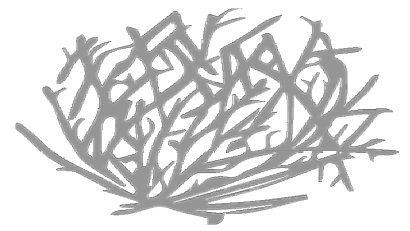


T.R.C.I. TUMBLEWEED



May 2023

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Pay Dates: 5/4, 6/8, 7/6, 8/10, 9/7, 10/5, 11/9, 12/7



AIC Spotlight: TRCI's Metal Shop



From left to right: Thomas Urvina, Jarrod Pardun, Toby Cox, Kevin Luna-Gonzales, James Jones, John Mahone, Douglas Burkardt (not pictured)



TRCI's metal shop is an especially unique workplace here at TRCI. The shop is home to 7 AIC's who have been fortunate enough to earn one of the coveted spots preparing them for welding careers beyond prison. The metal shop serves our institution in a wide range of projects along with outside work seen in local communities. The AIC's consist of a diverse group of individuals who are eager to learn a trade and fine tune their abilities, working toward their future. The most common institutional projects include; benches, fences, tables, kitchen equipment, carts, cages in SEG, cage in band room, etc. As well as special projects for departments within the institution. Recreation is extremely grateful for the recent industrial audio/video carts that have become paramount to their daily operations. Beyond institutional work, the team has dedicated individuals who work on projects for the outside, such as gates, signs, fire pits, stoves, minions (pictured above). The shop also offers an opportunity for creative expression that showcases the artistic side of welding.

Mr. Smith (licensed welder), has been the shop coordinator for 12 years and holds an extensive background in many trades. He enjoys working with the team and providing a roadmap for their future. He mentioned the structural welding program, which is currently offered to 3 AIC's and lasts roughly 18 months. Past AIC's who have completed the program are now gainfully employed welders, working for reputable companies upon their release. The structural welding certificate includes minimal written tests and mostly project based testing such as shielded metal arc welding, tig & mig welding, flux core, and the ability to read and follow prints. Potential careers in metal work includes iron work, heavy equipment manufacturing, metal fabrication, shipyards, CNC operators, etc. Mr. Smith would love to see an investment in new equipment (similar to the CNC plasma table) to meet the standards of outside operations, but they still complete jobs and train AIC's to the best of their ability. One of the current program participants, Jarrod Pardun, shared the analogy of welding to a haircut. "You can always fix a mistake, it just won't look as messed up as before." This shop is one of the few trades that our institution offers applicable work experience and certificates for. These guys are all seeking to advance their life while incarcerated and are very appreciative for this opportunity. The institution is also very thankful for their hard work and choice to work in TRCI's metal shop.

May Karaoke Night Schedule

(Tentative May Schedule)

Thursday May 4th

Unit 12 – 6:30 p.m. to 8 p.m.

Thursday May 11th

Unit 13 – 6:30 p.m. to 8 p.m.

Thursday May 18th

Unit 1 – 6:30 p.m. to 8 p.m.

Thursday May 25th

Unit 2 – 6:30 p.m. to 8 p.m.



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 3/13/2023.

PROPOSED RULES:

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; for minor grammatical changes; and for consistency.
- Last day of comment period: 5/19/23 5:00 PM
- Public Hearing: 4/27/23 10:30 AM

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.
- Last day of comment period: 5/19/23 5:00 PM

May is National Physical Fitness Month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

- Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 days a week)

AND

- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you’re doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

Intensity is how hard your body is working during a physical activity.

Moderate-intensity aerobic physical activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell if it’s a moderate-intensity aerobic activity is that you’ll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast or hiking
- Riding a bike
- Pushing a lawn mower



Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your [heart rate](#) has gone up quite a bit. Use the Talk Test for the intensity of your aerobic physical activity. If you’re being active at a vigorous level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Running
- Swimming laps
- Playing basketball



Build Up Over Time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you haven’t been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

Muscle-strengthening Activities

Physical activities to strengthen your muscles are recommended at least 2 days a week. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

To gain health benefits, you need to do muscle-strengthening activities to the point where it’s hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 **set**. Try to do at least 1 set of muscle-strengthening activities. To gain even more benefits, do 2 or 3 sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity—whatever works best for you. There are many ways you can strengthen your muscles, whether it’s at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (e.g., push-ups, sit-ups)
- Heavy gardening or landscaping (e.g., digging, shoveling)
- Some form of yoga



