



Pay Dates: 9/5, 10/10, 11/7, 12/5

## Upcoming PSC & TRAC Events

- **KFC Fundraiser (Delivery Schedule: Day 1-U8. U9. INF. U2 TRCM. Day 2-U3. U5. U6. U7. U10. Day 3-U4. U11. U12. U13) September 17th – September 19th**
- **Cornhole Tournament finals @ TRAC: September 12th**
- **Donal logue Speaking Event @ TRAC: September 7th**
- **Incentive Unit Karaoke (Indefinite): Thursday Nights**

### Ice Delivery for Inner Corridor Units

Throughout the month of August, the Paradigm Shift Club is doing what they call the One-Stop Ice Drop, club members are going to inner corridor units to deliver ice, starting with unit 6 on August 7<sup>th</sup>, and then one unit per week. This is currently a one-time event to see how it is received. The Paradigm Shift Club is continuously looking for ways to give back to the AIC community and include the inner corridors; and with the extreme temperatures lately we know that little things like a simple cup of ice can mean a lot to some people.

## *September 2024 Movie Schedule*

Week 1	Run Time	September 6 <sup>th</sup> – September 12 <sup>th</sup>	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 5, Disc 1 (3 eps)	FRI 2:00 pm	6:00 pm
		Station Eleven, Disc 1 (4 eps)	1:30 pm	
Ch. 15	2:01	Monkey Man	FRI 2:00 pm	6:00 pm
	1:43	King of New York	1:30 pm	
Ch. 17	Loop	Silicon Valley Season 2, Disc 1-2 (5 eps)	FRI 2:00 pm	6:00 pm
		His Dark Materials Season 2, Disc 2(3 eps)	1:30 pm	
Week 2	Run Time	September 13 <sup>th</sup> – September 19 <sup>th</sup>	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 5, Disc 2 (4 eps)	FRI 2:00 pm	6:00 pm
		Station Eleven, Disc 2 (3 eps)	1:30 pm	
Ch. 15	1:49	Civil War	FRI 2:00 pm	6:00 pm
	2:01	Tears of The Sun	1:30 pm	
Ch. 17	Loop	The Magicians Season 5, Disc 3 (eps)	FRI 2:00 pm	6:00 pm
		Girls Season 2, Disc 1 (5 eps)	1:30 pm	
Week 3	Run Time	September 20 <sup>th</sup> – September 26 <sup>th</sup>	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 5, Disc 3 (4 eps)	FRI 2:00 pm	6:00 pm
		Station Eleven, Disc 3 (3 eps)	1:30 pm	
Ch. 15	2:02	Back to Black	FRI 2:00 pm	6:00 pm
	2:27	Traffic	1:30 pm	
Ch. 17	Loop	Silicon Valley Season 3, Disc 1-2 (5 eps)	FRI 2:00 pm	6:00 pm
		His Dark Materials Season 3, Disc 1(3 eps)	1:30 pm	
Week 4	Run Time	September 27 <sup>th</sup> – October 3 <sup>rd</sup>	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 5, Disc 4 (4 eps)	FRI 2:00 pm	6:00 pm
	1:04	GOTTI	1:30 pm	
Ch. 15	1:55	Ghostbusters Frozen Empire	FRI 2:00 pm	6:00 pm
	1:55	Pan’s Labyrinth	1:30 pm	
Ch. 17	1:04	Drugstore Cowboy	FRI 2:00 pm	6:00 pm
	Loop	Girls Season 2, Disc 2 (5 eps)	1:30 pm	

## September Ch. 16 Viewing Schedule

SUN	MON	TUE	WED	THURS	FRI	SAT
1 Echoes of creations Natural View	2 Cosmology: The History & Nature of Our Universe- Disc 5 Great Courses	3 Ocean Waves Natural Views	4 The Mongol Empire- Disc 3 Great Courses	5 Rain Natural Views	6 Scales & Modes Music Classes	7 The Living Ocean Natural Views
8 Zen Natural Views	9 World War 1: The "Great War"- Disc 1 Great Courses	10 Lotus Pond Natural Views	11 The Mongol Empire Disc 4 Great Courses	12 Flowers of Provence Natural Views	13 Guitar Chord Music Classes	14 Thunder Storms Natural Views
15 Fireplaces, Fish Tanks Natural Views	16 World War 1" The "Great War"- Disc 2 Great Courses	17 Waterfalls Natural Views	18 The Black Death: The World's Most Devastating Plague- Disc 1 Great Courses	19 Reefscapes Natural Views	20 Lead Guitar Music Classes	21 Sunset Moods Natural Views
22 Rain Natural Views	23 World War 1: The "Great War"- Disc 3 Great Courses	24 Echoes of Creation Natural Views	25 The Black Death: The World's Most Devastating Plague- Disc 2 Great Courses	26 Lotus Pond Natural Views	27 Country Guitar Music Classes	28 Zen Natural Views
29 Lotus Pond Natural Views	30 World War 1: The "Great War"- Disc 4 Great Courses					





