



Pay Dates:12/5

Upcoming PSC & TRAC Events

All Dates are subject to change.

- Chens Fundraiser Delivery Dates: Mon, Dec. 16th (U2, U12, U13) Tues, Dec. 17th (U3, U4, INF, MIN) Wed, Dec. 18th (U5, U10, U11) Thurs, Dec 19th (U6, U7, U8, U9)
- **Martha's House Bin Drop-off** (Outside of Canteen): November 4th – December 11th
- All Incentive Housing Karaoke will be postponed until after New Years.
- Pinochle Championship @ TRAC: December 10th

IMPORTANT NOTICE

REMINDER FROM RECREATION

TRAC callouts are the same as regular callout. Only authorized Items are allowed while attending the TRAC. Searches will be conducted prior to entering the TRAC.

AUTHORIZED ITEMS: (1) PHOTO TICKET, (1) SODA TICKET, (1) RADIO, (1) SET OF HEADPHONES, (5) REC BUCKS

Recreation has a kyte system just like every other department.

Recreation/Activities clerks are not authorized to bring your message to the work and pass it along. Send a kyte!! Also, food will not be sold on holidays or when Recreation Supervisor Mr. Cambell or Mr. Garrett are not available

December 2024 Movie Schedule

Week 1	Run Time	November 29 th – December 5 th	Movie Start/ Repeat Times	
Ch. 14	1:37	1992	FRI 2:00 pm	6:00 pm
	1:41	Borderlands	1:30 pm	
Ch. 16	1:42	M3GAN	FRI 2:00 pm	6:00 pm
	1:40	Those Who Wish Me Dead	1:30 pm	
Ch. 17	Loop	Power Book II: Ghost, Season 2, Disc 1 (eps 3)	FRI 2:00 pm	6:00 pm
	Loop	BOSS, Season 2, Disc 1 (eps 4)	1:30 pm	
Week 2	Run Time	December 6 th – December 12 th	Movie Start/ Repeat Times	
Ch. 14	2:12	Fly Me to The Moon	FRI 2:00 pm	6:00 pm
	1:42	Blink Twice	1:30 pm	
Ch. 16	2:05	Where the Crawdads Sing	FRI 2:00 pm	6:00 pm
	1:47	Plane	1:30 pm	
Ch. 17	Loop	Power Book II: Ghost, Season 2, Disc 2, (eps 4)	FRI 2:00 pm	6:00 pm
	Loop	BOSS Season 2, Disc 2 (eps 4)	1:30 pm	
Week 3	Run Time	December 13 th – December 19 th	Movie Start/ Repeat Times	
Ch. 14	1:51	The Crow	FRI 2:00 pm	6:00 pm
	2:02	Twisters	1:30 pm	
Ch. 16	2:17	The Northman	FRI 2:00 pm	6:00 pm
	1:35	Last Seen Alive	1:30 pm	
Ch. 17	Loop	Power Book II: Ghost, Season 2, Disc 3, (eps 3)	FRI 2:00 pm	6:00 pm
	Loop	BOSS Season 2, Disc 3 (eps 3)	1:30 pm	
Week 4	Run Time	December 20 th – December 26 th	Movie Start/ Repeat Times	
Ch. 14	1:39	A Quiet Place: Day One	FRI 2:00 pm	6:00 pm
	1:45	Trap	1:30 pm	
Ch. 16	1:78	Terrifier 2	FRI 2:00 pm	6:00 pm
	2:01	Krull	1:30 pm	
Ch. 17	Loop	Power Book II: Ghost, Season 3, Disc 1, (eps 4)	FRI 2:00 pm	6:00 pm
	Loop	Mare of Easttown	1:30 pm	
Week 5	Run Time	December 27 th – January 2 nd	Movie Start/ Repeat Times	
Ch. 14	2:12	It Ends with Us	FRI 2:00 pm	6:00 pm
	2:00	MAD MAX: Fury Road	1:30 pm	
Ch. 16	2:18	Flight	FRI 2:00 pm	6:00 pm
	1:33	Death Wish	1:30 pm	
Ch. 17	Loop	Power Book II: Ghost, Season 3, Disc 2, (eps4)	FRI 2:00 pm	6:00 pm
	Loop	Mare of Easttown, Disc 2 (eps 3)	1:30 pm	