Paradigm Shift Club Chess Tournament

April 10th, 2023

The Paradigm Shift Club hosted TRCI's first prison wide Chess tournament in recent memory. The event culminated with an individual winner from each housing unit participating in the final event at TRCI's visiting room on April 10th, 2023. This was the inaugural PSC event to include all housing units in a game tournament instead of only incentive housing units. The club is striving to serve all incentive levels with games and activities to foster an inclusive culture. The group of AIC's who attended the Chess tournament were amicable and appreciative for the opportunity to play against one another. They shared popcorn, soda, and personal strategy/playing styles while waiting for their next match. Each game was met with focus and intensity from all participants. The winner, Joshua Bunn, is an avid Chess player who enjoyed the opportunity to play against new talent. The final game, seen below right, was evenly matched and challenging. The two final winners showed great respect and admiration for each other's game. Both final winners received unique hygiene products that aren't sold on the institution's canteen. The event was a success and well-regarded by all.



Championship Match



1st Place Winner: Joshua Bunn (Above)
2nd Place Winner: Daniel Jenkins (Top Right)



Financial Services

Informational Briefing

AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
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 - COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support - COFOs will continue to collect during the Holiday Buying Period
Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.		
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 - DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	- Collected as funds become available - Multiple collections may occur throughout the month - Additionally, collections shall occur the last business day of the month	- County obligations refer to deferred county filing fees - These obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing fee - County Court fees will continue to collect during the Holiday Buying Period
Initial Federal / US Court Filing Fee Obligation	- Collected as funds become available - Multiple collections may occur throughout the month - Additionally, collections shall occur the last business day of the month	- Initial Filing fees can be collected in total and are due upon receipt - These obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing fee - Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal / US Court Deferred Filing Fee Obligation	Collected around the beginning of the month	- General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable - Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

****Commissary is happy to announce the following items are now permanent****

Corner Store Peach Rings 3 oz \$.87
La Moderna Pasta Shells 7.05 oz \$.79
Cheez It Crackers Original 7 oz \$2.26

Please note that the above items will count against your spending limit.

We are seeing outages statewide from our vendors due to manufacturing issues and delays in receiving product. In addition, our vendors have discontinued some items, so we are researching new items to replace them. Thank you for using the AIC suggestion forms, we are using your suggestions to research potential new products. We have also been notified from our vendors that some prices have increased, the new prices are effective Monday, April 3, 2023.



Deep Thoughts with Cambell

- ∞ Ketchup is refrigerated at home, but not at a restaurant.
- ∞ You can remove any letter from the word SEAT and still have a real word.
- ∞ It must really hurt when giraffes get sore throats

"Darkness cannot drive out darkness: Only light can do that. Hate cannot drive out hate: Only love can do that."

- Martin Luther King Jr.

"There are horrible people who, instead of solving a problem, tangle it up and make it harder to solve for anyone who wants to deal with it. Whoever does not know how to hit the nail on the head should be asked not to hit it at all."

- Friedrich Nietzsche

"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness."

- Carl Jung

"You will fear the darkness only to the extent that you yourself are not providing light."

- Marianne Williamson

Change in Library Call Out Code:

In an effort to we fully schedule law library resources, such as computers, Law Library is changing how we enter call outs. For call outs entered on or after May 1, 2023, all call outs for legal appointments (with the exception of attorney calls) will now have a Section code of “LAW1” if you are to report to the Westside Legal Library or “LAW2” if you are to report to the Eastside Legal Library.

The Location code will indicate what your law library appointment is for. Below is a list of location abbreviations and their meanings:

Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)

****Legal Library Closure - Week of May 2nd to May 5th****

Legal libraries will be closed across the state for all-staff training during the first week of May. Annual training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

TRCI Libraries will be closed starting the afternoon of Tuesday, May 2nd through Friday, May 5th. During these days, no attorney calls will be scheduled.

Library access will be given to AICs with deadlines during Monday’s sessions and the Tuesday morning session.