## Deep Thoughts with Cambell

# 10 Things Mentally Strong People Give Up to Gain Inner Peace

EXPERT OPINION BY AMY MORIN, AUTHOR, "13 THINGS MENTALLY STRONG PEOPLE DON'T DO" @AMYMORINLCSW  
AUG 2, 2018

### 3. CHASING HAPPINESS

THINKING YOU NEED TO BE HAPPY ALL THE TIME WILL BACKFIRE. MOMENTARY PLEASURE IS MUCH DIFFERENT THAN LONG-TERM SATISFACTION. MENTALLY STRONG PEOPLE ARE WILLING TO PUT IN THE HARD WORK IT TAKES TO GAIN CONTENTMENT. THEY REFUSE TO GIVE IN TO INSTANT GRATIFICATION OR TEMPORARY INDULGENCES. THEY LOOK FOR WAYS TO BUILD A BRIGHTER FUTURE BY CREATING LONG-TERM GOALS.

### 4. STAYING COMFORTABLE

IT MAY SEEM LIKE STAYING INSIDE YOUR COMFORT ZONE IS THE KEY TO FEELING GOOD IN LIFE, BUT AVOIDING DISCOMFORT ALWAYS BACKFIRES IN THE END. MENTALLY STRONG PEOPLE FACE THEIR FEARS, VENTURE INTO UNKNOWN AREAS, AND TEST THEIR LIMITS. THEY KNOW THAT BEING UNCOMFORTABLE IS TOLERABLE AND ALLOWING THEMSELVES TO EXPERIENCE DISCOMFORT IS THE KEY TO LIVING A BETTER LIFE.

## Garrett's Monthly Inspiration

Don't Complain About  
Change.  
Be The Change You  
Want To See

**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 inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate 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 Office of Constituent Services  
900 Court Street NE, Suite 160  
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.

**Community-Based PREA Advocacy (Support) Program**

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates. Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

**Just Detention International Headquarters  
3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010**

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator  
Oregon Department of Corrections  
2575 Center St. NE  
Salem, Oregon 97301



### PREA Related Grievance & Discrimination Complaint Process Improvements

Effective August 1, 2024, a grievance or discrimination complaint related to a claim of sexual abuse or sexual harassment will be immediately subject to investigation that is outside the Department's administrative remedies process. However, the Grievance Review System (OAR 291-109) and Discrimination Complaint Review System (OAR 291-006) can still be utilized to report PREA allegations. PREA allegations raised through these administrative review systems will receive a return receipt indicating the allegation has been received and forwarded to your institution's PREA Compliance Manager (PCM) for investigation and will include information on how to initiate PREA advocacy services. No further response or appeal will be provided through these administrative review systems. All further inquiries and communications about the PREA allegation(s) need to be sent to your institution's PREA Compliance Manager. In addition, there are many other ways to report a PREA allegation:

- In person to any staff
- Through an AIC communication form
- Call the Inspector General's Hotline
  - Pick up handset, make language selection, and dial "91"
- Write to the Governor's Office
  - State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301
    - You can request to remain anonymous
- Friends or family can report on your behalf (877-831-0389)

**TRCI Grievance Office**

## WORDS TO LIVE BY

**THERE ARE FOUR THINGS YOU CANNOT GET BACK IN LIFE.**

- The WORD after it is said.
- An OPPORTUNITY after it is missed.
- TIME after it is gone.
- TRUST after it is lost.

**~Author Unknown**

## TRAC Guitar Jam Session

On Tuesday August 13<sup>th</sup>, 2024, Mr. Jarrod Pardun put on a guitar show for a select group of AICs'. He began the event with a Halloween type guitar solo. The solo had the feel like you were walking through a deserted town or a real creepy forest in the dead of night. He went through several songs that he wrote. Halfway through the play time, Mr. Pardun told us his motivations for putting on this event.

He mentioned that his true motivation was to play for a group of individuals from MHU because he himself has struggled with his own mental health and wants to give back to others who are also struggling within themselves. Mr. Pardun's message shared through his guitar touched everyone in the crowd.

