar sobre los factores de riesgo de susalud y las formas en que puede mantener y mejora su salud, envieu na Communicacion de Salud Medica No-Urgenta a Los Servicios de Salud y solicitauna "cita de evaluacion de attencion medical preventive"

# CONTRIBUTORS



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

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

## Meet *The Echo* Team

### Mr. Peters IWP Coordinator, *The Echo* Supervisor

Mr. Peters has worked in the Department of Corrections for 25 years. He has worked in Security, Inspections, and Correctional Rehabilitation. In 2016 he became the IWP Coordinator.



**Phillip Luna**  
*Editor  
Copywriter  
Photographer*



**Patrick Gazeley-Romney**  
*Writer-at-Large  
Photographer*



**Brett Lloyd**  
*Contributing Writer*



**Juan Sanchez**  
*Proofreader  
Contributing Writer*

**Scott Steffler**  
*Contributing Writer*

Steffler is a Legal Assistant in the Law Library, a Beekeeping Program Facilitator, and an occasional contributing columnist/source for *The Echo*. Steffler is currently pursing a degree in Statistics from Ohio University.

Luna is the editor of *The Echo* and a contributing writer for the Coffee Creek Newsletter. He is also a Certified *Roots of Success* Facilitator, a Beekeeping Program Facilitator, the facilitator for the NCRC Prep Course, and the mentor for the Clerk Internship Program. In his spare time he is pursuing a Bachelor's Degree and is the current President of the Enrichment Club.

Gazeley is a Staff Writer for *The Echo* and a certified facilitator for the Gardening, *Roots of Success*, and *Mindfulness* programs. He is a Journeyman Beekeeper and facilitates the Beekeeping Program. He was also the first person in the nation to complete the *Roots of Success* Apprenticeship. Gazeley has a Bachelor's Degree from Portland State University. In his spare time he is the Secretary for the Enrichment Club.

Lloyd is a Staff Writer for *The Echo* and a facilitator for the Gardening and *Roots of Success* programs. He is currently pursuing his Journeyman Certification for the Beekeeping program and will be a program facilitator. Lloyd holds a Bachelor's Degree in Environmental Economics from Cal State Monterey Bay. In his spare time he is an avid artist and video game enthusiast.

A veteran of the US Marine Corps, Sanchez served as a tanker on M1A1 battle tanks. He is the proofreader for *The Echo*, manages the EOCI Institution Channel (channel 53), and runs the videogram program. He is a newly certified *Roots of Success* facilitator and occasionally writes articles for *The Echo*.

**Your Name Here**  
*Contributing Writer*

To learn more on how to become a contributing writer, send an AIC communication form to IWP.

**P**rison

**R**ape

**E**limination

**A**ct



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:

1. Al numero de ayuda:
2. Levante el teléfono, marque \*999.

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.

**PREA Advocate:**

You may write the PREA advocate at:

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

June 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
						Full Moon
4	5	6	7	8	9	10
						Education Graduation
11	12	13	14	15	16	17
						Flag Day
18	19	20	21	22	23	24
Father's Day	Juneteenth		Summer Begins			
25	26	27	28	29	30	

July 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
	Full Moon	Independence Day			PRAS	
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**For Paper Copies: Please Return to the Officer Station After Reading**