The Christmas Movie will be “SlingShot”
It will be shown for 2 days starting on 12/25/24



December Channel 15 Viewing Schedule

SUN	MON	TUE	WED	THURS	FRI	SAT
1 ZEN Natural Views	2 The Roman Empire From Augustus to the Fall of Rome Disc 3 Great Courses	3 Fireplaces, Fish tanks Natural Views	4 The Roman Empire From Augustus to the Fall of Rome Disc 4 Great Courses	5 Echoes of Creation Natural Views	6 TRCI's Hip Hop Concert Video Music Classes	7 The History of Ancient Egypt Disc 1 Great Courses
8 Lotus Pond Natural Views	9 The History of Ancient Egypt Disc 2 Great Courses	10 Flowers of Provence Natural Views	11 The History of Ancient Egypt Disc 3 Great Courses	12 ZEN Natural Views	13 TRCI's Rock & Roll Concert Video Music Classes	14 The History of Ancient Egypt Disc 4 Great Courses
15 The Living Ocean Natural Views	16 The History of Ancient Egypt Disc 5 Great Courses	17 Reefscapes Natural Views	18 The History of Ancient Egypt Disc 6 Great Courses	19 Thunder Storms Natural Views	20 Lead Guitar Music Classes	21 The History of Ancient Egypt Disc 7 Great Courses
22 Sunset Moods Natural Views	23 The History of Ancient Egypt Disc 8 Great Courses	24 Waterfalls Natural Views	25 Quantum Mechanics: The Physics of the Microscopic World Disc 1 Great Courses	26 Ocean Waves Natural Views	27 Scales & Modes Music Classes	28 Quantum Mechanics: The Physics of the Microscopic World Disc 2 Great Courses
29 Rain Natural Views	30 Quantum Mechanics: The Physics of the Microscopic World Disc 3 Great Courses	31 Natures Alarm Clocks 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

9. THE QUEST FOR MATERIAL THINGS

NO MATTER HOW MUCH MONEY YOU MAKE, A BIGGER HOUSE, A NICER CAR, OR MORE EXPENSIVE CLOTHING WON'T GIVE YOU PEACE OF MIND. EXPECTING MATERIAL POSSESSIONS TO SATISFY YOUR NEEDS WILL LEAVE YOU SORELY DISAPPOINTED.

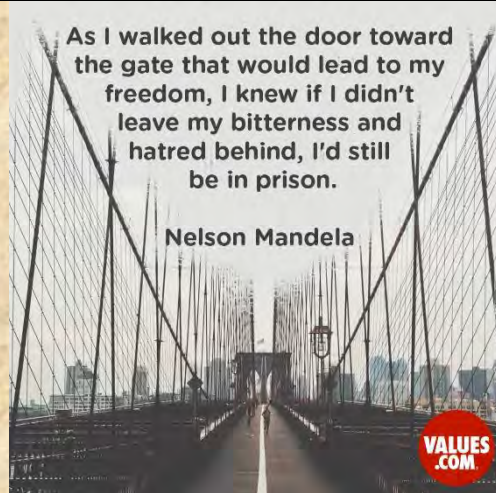
MENTALLY STRONG PEOPLE AREN'T NECESSARILY MINIMALISTS, HOWEVER. THEY CAN ENJOY NICE THINGS. BUT THEY DON'T EXPECT THEIR MATERIAL POSSESSIONS TO GIVE THEM JOY AND CONTENTMENT.

10. COMPLETE SELF-RELIANCE

THINKING YOU CAN DO EVERYTHING ON YOUR OWN IS ABOUT ACTING TOUGH-NOT BEING STRONG. THERE WILL BE TIMES WHEN ASKING FOR HELP IS IMPORTANT.

MENTALLY STRONG PEOPLE AREN'T AFRAID TO ADMIT WHEN THEY NEED HELP. WHETHER THEY RELY ON A HIGHER POWER, ASK FOR PROFESSIONAL HELP, OR LEAN ON A FRIEND DURING A TIME IN NEED, THEY GAIN STRENGTH FROM OTHERS. KNOWING THEY DON'T HAVE TO HAVE ALL THE ANSWERS GIVES THEM A RENEWED SENSE OF INNER PEACE.

