



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

Upcoming PSC & TRAC Events

- Incentive Unit Karaoke (Indefinite): Thursday Nights
- Table Tennis Tournament (On Unit: Oct 14th – 25th) (Championship: Nov 20th @ TRAC)
- Chens Fundraiser Delivery Dates: December 16th – 20th
- **Martha's House Bin Drop-off** (Outside of Canteen): November 4th – December 11th
- Live Music at the TRAC: Newly assembled **"Oregonized Rhymes" and Jam Session Guitarist** Jarrod Pardun will perform two separate concerts: Saturday November 9th (1pm & 6pm)

October 2024 Movie Schedule

Week 1	Run Time	October 4th – October 10th	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 5, Disc 5 (2 eps)	FRI 2:00 pm	6:00 pm
	1:44	Fearless	1:30 pm	
Ch. 15	1:50	Abigail	FRI 2:00 pm	6:00 pm
	1:23	Drive-Away Dolls	1:30 pm	
Ch. 17	Loop	Silicon Valley season 4, (10 eps)	FRI 2:00 pm	6:00 pm
	Loop	His Dark Materials season 3, Disc 2 (3eps)	1:30 pm	
Week 2	Run Time	October 11th - October 17th	Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 6, Disc 1, (4 eps)	FRI 2:00 pm	6:00 pm
	1:58	Land of Bad	1:30 pm	
Ch. 15	1:52	Monsters Ball	FRI 2:00 pm	6:00 pm
	2:25	Carlito’s Way	1:30 pm	
Ch. 17	Loop	Girls Season 3, Disc 1-2 (6 eps)	FRI 2:00 pm	6:00 pm
	Loop	His Dark Materials Season 3, Disc 3 (2 eps)	1:30 pm	
Week 3	Run Time	October 18th – October 24th	Movie Start/ Repeat Times	
Ch. 14	2:02	The Ministry of Ungentlemanly Warfare	FRI 2:00 pm	6:00 pm
	1:31	Challengers	1:30 pm	
Ch. 15	1:32	Million Dollar Baby	FRI 2:00 pm	6:00 pm
	1:40	Reservoir Dogs	1:30 pm	
Ch. 17	Loop	Lost Season 6, Disc 2 (4 eps)	FRI 2:00 pm	6:00 pm
	Loop	Silicon Valley season 5, (8 eps)	1:30 pm	
Week 4	Run Time	October 25 th - October 31st	Movie Start/ Repeat Times	
Ch. 14	1:56	The Bikeriders	FRI 2:00 pm	6:00 pm
	1:42	The Watchers	1:30 pm	
Ch. 15	1:57	Road to Perdition	FRI 2:00 pm	6:00 pm
	1:42	Just Cause	1:30 pm	
Ch. 17	Loop	Lost Season 6, Disc 3 (4 eps)	FRI 2:00 pm	6:00 pm
	Loop	Silicon Valley season 6, (8 eps)	1:30 pm	

CH. 17 is strictly for in-cell viewing only. At no point will these channels be played or scheduled for the dayroom televisions. Scheduling either of these channels for the dayroom televisions will result in disciplinary action (NO EXCEPTIONS!)

Closed Caption Schedule
All Movie Channels will be played in closed captions on a set schedule

The Halloween Movie will be “The Exorcist: Believers”
It will be shown for 2 days starting on 10/30/24

October Channel 16 Viewing Schedule

SUN	MON	TUE	WED	THURS	FRI	SAT
		1 Thunder Storms Natural Views	2 World War 1 The " Great War", Disc 5 Great Courses	3 Ocean Waves Natural Views	4 Acoustic Hit's Music Classes	5 Cosmology History & Nature of Our Universe Disc 6 Great Courses
6 Rain Natural Views	7 The Mongol Empire, Disc 4 Great Courses	8 Flowers of Provence Natural Views	9 World War 1 The " Great War", Disc 6 Great Courses	10 Reefscapes Natural Views	11 90s Rock Music Classes	12 The Black Death The World's Most Devasting Plague Disc 3 Great Courses
13 Lotus Pond Natural Views	14 World War 1 The " Great War", Disc 6 Great Courses	15 Waterfalls Natural Views	16 The Black Death The World's Most Devasting Plague Disc 4 Great Courses	17 Zen Natural Views	18 Acoustic Guitar Music Classes	19 World War 2 A Military and Social History Disc 1 Great Courses
20 Sunset Moods Natural Views	21 World War 2 A Military and Social History Disc 2 Great Courses	22 The Living Ocean Natural Views	23 World War 2 A Military and Social History Disc 3 Great Courses	24 Echoes of Creations Natural Views	25 Mel's Bay's Complete Blues Guitar Book Music Classes	26 World War 2 A Military and Social History Disc 4 Great Courses
27 Fireplaces, Fish Tanks Natural Views	28 World War 2 A Military and Social History Disc 5 Great Courses	29 Thunder Storms Natural Views	30 World War 2 A Military and Social History Disc 6 Great Courses	31 Rain Natural Views		



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

5. THE VICTIM MENTALITY

THINKING THE WORLD AND THE PEOPLE IN IT ARE OUT TO GET YOU
WILL PREVENT YOU FROM BEING YOUR BEST. IN FACT, IF YOU BLAME
ALL OF YOUR PROBLEMS ON EXTERNAL CIRCUMSTANCES YOU'LL
NEVER TAKE RESPONSIBILITY FOR YOUR LIFE.