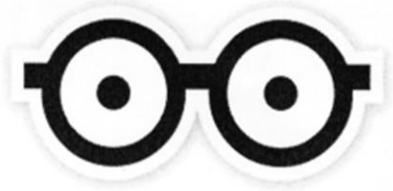


At the end of the event, it left all of us in the crowd wanting more of his skill and talent to be on display. The final performance was a song he wrote for a member of his family who was taken away from them far too soon. The song represented the constant struggle of demons he battles every day. When the song was over, Mr. Pardun received a very warm and heart felt embrace from the crowd, ecstatic over his performance.





**LAUNDRY IS LOOKING**



**FOR QUALIFIED APPLICANTS  
IF YOU KNOW OF AN AIC AT TRCI THAT IS  
LOOKING FOR A JOB, HAVE THEM SUBMIT  
AN APPLICATION.**

**Applicants must have:**

- Incentive level 2 or 3
- 6 months clear conduct
- G.E.D. required, but if they don't have, must sign a G.E.D. contract, and receive within a year of being hired
- Positive attitude and good work ethic
- Verifiable Social Security # or ITIN



## Physical Plant Workers

The TRCI Physical Plant has job openings in multiple areas to include paint (skilled artist needed), maintenance, and the tool crib. We are now accepting Level 2 workers with 6 months clear conduct pending review by the Physical Plant Manager and Security partners.

The metal shop is also accepting applications for future consideration for placement in the welding program. Level 3 AICs will get first consideration for placement in any program. Preferred applicants must have more than 2 years left to release but no more than 5 years. All other programs are currently full.

### Minimum Skills:

- Complete TRCI Admission & Orientation Class
- Level 2 & 3 with 6 months clear conduct.
- GED or High School Diploma Required
- Program Compliant
- Attention to Detail (Organized, Productive, Hard-Working, Quality Work)
- Team Oriented
- Regularly Lift 50 lbs.
- Bend and/or Stoop (possible long periods)
- Stand (long periods)
- Basic Cleaning Supply/Tool Knowledge

### Preferred Skills:

- Follow Operational and Safety Guidelines
- Multitask while maintaining **Quality Work**
- Customer Service Oriented

### Hours of Work:

- 7:00 a.m. – 2:45 p.m. (Monday thru Friday)

### PRAS Points:

- 12 Points (ability to increase with performance improvement per schedule)

# TRAC Rap Concert Event

On Wednesday, August 21<sup>st</sup> The Recreation Department held a premier event in which AIC's, Dwaine Coppernoll and Miguel Ramirez-Carney got on stage and performed thirteen of their own original raps and self-produced beats with the aid of Korg Gadgets featured from their Nintendo Switch. AIC Tracey Lomax made a special appearance at the end of the concert to showcase some of his lyrical talents and delectable dance moves. The show lasted for about 45 minutes and the crowd that consisted of AIC's and staff begged for more when all was said and done. We appreciate everyone that had a hand in providing this kind of pro-social activity, and a special thanks to Mr. Cambell and Mr. Garrett for granting these creative geniuses the opportunity to impact our community. We look forward to seeing these guys perform again down the road.



# A & O Recap

On Thursday, August 22<sup>nd</sup> The Paradigm Shift Club held the first A & O class for newcomers. We gave them a run-down of how things work out here at TRCI and some of the things to look forward to as far as being incentive level 3 and what programs are available to them throughout their stay here. The first group was pretty receptive to what the club had to say, with some participants taking notes. We will be addressing a new group on a monthly basis to further educate our AIC population with the goal of keeping an informed and safer environment for all parties involved in our community.







## UPDATE FROM THE RECREATION DEPARTMENT



Starting in October; due to vendor availability; Recreation will be changing the TV viewing schedule format.

We will be going from 6 TV series to 2 TV series; new releases will be on channel 14, Throwbacks will be on Channel 15 and channel 17 will be TV series that will be played weekly.

Thank you and we hope to continue to bring you great movies and TV series. – Recreation Department



### Nintendo Switch Program Update



**It has been said that the Nintendo Switch Program will be ending at the end of the year. This is NOT true. This is just a rumor and the Recreation department has been getting a lot of questions regarding this rumor. Please rest assured that FLE and Nintendo have not said that this program will end.**

**There have also been a lot of questions about a new game list. We at Recreation are actively working on trying to get a new and updated list for everyone to see.**

**Thank You for all your patience and understanding.**

**TRCI Recreation Department**