Garrett's Monthly Inspiration



“Oregonized Rhymes” Hip-Hop Concert

Tha Rap Godz (left to right)

Tracey Lomax, Miguel Ramirez-Carney, Dwain Coppernoll



The Hip-Hop concert was a HIT!!! November 14, 2024, Two Rivers held its first ever hip-hop concert. The stage was set and the lights dimmed for the performance of a lifetime. Everyone had a great time filled with high energy. All the original lyrics and instrumentals were based on having a “Good Time”, the mental struggles inside and out of the correctional institution and of course, let’s not forget, love. Performed by Miguel Ramirez-Carney, Dwain Coppernoll and Tracy Lomax, the way these three AIC’s expertly blended words with music was a sight to see and a treat to the ears. We look forward to the next show and more, all original music, from these AIC’s in the future.



FROM THE WYRM'S DEN

Hello out there to the folks of TRCI! The first ever official meeting of our new Role-Playing Game (RPG) group took place on Friday, November 15th, and went quite well.

This marked the beginning of our 6-week Dungeon Master (DM) Boot camp and the six DMs that were selected for the program really stepped up, getting to a fantastic start as they began covering the system we will be using as well as offering some great ideas about how to make this project a success.

For those of you who are not aware our program is the first of its kind in the state. When it comes on line in early 2025, it will offer the full RPG experience for up to 30 players at five tables, each with its own DM running a unique campaign setting.

Whether you're an experienced gamer or just RPG -curious, this program is for you! We will be advertising for players in late December or early January and hope that all Incentive Level 3 AIC's who are interested will apply.



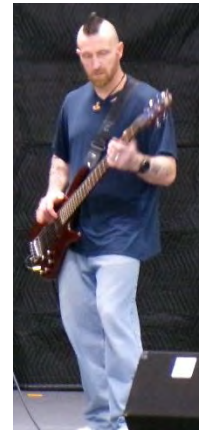
Forza 4 Tournament 2024

The Forza 4 Tournament went as expected, Fabulous... Thank you to all participants, and a special thanks to our winner. Mr. Jeffrey Locker. Mr. Gerardo Chavarria took home second place. Hope you all enjoyed it as much as we did. Until we race again, prepare and be ready. (😊)

Forza Champion: Jeffrey Locker (U10)



Jammin' with Jarrod and Stephan Concert



On November 13th, 2024 Jarrod Pardun and Stephan “Mohawk” Marlatt rocked the TRAC and blew all of our minds with their mighty metal power. They played 16 songs total, most of which were original instrumentals, and others were old favorites such as “Breed” by Nirvana. In an institution that is hungry for live music and other entertainment, we thank these guys for putting it all on the line and stepping out of their comfort zones to perform music in front of a crowd of AICs. We look forward to seeing them again in the future.

The Recreation Department thanks and says farewell to our sound engineer

Jake Lawrence: The Heartland Country Band



The Recreation Department has utilized the many talents and skills of AIC Jake Lawrence for years at the helm of the sound equipment. He has donated countless hours of his free time to this program as a musician and sound engineer, and worked with many different AIC's over the years. We thank him for all he has done and appreciate his hard work and enthusiasm for all of the live shows that many of us have enjoyed, but a new era for the band program is being ushered in with AICs' Adam Neill, Damon Hoyer, and Miguel Ramirez-Carney working together to improve the quality of the live music sounds. Adam Neill has years of experience with music equipment from outside of prison as he has worked with various artists on sound and stage set-up. We look forward to what is in store for the future of the music department at TRAC.

Adam Neill



**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

OCE Open Position Announcement – Statewide

OSP Coder



OCE Program Location – *OSP Call Center*

- The OCE OSP Call Center is recruiting for a Coder. Applicants must pay attention to detail and adhere to a high-quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The schedule will require you to work 5 days per week which may include weekends.