MENTALLY STRONG PEOPLE ACKNOWLEDGE THEIR CHOICES, EVEN IN
THE FACE OF TRAGIC CIRCUMSTANCES. THEY FOCUS ON THE THINGS
THEY CAN CONTROL, AND THEY REFUSE TO WASTE THEIR TIME
HOSTING PITY PARTIES.

6. TRYING TO IMPRESS PEOPLE

YOU COULD WASTE A LOT OF YOUR LIFE TRYING TO MAKE PEOPLE LIKE
YOU. DEPENDING ON ADMIRATION FROM OTHERS, HOWEVER, GIVES
OTHERS POWER OVER YOU.

MENTALLY STRONG PEOPLE ARE COMFORTABLE IN THEIR OWN SKIN.
THEY DON'T WASTE THEIR TIME WORRYING ABOUT WHETHER OTHER
PEOPLE APPROVE OF THEIR CHOICES. INSTEAD, THEY FOCUS ON
LIVING ACCORDING TO THEIR VALUES.

Garrett's Monthly Inspiration

the
struggle
you're in
today
is developing the
strength
you need for
tomorrow

IT'S A SLOW
PROCESS, BUT
QUITTING WON'T
SPEED IT UP.

KFC Fundraiser to Support “American Foundation for Suicide Prevention” Recap

From Wednesday September 18th through Friday September 19th the Paradigm Shift Club hit the corridors in full force to serve all the AIC's their KFC meal that participated in supporting the “AFSP” cause (American Foundation for Suicide Prevention). We thank everyone that had a hand in orchestrating this event; including Recreation Specialists, Mr. Cambell and Mr. Garrett. The club was able to raise \$4,166 to donate to AFSP and to anyone that has been affected by suicide will agree that any dollar amount counts towards this cause. The club hopes to raise funds for this organization in the future and to also work with KFC again down the road. Thank you for all of your support.



**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

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)

Physical Plant Movie Event

On Wednesday night, August 28th, the Recreation Department put together a special movie premiere for all of our hard workers in the physical plant. They watched the new release film “The Ministry of Ungentlemanly Warfare” while we served popcorn, snow cones, and pink lemonade. These special movie events will be ongoing as we continue to show our appreciation for the workers that keep this institution running.

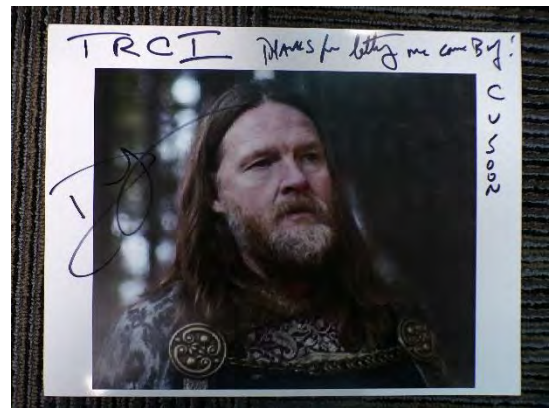
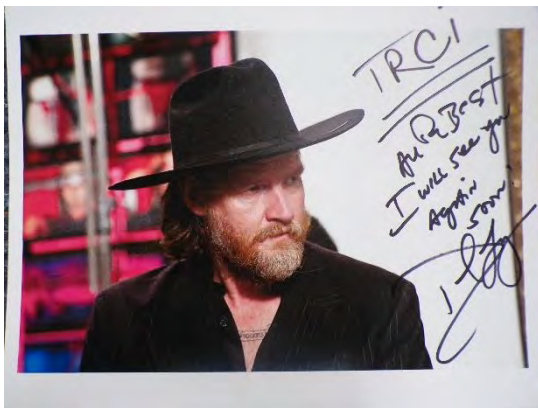


Donal Logue Event

On September 7th, 2024, Mrs. Reyes with the assistance of the PSC were able to invite world-renowned actor, author, and entrepreneur Mr. Donal Logue to come and speak with a group of approximately 60 AIC's. At about 8:30am, Mr. Logue arrived and was greeted by members of the Paradigm Shift. At approximately 9am, the AIC's who were invited to come to the event began to arrive. Mr. Logue began by telling us about his background on where he is from, where he has been, and how he began in acting. His inspiring story about how he battled addiction, overcame his addiction in 1991, a 33-year sobriety journey. His acting career began in 1991, when he first met Danny Trejo. This chance meeting was the drawing point that changed his life.

