

Powder River

May 30, 2025

AIC NEWSLETTER

Health and fitness



Learn about health and workout ideas!

See page 2

Admin Clerk








See About the Admin Clerk job

See page 5

Calling on all artist

Looking for artist!

See page 12

Saturday May 31	Sunday June 1	Monday June 2	Tuesday June 3	Wednesday June 4	Thursday June 5	Friday June 6
						
94/49	68/38	62/42	62/43	66/44	70/44	72/44
Mostly Sunny	Partly Cloudy	Partly Cloudy	Mostly Cloudy	AM Showers	Partly Cloudy	Partly Cloudy

ICS is aware of the tablet issue where AICs cannot transfer funds from their trust accounts to their communication accounts. They are working on resolving the issue. Unfortunately, I do not have a ETA of when this will be fixed. This is also affecting Access Corrections deposits. I will continue to keep you updated.

Notice- Al-Anon is no longer offered currently.



• What are micronutrients?

- Micronutrients are vitamins and minerals that are only needed in small amounts each day, but are crucial for your overall health. If you've ever wondered how many micronutrients there are, most lists generally recognize [13 essential vitamins](#) and [15 essential minerals](#).
- Because your body doesn't produce micronutrients on its own, you need to replenish these micronutrients daily to keep your body and mind functioning properly.
- While eating a balanced diet is generally a good way to get all the micronutrients you need, certain [micronutrient deficiencies are surprisingly common](#) and may require supplementation.

What is the difference between micronutrients and macronutrients?

Consider [macronutrients](#) — fats, carbohydrates, and proteins — as the three main building blocks of nutrition. Your body needs large amounts of them every day to function properly. Micronutrients, on the other hand, are equally important — they're crucial for staying alive! — but you only need small amounts each day to meet your body's needs.

What are the different types of micronutrients?

There are four categories of micronutrients:

- Water-soluble vitamins
- Fat-soluble vitamins
- Macrominerals
- Microminerals (also called trace minerals)

Let's explore which vitamins and minerals fall into each category, and what sets them apart.

PRCF AIP TRANSFERS -

2024 the decision was made to ensure all Adults in Custody (AIC) participating in the Alternative Incarceration Program (AIP) are transferred to correctional facilities closer to their county of record prior to the beginning of the non-prison leave (NPL). The goal of this change was to ensure individuals releasing from the Oregon Department of Corrections (ODOC) can return to their communities and report for supervision in the most timely, safe, reliable, and efficient manner possible.

Earlier this year, conversations began addressing concerns related to AICs not being able to take advantage of the full AIP program due to transferring out up to two weeks prior to their program completion and beginning of their NPL. The concerns were viable, and the department wants to ensure AICs can take full advantage of the services AIP provides. To ensure an AIC can complete the program prior to transferring to a closer facility for release onto NPL, the decision was made to extend the time between the institution program completion date and the date the NPL begins. Reentry and Release personnel, specifically release counselors, will set NPL start dates 14 days after the program completion date. If the NPL start date falls on a weekend or holiday, the NPL start date will be set to the last business day prior to the weekend or holiday.

If you have questions related to this process change, please contact your treatment team.

Admin Clerk

Admin is seeking a Clerk to aid in computer work, filing, and activities committee related tasks. Requirements to qualify to apply include:

MUST HAVE:

1. 8 months until treatment eligibility or release date
2. No Program failures
3. Clear Conduct for the past 6 months
4. GED
5. Strong work ethic, ability to follow instructions, and work independently.
6. **MUST HAVE** working knowledge of Microsoft Office – Word and Excel
7. Previous experience preferred.

Interested in the position please fully complete the CD1523 Work Application Form and send to Ms. Pimentel – IWP Coordinator.

The position open until filled by qualified.

Mon 4/28,6/2,7/7,8/11,9/15	Tues 4/29,6/3,7/8,8/12,9/16	Wed 4/30,6/4,7/9,8/13,9/17	Thur 5/1,6/5,7/10,8/14,9/18	Fri 5/2,6/6,7/11,8/15,9/19	Sat 5/3,6/7,7/12,8/16,9/20	Sun5/4,6/8,7/13,8/17,9/21
BREAKFAST						
Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 2.00 TBS Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Turkey Bacon (Chl) - 2.00 SL French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Farina - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg - 2.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz Hard Boiled Egg (Sfa,Chl) - 1.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz
LUNCH						
Lentil Soup - 10.00 FLOZ Barbeque Chicken (Chl) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Brown Rice - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Tuna Melt Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Potato Salad (Sfa,Chl) - 0.75 CP Peas & Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Turkey Bacon) (Sod,Chl,Sfa) - 1.00 EA Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Ham & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Lemon Cilantro Rice - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
DINNER						
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (1 CP) (Chl,Sfa) - 1.00 CP Pasta (Sod) - 1.00 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & White Bean Chili (Chl) - 10.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP Creamed Ground Beef (.75 CP) (Chl,Sfa) - 1.50 CP Fried Potatoes - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken-Bacon Pizza (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheeseburger (Chl,Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Bread Pudding (Sod,Chl,Sug) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Jambalaya (Sod,Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Macaroni & Cheese (Sod,Chl,Sfa) - 1.25 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

JUNE IN HISTORY

May 30, 1922 - The Lincoln Memorial in Washington, D.C., was dedicated. The Memorial was designed by architect Henry Bacon and features a compelling statue of "Seated Lincoln" by sculptor Daniel Chester French.