Duties include:

-

Skills that enhance the experience of successful applicants (not required):

- Experience with Microsoft products; Word and Excel
- Experience or knowledge in or be able to learn:
 - Programming languages such as Python, C, .NET
 - Web languages such as HTML, CSS, JavaScript
 - Database languages such as SQL
 - Development framework such as Django
- Ability to consult and communicate technically complex concepts

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have a High School Diploma or GED
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12) month retention agreement
- Incentive level 2 or 3
- Must have 5+ years left on sentence

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project
- Maintain safety controls and equipment including wearing correct Personal Protection Equipment (PPE)
- Must be a self-starter with limited direction from supervisor

If you are interested in becoming highly marketable upon release, utilizing modern technology, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:



**TAKE A STAND
ON SECOND CHANCE**

If you are interested in applying, please complete an OCE AIC Work Application referencing OSP Call Center as the position. Submit paperwork **by November 29, 2024** to **OCE-OSP Call Center – R. Shirer 2605 State St, Salem, OR 97301**

NOTE: Any transfer is subject to security protocols and may delay the process



Here are some Japanese concepts that are related to Stoic principles:

- **Shikata ga nai**

This Japanese concept means "it cannot be helped" and is about accepting what you can't change. It's similar to the Stoic idea of living in the present and not worrying about the past or future.

- **Wabi-sabi**

This Japanese concept is about embracing modesty and the beauty of the unconventional. It has moral implications that align with Stoicism.

- **Gaman**

This Japanese term is generally translated as "perseverance", "patience", or "tolerance". A related term, gamanzuyoi, means "suffering the unbearable".

- **Mindfulness**

Stoicism teaches mindfulness as a way of living in the present and understanding the transient nature of life.

Stoicism is an ethical system based on the practice of virtue in everyday life. The Stoics believed that virtue was enough to achieve a well-lived life, or eudaimonia. The four virtues of Stoicism are wisdom, courage, temperance, and justice.

OCE Position Announcement - Statewide

Braille Transcriber - Training and Certification Position

Oregon State Penitentiary (OSP) – Salem, OR



In partnership with ODOC, OCE is offering a Braille Transcription Training and Certification program. This program is designed to provide an opportunity to obtain the skills and certifications necessary for braille transcription, with a focus on achieving the Unified English Braille (UEB) literary certification. By learning braille transcription, you become a vital link in bridging the gap between the sighted and visually impaired communities, empowering individuals to access literature and education. Your dedication to this program will not only equip you with highly valuable and marketable skills upon reentry but also ignite a sense of purpose and fulfillment as you contribute to a more inclusive society.

Applicants will participate in a collaborative learning environment. Position awards 10 PRAS points, with the opportunity to earn a matching Team Goal Award. This position has opportunities for advancement after initial UEB certification is earned and move into producing braille transcriptions while meeting deadlines.

Skills that enhance the experience of successful applicants (not required):

- Passion – a genuine passion for helping others and a strong desire to make a positive impact in the lives of individuals with visual impairments.
- Attention to Detail – braille transcription requires precise attention to detail to accurately transcribe written text into braille symbols.
- Patience and Perseverance – learning braille transcription is a gradual process that requires patience and perseverance.
- Collaboration and Communication – effective collaboration with instructors and peers is essential for maximizing learning opportunities.

Applicants must meet the following qualifications:

- Must have a valid social security number
- Have at least 6 months' time incarcerated with clear conduct and no program failures in the past 6 months
- Must have no convictions for ID Theft, Fraud and/or Computer-related crimes
- Be willing to sign a 12-month retention agreement
- A release date after June 2030
- Must have a High School Diploma or GED

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the workday
- Communicate respectfully with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process: Please complete a DOC Work Application referencing OCE Braille Program and submit it to Stasha Kellogg at OSP Call Center. Applications are currently being accepted for the January cohort. Submit your application now for priority consideration. We will continue accepting applications for future cohorts and openings.