Mr. Logue also shared several stories about the various shows he has worked on, all the amazing people he has been honored to work with. He was asked who his favorite person to work with was and he said that it was between Mariska Hargitay and Queen Latifah. Mr. Logue also said that his favorite show that he has worked on was a show called "Terriers" that aired on Hulu. A Show that only had a 13-episode run, but he felt that the role he had on the show was "made for me!"

Near the end of the event, he was asked if he would be willing to take photos with the AIC's in attendance, which he was more than happy to do. Mr. Logue had such a great attitude and was deeply saddened when his time ran out. However, Mr. Logue did say that he would love to come back out and visit again, hopefully with Mr. Trejo the next time.



2024 BASKETBALL 3 ON 3 LEAGUE

1st Place team: Pressure



2nd Place team: Crunch Time



This year for the first time in T.R.C.I. history, the Paradigm Shift Club with the aid of Recreation Specialists; Mr. Garrett and Mr. Cambell, were able to orchestrate a summer basketball league with play-offs and a championship to cap the season off. The season began in June and lasted until mid-September. We've had some good games and some tough losses throughout the season. Frederick Lincoln, Michael Gill, Tracey Lomax, and Ronald Smith; a team from unit 11 named "Pressure" held it down through a season plagued with transfers, injuries, and DSU trips. They fought their way through 9 other teams, including our second-place team from unit 10 "Crunch Time" and came out victorious to be crowned the 3 on 3 summer basketball league champions for 2024. The final championship game ended with "Pressure" on top 66-29 over "Crunch Time". We all had a great time participating in this event and hope to see everyone back for more competition next year.



CORNHOLE CHAMPIONSHIP

The Cornhole Championship took place on Unit 1's yard simultaneously with the 3 on 3 summer league basketball championship. Winners from each unit plus the TRCM winners came to compete. It started out with U2 vs. U5, U10 vs. U26 and U12 vs. U13 with U11 having the BYE, the first round took a while but ultimately Units 2, 10 and 13, advanced to round 2. U10 dominated over U5 with a final score of 23-3, advancing them to the final. Despite having a BYE; the U11 team couldn't surpass the efficiency of U13 and ended up losing. The final match was set; Jaggi/Ross from Unit 10 & Deseano/Fernandez from Unit 13. Both teams were back and forth in scoring, eventually the game was tied at 15 however; Deseano & Fernandez closed the game with 6 unanswered to win the Championship 21-15. Congratulations to the winners and thank you to all the participants, we will see you next time!



TRCI Cornhole Champions



Gustavo Deseano and Juan Fernandez





**WE HAVE ONE COPY FOR THE
PLAYSTATION 4 AND ONE COPY FOR THE XBOX**

NEW GAME AT THE TRAC!!!!



Put your guitar/bass playing skills to the ultimate test with “Rocksmith”. This progressive new game is a unique new way to play “Guitar Hero”, or should we say “what Guitar Hero should have been”. Play through the lessons and become a true ***Guitar Legend*** in no time. You will check out an actual electric guitar, guitar pick, strap, and auxiliary cord, plus the game.

The game takes you through a number of lessons to help you understand how to play guitar. The game will start you at your skill level of guitar playing, and automatically progress you to higher difficulties as you get more and more familiar with playing. You will play through many well-known songs (such as: (I Can’t Get No) Satisfaction- The Rolling Stones; The Next Girl- The Black Keys; Are You Gonna Go My Way- Lenny Kravitz; Between The Lines- Stone Temple Pilots; Breed- Nirvana; In Bloom- Nirvana; House of The Rising Sun- The Animals; etc.)



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

Paradigm Shift Club Presents:

Project Plushy

PLUSHYS ARE BACK!

You may now purchase and send a stuffed animal to your loved one(s).

If you're interested, come down to the TRAC and ask a worker to assist you. If you send a CD-28, address it to PSC. You must be incentive level 3 and will be called down to the TRAC to place your order.



ODOC Pharmacies will be making a minor change on the pharmacy label for your medications. It is a small change, but it will be noticeable for some and we want to explain it now to help avoid any confusion. You shouldn't see any difference on medications that are dispensed in capsules or tablets, that will remain the same. However, for tubes, inhalers and other pharmaceutical containers you'll see that the quantity now indicates the number of grams or milliliters that the container holds. Previously if you had received a 30 gram tube of ointment, the pharmacy label would have read "1", indicating that you received one tube of ointment. Now you will see on the pharmacy label that the quantity has changed to "30", the number of grams in the tube. We are making the change because the pharmacies are about to use a new computer program that requires us to record the quantity dispensed in grams and milliliters.