Paradigm Shift Club Injustice 2 Tournament March 28th, 2023

TRCI's incentive unit PS4 video game tournaments have been a huge hit! The PSC hosted their second video game tournament this year (first was Madden 23), but received significantly more interest in this Injustice 2 tournament than the previous Madden 23 event. An initial bracket is generated for each incentive unit where AIC's play their on-unit tournament to determine an overall unit winner. The winner from each incentive unit then qualifies for the final event against all 8 incentive housing units including TRCI Minimum. The video game tournaments are popular amongst the population because it reminds many AIC's of their life before prison as many are lifelong gamers. Gaming has become a pastime and favorite activity within prison as well. The game tournaments offer AIC's a platform to compete and put their skills on display for the institution. The final Injustice Tournament was won by Alexander Tanguy who never lost a match on his road to the championship. He actually played this video game prior to his incarceration so he may have had a leg up on the competition. The final game was played on a 130 in. projector with excellent sound and video. The top two winners received Tervis insulated mugs with their choice of a Marvel or DC superhero logo on the front. The PSC hopes to offer more video game tournaments in the future and continue the trend of supporting healthy and positive activities.



1st Place Winner: Alexander Tanguy (left)
2nd Place Winner: James Allen (right)



HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.



Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 Vaccine and Booster Dose Update – April 2023

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Food and Drug Administration (FDA) has released new guidelines on COVID-19 vaccine protocol. Health Services will be compiling a list of individuals who are eligible for a booster dose and will hold vaccination clinics for individuals who meet the criteria as established by the Food and Drug Administration.

If you are not yet vaccinated and would like to be, please contact Health Services. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

What you need to know:

- At this stage of the pandemic, the FDA is simplifying the use of the authorized single **mRNA bivalent** COVID-19 vaccines (the monovalent mRNA vaccines are no longer being used).
- Most unvaccinated individuals may receive a single dose of a bivalent vaccine, rather than multiple doses of the original monovalent mRNA vaccines.
- Most individuals who have already received a single dose of the bivalent vaccine are not currently eligible for another dose.
- Individuals 65 years of age and older who have received a single dose of a bivalent vaccine may receive one additional dose at least four months following their initial bivalent dose.
- Most individuals with certain kinds of immunocompromise who have received a bivalent COVID-19 vaccine may receive a single additional dose of a bivalent COVID-19 vaccine at least 2 months following a dose of a bivalent COVID-19 vaccine.
- Health Services is compiling a list of individuals eligible for a second dose. If you have questions, please contact Health Services.

Actualización de Dosis de Refuerzo y Vacuna COVID-19: Abril de 2023

El virus COVID-19 todavía está presente en nuestras instituciones y comunidades, y las vacunas continúan siendo la forma más segura y efectiva de protegerse de la infección por COVID-19. La Administración de Alimentos y Medicamentos (FDA) ha publicado nuevas pautas sobre el protocolo de la vacuna COVID-19. Los Servicios de Salud (Health Services) compilarán una lista de personas que son elegibles para una dosis de refuerzo y realizarán clínicas de vacunación para las personas que cumplan con los criterios establecidos por la Administración de Alimentos y Medicamentos.

Si aún no está vacunado y le gustaría estarlo, comuníquese con los Servicios de Salud. Si no desea ser vacunado o recibir refuerzos, puede optar por no hacerlo.

Lo que necesitas saber:

- En esta etapa de la pandemia, la FDA está simplificando el uso de las vacunas COVID-19 bivalentes de ARNm único autorizadas (las vacunas de ARNm monovalente ya no se usan).
- La mayoría de las personas no vacunadas pueden recibir una dosis única de una vacuna bivalente, en lugar de dosis múltiples de las vacunas de ARNm monovalentes originales.
- La mayoría de las personas que ya recibieron una dosis única de la vacuna bivalente actualmente no son elegibles para otra dosis.
- Las personas mayores de 65 años que hayan recibido una dosis única de una vacuna bivalente pueden recibir una dosis adicional al menos cuatro meses después de la dosis bivalente inicial.
- La mayoría de las personas con ciertos tipos de inmunodepresión que han recibido una vacuna bivalente contra el COVID-19 pueden recibir una sola dosis adicional de una vacuna bivalente contra el COVID-19 al menos 2 meses después de una dosis de una vacuna bivalente contra el COVID-19.
- Servicios de Salud está compilando una lista de personas elegibles para una segunda dosis.

Si tiene preguntas, comuníquese con los Servicios de Salud.