ELECTRONIC HEALTH RECORDS (EHR)

*Coming
Spring*
2025

THE FOLLOWING ARE 5 EXAMPLES HOW THE EHR WILL HELP YOU AND YOUR HEALTHCARE PROVIDERS IN YOUR HEALTHCARE JOURNEY

01

EMERGENCIES

- THE EHR WILL HELP ALL YOUR HEALTHCARE PROVIDERS GET IMPORTANT INFORMATION ABOUT YOUR HEALTH QUICKLY IN THE EVENT OF AN EMERGENCY



02

HEALTH RECORDS REQUESTS

- ONCE ALL PAPER MEDICAL CHARTS ARE SCANNED, HEALTH RECORDS REQUESTS WILL TAKE LESS TIME TO FULFILL BECAUSE THE CHARTS WILL ALL BE DIGITAL
- MANY OUTSIDE PROVIDERS CAN RECEIVE AND SEND PATIENT HEALTH RECORDS THROUGH THE EHR SAVING THE EXTRA TIME IT TAKES TO MAIL OR FAX THE RECORDS



03

BARCODE MEDICATION ADMINISTRATION

- BARCODE SCANNERS WILL BE USED TO SCAN YOUR ID CARD AT MEDLINE WHICH PULLS UP YOUR MEDICATION RECORD IN THE EHR



04

CHART ACCURACY

- ELECTRONIC CHART OPENED BY SID NUMBER OR BY SCANNING PATIENT ID CARD



05

OUT OF FACILITY SCHEDULING

- EHR IMPROVES COORDINATION AND SCHEDULING OF OUTSIDE APPOINTMENTS
- NEW WORKFLOW AND PROCESSES WILL MAKE IT LESS LIKELY THAT OUTSIDE APPOINTMENTS ARE MISSED



*Do you have EHR
questions?*

**SEND A KYTE ADDRESSED TO:
ASK EHR**



REGISTROS MÉDICOS ELECTRÓNICOS (EHR)

*En la
primavera
de*
2025

LOS SIGUIENTES SON 5 EJEMPLOS DE CÓMO EL EHR LE AYUDARÁ A USTED Y A SUS
PROVEEDORES DE ATENCIÓN MÉDICA EN SU TRAYECTORIA DE ATENCIÓN MÉDICA

01

EMERGENCIAS

- EL EHR AYUDARÁ A TODOS SUS PROVEEDORES SANITARIOS A OBTENER INFORMACIÓN IMPORTANTE SOBRE SU SALUD RÁPIDAMENTE EN CASO DE UNA EMERGENCIA.



02

SOLICITUDES DE HISTORIALES MÉDICOS

- UNA VEZ QUE SE HAYAN ESCANEADO TODOS LOS CUADROS MÉDICOS EN PAPEL, LAS SOLICITUDES DE REGISTROS MÉDICOS TOMARÁN MENOS TIEMPO PARA SER ATENDIDAS PORQUE TODOS LOS HISTORIALES SERÁN DIGITALES
- MUCHOS PROVEEDORES EXTERNOS PUEDEN RECIBIR Y ENVIAR REGISTROS MÉDICOS DE PACIENTES A TRAVÉS DEL EHR, AHORRÁNDOSE EL TIEMPO ADICIONAL QUE SE NECESITA PARA ENVIAR LOS REGISTROS POR CORREO O FAX.



03

ADMINISTRACIÓN DE MEDICAMENTOS CON CÓDIGO DE BARRAS

- LOS ESCANERES DE CODIGO DE BARRAS SE UTILIZARAN PARA ESCANEAR SU TARJETA DE IDENTIFICACION EN MEDLINE, LO QUE PONE EN LISTA SUS REGISTROS DE MEDICACION



04

EXACTITUD DE LOS HISTORIALES

- HISTORIAL ELECTRÓNICO ABIERTO POR NÚMERO SID O ESCANEANDO LA TARJETA DE IDENTIFICACIÓN DEL PACIENTE



05

PROGRAMACIÓN DE CITAS FUERA DEL CENTRO

- EHR MEJORA LA COORDINACIÓN Y PROGRAMACIÓN DE CITAS EXTERNAS
- EL NUEVO FLUJO DE TRABAJO Y PROCESOS HARÁN QUE SEA MENOS PROBABLE QUE SE PIERDAN CITAS EXTERNAS.



*¿Tiene preguntas sobre su
historial clínico electrónico?*

ENVIE UN KYTE DIRIGIDO A:
ASK EHR