# **Powder River**

June 6, 2025

## Adults in Custody (AIC) Newsletter

Month of June Fire Camp Support See Page 5

> Art Program See Page 8

Native American circle See Page 12



FRI June 6 <sup>Th</sup>	<b>SAT</b> June 7 <sup>th</sup>	<b>SUN</b> June 8 <sup>Th</sup>	<b>MON</b> June 9 <sup>™</sup>	<b>TUE</b> June 10 <sup>Th</sup>	<b>WED</b> June 11 <sup>Th</sup>	<b>THU</b> June 12th
H: 81 L: 49 Partly	<b>H: 85 L:</b> 51	H: 87 L: 52	H: 90 L: 55	H: <b>89</b> L: 53	H: 83 L: 47	H: 78 L: 45
Cloudy	Sunny	Sunny	Sunny	Mostly Sunny	Mostly sunny	Partly Cloudy

## 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

Monday: Upper-body strength training (45 to 60 minutes)
Strength training is a critical part of any weekly workout schedule.
Sure, dumbbells and barbells may look overwhelming at times, but strength training can help build lean muscle, increase bone strength, and prevent injury. Try this <u>upper-body dumbbell</u> workout or incorporate HIIT into your upper body training with this <u>at-home bodyweight workout</u>. When it comes to following an A+ weekly workout plan, remember to <u>change up your strength</u> routine every three to four weeks to keep seeing results, suggests <u>Holly Rilinger</u>, an AAFA-certified personal trainer and founder of LIFTED.

Tuesday: Lower-body strength training (30 to 60 minutes)

When it comes to lifting, the general rule of thumb is to allow 48 hours of recovery time between working the same muscle group, according to the <u>Hospital for Special Surgery</u>. (When you train, you develop microscopic tears in the muscles that produce inflammation, and your body needs this in-between time to repair the tears.) That said, focus on lower-body strength on "day two" of your weekly workout routine to give upper body muscles a rest.

Wednesday: Yoga or a low-impact activity such as barre, light cycling, or swimming (30 to 60 minutes)

While spacing out your workouts, avoid doing the "same activity on successive days," says Dr. Cardone. "So, if you have a high-impact day, follow that up with a low-impact day." A low-impact workout will ensure you give your muscles time to recover before you hit the heavy weights again

## **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 TRANFERS -**

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	Turn in CD- 28s for tickets by 9pm	10	11	12	Coffee, Photo & Activity Tickets A&O CLASS	14
15 Father's Day	Turn in CD- 28s for tickets by 9pm	17	18 All tickets Delivery	19 Juneteenth	20 , A&O CLASS	21
22	No Tickets Delivery this week	24	25	26	27 A&O Class	28
29	Turn in CD- 28s for tickets by 9pm					

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> <li>Collected from eligible deposits per ORS 423.105</li> <li>10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500</li> <li>Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied</li> </ul>	<ul> <li>The department does not have case-specific information regarding COFOs; AlCs are encouraged to contact the court of record regarding their COFO details</li> <li>COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, &amp; child support</li> <li>COFOs will continue to collect during the Holiday Buying Period</li> </ul>
DOC Debt	<ul> <li>Collected from eligible deposits</li> <li>Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available</li> </ul>	<ul> <li>DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances</li> <li>DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt</li> <li>Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending</li> <li>DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied</li> </ul>
County Court Deferred Filing Fee Obligation	<ul> <li>Collected as funds become available</li> <li>Multiple collections may occur throughout the month</li> <li>Additionally, collections shall occur the last business day of the month</li> </ul>	<ul> <li>County obligations refer to deferred county filing fees</li> <li>These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee</li> <li>County Court fees will continue to collect during the Holiday Buying Period</li> </ul>
Initial Federal / US Court Filing Fee Obligation	<ul> <li>Collected as funds become available</li> <li>Multiple collections may occur throughout the month</li> <li>Additionally, collections shall occur the last business day of the month</li> </ul>	<ul> <li>Initial Filing fees can be collected in total and are due upon receipt</li> <li>These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee</li> <li>Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period</li> </ul>
Federal / US Court Deferred Filing Fee Obligation	Collected around the beginning of the month	<ul> <li>General filing fee collection amount determined by the previous month's deposit(s)</li> <li>20% of previous months deposits multiplied by the number of cases is deemed collectable</li> <li>Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period</li> </ul>



PRCF is now taking applications

for **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

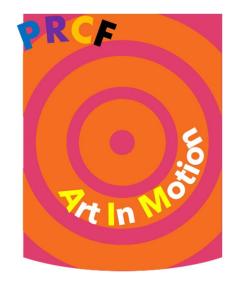
will vary depending on the day. There may be additional visual arts projects available in the future.

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 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 13<sup>th</sup>. Thank you.

## 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

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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

N		Incentive	Order Form		
Please use my Protected Funds for this order			Please allow usto 6 weeks for delive as we do not cally an invento, of items		
Signature Required		equired	Your order was processed		
SID: Unate:		IDate:	Shoe Order#		
		Ostato.	Incentive Order#		
Name Institution	Last Block-Unit	First Cell-Bunk	TV Order#		

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.





#### 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



June 6, 1872 - Pioneering feminist <u>Susan B. Anthony</u> 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 <u>Amendment</u>, 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 <u>refused</u>. 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 <u>Amendment</u> to the U.S. Constitution was finally ratified, allowing women to vote.

**June 7, 1965** - The U.S. Supreme Court struck down a Connecticut law banning contraception. In *Griswold v. Connecticut*, the Supreme Court guaranteed the right to privacy, including freedom from government intrusion into matters of birth control.

June 8, 1874 - Apache leader Cochise died on the Chiricahua Reservation in southeastern Arizona. After a peace treaty had been broken by the U.S. Army in 1861, he waged war against settlers and soldiers, forcing them to withdraw from southern Arizona. In 1862, he became principal chief of the Apaches. He and 200 followers avoided capture by hiding in the Dragoon Mountains. In June of 1871, Army General George Crook assumed command in Arizona and managed to win the allegiance of many Apaches. Cochise then surrendered. He disappeared briefly in the spring of 1872, but returned and settled on the reservation where he died.

**June 9, 1898** - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

**June 10, 1652** - In Massachusetts, silversmith John Hull opened the first mint in America, in defiance of English colonial law. The first coin issued was the Pine Tree Shilling, designed by Hull.

**June 11, 1991** - Mount Pinatubo in the Philippines erupted, spewing ash into the air, visible over 60 miles. The surrounding areas were covered with ash and mud created by rainstorms. Nearby U.S. military bases were also damaged.

**June 12, 1898** - The Philippines declared their independence from Spain. The islands were named after King Philip II. Once freed from Spain, the islands were then invaded and <u>occupied by U.S. forces</u>. They became an American colony and remained so until after World War II.

# PRCF NATIVE AMERICAN CIRCLE

Native American sweat lodge 1<sup>st</sup> Saturdays Of every month starting on June 7<sup>th</sup> 2025 From 7am To 3pm

Native American Talk Circle/ Smudge Every Saturday of the week Starting in June 2025 From 9am to 10am



# **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**