May 31, 1862 - During the American Civil War, the Battle of Seven Pines occurred as Confederate General Joseph E. Johnston's Army attacked Union General George McClellan's troops in front of Richmond Virginia and nearly defeated them. Johnston was badly wounded. Confederate General Robert E. Lee then assumed command, replacing the wounded Johnston. Lee renamed his force the Army of Northern Virginia.

June 1

Birthday - Founder of Utah and patriarch of the Mormon church Brigham Young (1801-1877) was born in Whittingham, Vermont. Called the "American Moses," he led thousands of religious followers across the wilderness to settle over 300 towns in the West, including Salt Lake City, Utah.

June 2

Birthday - Marquis de Sade (1740-1814) was born in Paris. He was a military leader, governor-general, and author, whose acts of extreme cruelty and violence resulted in the term *sadism* being created from his name to describe gratification in inflicting pain.

June 3, 1989 - Ayatollah Ruhollah Khomeini, leader of the Islamic Revolution in Iran, died. On February 1, 1979, after 15 years in exile, he had staged a triumphant return to Iran which led to the downfall of the Shah. Khomeini then reorganized the government on Islamic principles. On November 11, 1979, a group of students loyal to Khomeini seized 66 hostages in the American Embassy in Teheran after the former Shah had entered the U.S. for medical treatment. Thus began an international political crisis lasting until January 20, 1981, when they were released.

June 4, 1972 - An express train packed with more than 600 people rammed into a stalled train at full speed in the main station of Jessore, Bangladesh, killing 76 and injuring over 500 persons.

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. In September, they repeated the experiment for King Louis XVI, using a sheep, rooster and duck as the balloon's passengers

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York. After voting rights had been granted to African American males by the 15th Amendment, she attempted to extend the same rights to women. She led a group of women that voted illegally, to test their status as citizens. She was arrested, tried and sentenced to pay \$100, which she refused. Following her death in 1906 after five decades of tireless work, the Democratic and Republican parties both endorsed women's right to vote. In August of 1920, the 19th Amendment to the U.S. Constitution was finally ratified, allowing women to vote

IWP Position

NEW HOPE – POWDER PALS PROGRAM

Interested AICs are welcome to apply



New Hope for Eastern Oregon Animals (New Hope – Powder Pals) partnered with the Powder River Correctional Facility, Oregon Department of Corrections, since early 2011. A key focus of this work has been the ability to provide meaningful work for inmates in training homeless dogs. More specifically, the program assists homeless dogs lacking obedience skills and behavioral issues that limit the animal's ability to be re-homed successfully. New Hope for Eastern Oregon Animals is a Private Non-Profit whose purpose is to improve the lives of animals through kindness, understanding and respect. Their purpose is to rescue and rehabilitate animals in Eastern Oregon, increase awareness of animal well-being through education, and encourage a caring and safe environment for animals.

Work duties will include are but not limited to the following:

- Always follow the training program. Failure to follow the program will result in immediate removal from the program and may result in disciplinary action.
- Conduct or assist with scheduled training sessions.
- Conduct or assist with socialization of the animals.
- Follow the schedule of activities for the animals.
- Exercise animals daily.
- Keep a daily log of the animal's progress in the program.
- Feeding and watering following recommended daily amounts.
- Remove solid waste from kennel areas (inside and outside), and any other area as needed using approved Personal Protective Equipment (PPE).
- Clean kennel area (inside and outside) using appropriate chemicals and PPE.
- Must be willing to work in a variety of weather conditions.

Qualifications for opportunity to apply:

1. In compliance with DOC Case Plan
2. No major misconduct reports within the last 6 months
3. Minimum of 6-8 months remaining on sentence
4. No history of animal neglect or abuse
5. Willingness to work as a team, open to new training ideas, willingness to make a difference to an animal
6. Be motivated for change and have a good attitude
7. Must be able to lift 50 lbs.

