

Powder River

June 13th, 2025

Adults in Custody (AIC) Newsletter

Month of June
Fire Camp
Support
See Page 4

Art Program
See Page 8

Native
American
circle
See Page 12



FRI June 13 Th	SAT June 14 th	SUN June 15 Th	MON June 16 Th	TUE June 17 Th	WED June 18 Th	THU June 19 th
H: 76 L: 44	H: 78 L: 45	H: 77 L: 42	H: 77 L: 44	H: 75 L: 46	H: 76 L: 44	H: 79 L: 46
Partly Cloudy	Mostly Sunny	Partly Cloudy	Partly Cloudy	Mostly Sunny	Sunny	Mostly Sunny

Please Be advised:

There will be no ticket delivery the week of June 23rd

Please plan your activity, coffee/ice cream and photo tickets

accordingly

. What is the best workout schedule for weight loss?

- The best workout schedule incorporates some kind of physical activity into your routine each day. If there is one factor that determines success more than any other, it's **consistency**. According to [one ongoing study](#), 90% of participants that reported getting one hour or more of physical activity per day reported significant weight loss that was maintained over several years.
- Here are two example weekly workout schedules broken up by exercise type, then muscles worked. And finally, a 4-week weight loss workout plan for beginners.

Monday: Cardio

Workout to try: [30-Minute Cardio Workout You Can Do Anywhere](#)

Tuesday: Strength Training (upper body)

Upper body workout to try: [5 Push Day Exercises for Stronger Arms and Chest](#)

Wednesday: Cardio

Cardio workout to try: [Burn Calories in a Flash: HIIT Treadmill Workout](#)

Thursday: Strength Training (lower body)

Workout to try: [8 TRX Leg Exercises to Tone Your Lower Body](#)

Friday: Rest

Take a breather! Give your body time to refresh and recover. Feeling tight? Here's [How To Effectively Foam Roll Your Upper & Lower Body](#).

Saturday: Cardio

Workout to try: [25-Minute HIIT Bike Workout](#)

Sunday: Active Recovery

Monday: Strength Training (chest, shoulders, triceps)

Workouts to try:

- Chest: [The Best Lower Chest Workout for Shape and Strength](#)
- Shoulders: [10 Healthy Shoulder Exercises](#)
- Triceps: [Transform Your Upper Body with Perfect Tricep Dips](#)

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

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.

SEASONAL RECRUITMENT

Adults in Custody FIRE CAMP SUPPORT

UPDATE

PRCF is recruiting for Fire Camp Support (not fire suppression at this time).

To qualify for this exciting opportunity, you:

- Must be a Classification Level 1 Unfenced.
- Your projected **release date or start date of eligibility window for treatment program** should be after **8/1/25**.
- AICs in treatment program **CANNOT** participate in the fire crew at this time.
- You must be medically approved to work in the forest. **Camp Support and Fire Suppression has the same medical review protocol.** You must be reasonably fit to perform the duties of the assignment with no asthma or heart conditions.
- You must be approved by your counselor **(Do not request authorization from your counselor. Please submit application directly to Ms. Pimentel)**
- There are limited training spots.

You will be automatically disqualified if you:

- Have been convicted of a sexual offense, including attempts
- Have been designated “predatory” in any State
- Have been convicted of Arson or attempt

Working even in the fire camp support can be long hours, hard, strenuous work. The hours can be 10-16 hours a day in inclement weather over uneven terrain, requiring climbing, bending, stooping, digging, and lifting up to 50 pounds repetitively. **No pack test is required.** If you are selected, you will be trained in First Aid and CPR Certification and Food Handlers card.

Camp Support is awarded of the following:

- PRAS of **14 points per day, plus**
- Meritorious award of **\$12.50 per day** on fire camp, **plus**
- Reentry Savings account of **\$12.50 per day** on fire camp

If you believe you meet the above criteria and would like to be considered for this work opportunity, please send a complete application form to

Ms. Pimentel, IWP Coordinator.

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, IWP COORDINATOR

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 PRAS Payday	6	7
8	9 Turn in CD-28s for tickets by 9pm	10	11	12	13 Coffee, Photo & Activity Tickets A&O CLASS	14
15 Father's Day	16 Turn in CD-28s for tickets by 9pm	17	18 Coffee, photo & Activity tickets delivery	19 Juneteenth	20 A&O CLASS	21
22	23 No CD-28s for tickets	24	25	26	27 No ticket delivery A&O Class	28
29	30 Turn in CD-28s for tickets by 9pm					



Financial Services

Informational Briefing

AIC Debt and Obligation Information

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 not available until the AIC releases from ODOC custody.

Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none">Collected from eligible deposits per ORS 423.10510% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied	<ul style="list-style-type: none">The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO detailsCOFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child supportCOFOs will continue to collect during the Holiday Buying Period
DOC Debt	<ul style="list-style-type: none">Collected from eligible depositsAdditionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available	<ul style="list-style-type: none">DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advancesDOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debtMonthly, AICs may spend up to \$40 of the first \$80 deposited into general spendingDOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month	<ul style="list-style-type: none">County obligations refer to deferred county filing feesThese obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing feeCounty Court fees will continue to collect during the Holiday Buying Period
Initial Federal / US Court Filing Fee Obligation	<ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month	<ul style="list-style-type: none">Initial Filing fees can be collected in total and are due upon receiptThese obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing feeInitial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal / US Court Deferred Filing Fee Obligation	<ul style="list-style-type: none">Collected around the beginning of the month	<ul style="list-style-type: none">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 collectableFederal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period



PRCF is now taking applications for **ARTIST**S 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

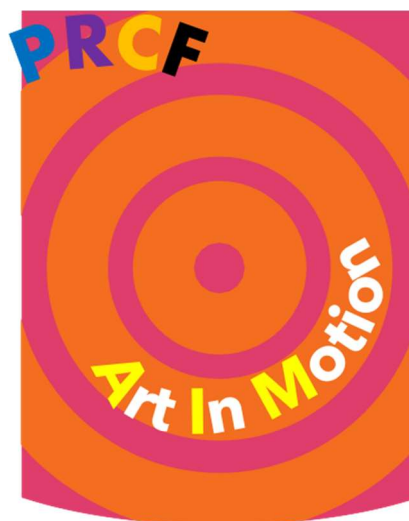
will vary depending on the day. There may be additional visual arts projects available in the future.

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 ASAP.



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.

The History Place™

This Month in History

June 13, 1971 - The *New York Times* began publishing the Pentagon Papers, a collection of top secret documents exposing U.S. strategy in the Vietnam War.

June 14, 1777 - John Adams introduced a resolution before Congress mandating a United States flag, stating, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as Flag Day.

June 15, 1215 - King John set his seal to Magna Carta, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.

June 16, 1963 - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site. She manually controlled the spacecraft completing 48 orbits in 71 hours before landing safely.

June 17, 1972 - Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, D.C. However, subsequent investigations revealed the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. A long chain of events then followed in which the president and top aides became involved in an extensive cover-up of this and other White House sanctioned illegal activities, eventually leading to the resignation of President Nixon on August 9, 1974.

June 18, 1812 - After much debate, the U.S. Senate voted 19 to 13 in favor of a declaration of war against Great Britain, prompted by Britain's violation of America's rights on the high seas and British incitement of Indian warfare on the Western frontier. The next day, President James Madison officially proclaimed the U.S. to be in a state of war. The War of 1812 lasted over two years and ended with the signing of the Treaty of Ghent in Belgium on December 24, 1814.

June 19, 1865 - In Galveston, Texas, upon the arrival of Union troops, Maj. Gen. Gordon Granger read General Order No. 3: "The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States [President Lincoln], all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves..." As a result, an estimated 250,000 enslaved African Americans in Texas were finally freed. The day is now celebrated as Juneteenth to commemorate Emancipation and to recognize the struggle for freedom and equality of African Americans.



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 Salem, OR 97302

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.

Attention:
Croc footwear will only be worn in the housing units.



SRCI Commissary News and Updates

Due to the End of 23-25 Biennium wall to wall inventory, SRCI Commissary will be offering PRCF Double Spending the week of June 9 - 13. Double Spending distribution will be Friday June 13, 2025.

There will be no processing or distribution of commissary the week of June 16 – 20. We will resume normal processing and distribution for PRCF the week of June 23 – 27.

We apologize for any inconvenience. Please plan and order accordingly.

Thanks



**Releasing from prison soon?
Worried about employment
barriers due to your criminal
background? We would love to help
you.**

You must be 6 months to Release to attend the class.

Send a Kyte to Ms. Suing if interested ASAP

***Come to our class this July 16th 9:30-
10:30am here at PRCF.***

***Or contact our office for an
application and write us at:***

Opportunity Oregon

1045 Gateway Loop Ste C

Springfield, OR 97477

Our services are statewide and at no cost to YOU.



In recognition of Juneteenth, the movie “Devotion” will be added to the AIC channel for viewing the entire day. Based on a true story, the movie, Devotion is about American Navy pilots Lieutenant Tom Hudner and Ensign Jesse Brown who worked together during the Korean War to protect their country. Brown, who became the first African American carrier pilot in the Navy, built a bond with his wingman, Hudner. The heroic sacrifices of the elite pilots made history.

AICs will also be served a holiday menu, including chicken quarter with bbq sauce, baked beans, coleslaw and red velvet cake.

FOR CYPHERWORX:

CypherWorx offers a system where the incarcerated learner can generate a secure code to share their certificates and transcripts with designated individuals, such as family members or attorneys. This allows these individuals to access and download the learner's educational records. Here's how an incarcerated learner can generate this secure code:

1. Access their profile by clicking the profile image in the top-right corner of the screen.
2. Select "Transcripts" from the dropdown menu.
3. In the "Share Your Certificates" section, click "View Terms and Conditions," then click "I Accept".
4. A unique code will be generated.
5. Share this generated code verbally or in writing with the intended recipient, as long as it complies with facility security guidelines.

This page is designed for individuals who have been given a secure code by an incarcerated learner to access their completed training records. Here's what you can expect:

1. Access the page: Go to <https://cypherworx.com/certificates>.
2. Enter the code: You'll need to enter the code provided by the incarcerated learner.
3. Download: After entering the code, a download button will appear, allowing you to save the learner's certificates and transcripts.

Important Notes:

- This website is for one-way access only; you cannot use it to communicate with the individual who shared the code.
- By using this site, you agree to the terms and conditions and confirm you have permission to access the educational records.
- If you haven't received a code but need access, you can contact CypherWorx to request it.

- . Any certificates of completion from the app are provided directly from Edovo. ODOC staff do not provide these certificates. However, if their family or friends would like to contact Edovo on the AIC's behalf, they can obtain a transcript of the completed courses by filling out a "Request a Learner Transcript" form at **edovo.com**. This form is located at the bottom of the web page, under "Company." They will need the AIC's name, Edovo ID, DOB, and facility.