IF YOU ARE INTERESTED, PLEASE SEND **AN APPLICATION FORM TO MS. PIMENTEL**



JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					30 Coffee, Photo & Activity Tickets Delivery	31
1	2 Turn in CD-28s for tickets by 9pm	3	4	5	6 Coffee, Photo & Activity Tickets Delivery	7
8	9 Turn in CD-28s for tickets by 9pm	10	11	12	13 Coffee, Photo & Activity Tickets Delivery	14
15 Father's Day	16 Turn in CD-28s for tickets by 9pm	17	18	19	20 Coffee, Photo & Activity Tickets Delivery	21
22	23 Turn in CD-28s for tickets by 9pm	24	25	26	27 Coffee, Photo & Activity Tickets Delivery	28

AA/NA Survey

Due to lack of interest, weekly AA/NA group meetings have been cancelled. However, if there is enough interest it could be possible to begin a monthly AA/NA group meeting. If you are interested in beginning a monthly AA/NA group meeting, please send a kite to MR. Marvin indicating your interest in the group. The survey will close on June 13th. Thank you.

Attention:

Croc footwear will only be worn in the housing units.





State of Oregon
Department of Corrections Commissary

DATE: TUESDAY, APRIL 08, 2025
TO: Adults in Custody
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News: _____

Due to year-end inventory, sales of the following pre-sale items will be suspended from
May 5th close of business - June 30th, 2025.

Incentive form

Incentive Order Form			
Please use my Protected Funds for this order		Please allow up to 6 weeks for delivery as we do not call an inventory of items.	
Signature Required		Your order was processed	
SID: _____		Shoe Order#	
Date: _____		Incentive Order#	
Name		TV Order#	
Institution	Last Block-Unit	First Cell-Bunk	

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning June 30, 2025.

DO YOU HAVE QUESTIONS
ABOUT THE ELECTRONIC
HEALTHCARE RECORDS (EHR)?



SEND A KYTE!

If you have any questions about how the EHR will work, we're here to help!

Simply send a kyte with your questions, and we'll do our best to provide the answers you need.

[Learn More](#)

Please address your kyte with questions about the EHR to:

ASK EHR



PRCF *NATIVE* AMERICAN CIRCLE

Native American sweat lodge

**1st Saturdays Of every month starting on June 7th 2025
From 7am To 3Pm**

Native American Talk Circle/ Smudge

**Every Saturday of the week Starting in June 2025 From
9am to 10am**





ARTISTS

who are interested in creating and painting various canvas pieces and/or projects throughout the institution. The size and nature of the project or canvas will vary depending on the day. There may be additional visual arts projects available in the future.

If you are interested, please send a work application with samples of your work and/or portfolio. Please add a narrative about your interest and experience.

You will be selected based on your proven experience as an artist, Airbrush a Plus, two years of painting experience preferred, clear conduct, good behavior, incentive level 3, and be able to work independently.

PRAS Points start at 10 pts.



Please send your information to Ms. Bronnenberg

NOTICE:

Currently, BTI is NOT scheduled for classes at PRCF.

At the time a contract is secured and BTI schedules a time to conduct classes at Powder River, AICs will be notified and provided the opportunity to apply.

Until then, please **DO NOT** inquire about dates/times for BTI classes from staff.

Thank you!

Good time had by all. The Do Good Club wants to thank all the AIC's and staff that participated and/or was a bystander for the cornhole tournament. Be on the look-out for another one or something that will be put on in the next quarter. Congratulations to the winners – Officer Kisor and AIC Morgan.





AIC Newsletter Article – 2022

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 AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC 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 Constituent Services Office
900 Court Street NE, Suite 254
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.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC 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.

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 like legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will 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.

Just Detention International Headquarters is a national advocacy resource and can be reached at:

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

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:

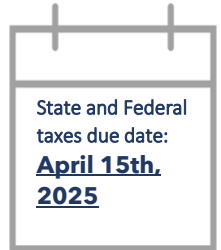
Ericka Sage PREA Coordinator
Oregon Department of Corrections
3723 Fairview Industrial Drive, SE

Financial Services

Informational Briefing

The Department of Corrections (DOC) will not provide federal or state tax forms to AICs.

- AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.
- AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.
- DOC staff / legal assistants are not authorized to provide tax advice or status updates on filings to AICs.
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- DOC will only issue 1099 (MISC/INT) to AICs who meet specific IRS minimum requirements.
 - ✓ 1099 MISC issued to AICs who have received \$600 or more in PRAS.
 - ✓ 1099 INT issued to AICs who have accrued \$10 or more in interest.



AICs will need to use their own pre-addressed postage paid envelope for tax correspondence and filings.

Oregon Department of Treasury Tax Forms Requests	Internal Revenue Service Tax Forms Requests
Department of Revenue P.O. Box 14999 Salem, OR 800-356-4222	Department of Treasury Internal Revenue Service Ogden, UT 84201-0002 800-829-3676
AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to	dldoctrustinfo@doc.oregon.gov