



## Upcoming PSC & TRAC Events

- **Krispy Kreme Delivery/Units TBD (Tuesday, December 30<sup>th</sup>)**
- **Chess Tournament (Throughout Month of December)**
- **Movie Night (Wednesday, December 17<sup>th</sup>)**


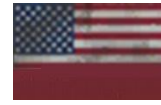
## Celebrating This Month!!!

- *Hanukkah (Begins Sunday, December 14<sup>th</sup>)*
- *Christmas (Thursday, December 25<sup>th</sup>)*
- *New Years Eve (Wednesday, December 31<sup>st</sup>)*





# Words to Inspire from Garrett & Sometimes Cambell



It is often the small  
steps, not the giant  
leaps, that bring  
about the most  
lasting change.

QUEEN ELIZABETH II

“When you squeeze an orange, you'll always get orange juice to come out. What comes out is what's inside. The same logic applies to you: when someone squeezes you, puts pressure on you, or says something unflattering or critical, and out of you comes anger, hatred, bitterness, tension, depression, or anxiety, that is what's inside. If love and joy are what you want to give and receive, change your life by changing what's inside.”

## **Tree Nut, Sesame, Soy, and Milk Allergy Notice**

AICs with tree nut and sesame allergies, who experience anaphylactic reactions, need to report their allergy to Health Services. Health Services already tracks AICs with milk and soy allergies. Food Services just purchased Toasted Oats (Toasted O's), a cereal we have purchased in the past. This cereal is processed in the same facility as tree nuts (almonds), sesame, soy, and milk derivatives (ingredients made from milk). To avoid exposure, you must ask Foodservice staff what dry cereal is being served then self-select by asking for no dry cereal when Toasted Oats are served. During the Fall-Winter 2025-26 dry cereal is on the menu twice weekly. However, institutions may make changes anytime, without notice.

Ky Ford, MS, RD, LD  
ODOC Dietitian



# CHEN'S CHINESE FOOD FUNDRAISER RECAP

During the week of November 17<sup>th</sup>, the Paradigm Shift Club spent 3 days handing out Chinese food to put smiles on the AICs' faces within Two Rivers. We delivered 970 meals and raised around \$2356.50 for the Portland Youth Villages organization which aids children who suffer from mental and behavioral health. We'd like to give a big thanks to Chen's Chinese Food Restaurant for closing their doors and putting all the meals together and also, a big thanks to the Paradigm Shift Club and Recreation Coordinators J. Garrett and J. Cambell and anyone else that volunteered their time to help deliver these meals. The Paradigm Shift Club as a gesture of good faith also gave around 30 extra meals to those less fortunate behind bars that don't have the funds to participate in these events.



# *Crown of Thornz Concert Recap*

On Thursday night November the 13<sup>th</sup> the Holy Spirit was rocking through TRCI! Hands were lifted, Praise was sung and Worship was shared among AICs as “Crown of Thronz,” performed for their first time down at TRAC. “Crown of Thronz,” is a mix of Contemporary Christian and Modern Worship music who delivered on what they promised... “A breath of fresh air.” Their set was filled with classics from artist like CeCe Winans and Chris Tomlin to Modern Worship favorites like Hillsong, Phil Wickham and others. Don’t forget the Latin Worship flare that can only come from Miel San Marcos. This show was Spirit filled from the jump with AICs singing and praising together in a sight of unity and love for each other and their Faith. I would like to thank on behalf of TRAC the members of “Crown of Thronz,” Luis Gonzales (Bass/ Vocals), Pedro Renderos (Drums), Andres Olmos (Vocals/ Keys), Wayne Silsby (Keys), Nathen Williams (Guitar), Antonio Hernandez-Hernandez (Guitar), Gustavo Deseano (Computer Tech). Thank you for sharing the Faith and bringing hope to us. Please keep Sharing the Good News and I can’t wait to hear you again soon.





# Cornhole Tournament

On Saturday, November 1<sup>st</sup> 2025, the Recreation Department brought all of the unit cornhole champion teams down to the TRAC to show off their skills and to see who could reign over all to be crowned this year's winners. There was popcorn provided and participants got to spend 30 minutes practicing their throws and getting to know the other teams' play style. The unit 12 team, Santos Torres and Gustavo Deseano swept their adversaries off the board with a relentless onslaught of offense. Matthew Jaggi and James Ross fought hard to make it to the final round vs. Torres/Deseano but couldn't keep up with their cornholing prowess.



Champions: Unit 12 Torres/Deseano





# TRCI MAILROOM NEWS



## Want Insurance on Property or Artwork You're Sending Out?

Good news — we can help with that!

If you'd like to add USPS insurance to your outgoing package, just let the Mail Room know **how much** you want it insured for. Please note that insurance is an **additional cost**.

What USPS doesn't always make clear is that **you**, as the sender, **must be** able to provide proof of the item's value **and** its condition at the time it was mailed in order to collect any insurance payment for loss or damage.

Please keep this in mind when requesting insurance.

The Mail Room **cannot** assist with insurance claims — that responsibility belongs solely to the sender/owner of the property being mailed out.

*From the Administrative Rules Program:*

Below is the list of status changes made to DOC administrative rules since 10/31/2025.

### **PROPOSED RULES:**

#### **291-076 Suicide Prevention (update)**

- Repeals rule OAR 291-076-0040 related to suicide review process.
- Virtual Public Rules Hearing: 12/19/2025 at 10:00 a.m.
- Extended Comment Period: Comments must be received by the Rules Office before 12:00PM (noon) on 12/28/25.

### **PERMANENT RULES:**

#### **291-058 Structured, Intermediate Sanctions**

- Amends rule to reattach and reincorporate Attachment A Administrative Sanctions Sanctioning Grid and Attachment B Sanction Equivalency Table, which were inadvertently removed; and to apply the procedures prospectively and retrospectively.
- Effective: 12/1/25



# Financial Services

## Informational Briefing

### AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
<b>Court Ordered Financial Obligation (COFO)</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>The department does not have case-specific information regarding COFOs; AICs 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>
<b>Note:</b> 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. <b>Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.</b>		
<b>DOC Debt</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>County Court Deferred Filing Fee Obligation</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>Initial Federal / US Court Filing Fee Obligation</b>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>Federal / US Court Deferred Filing Fee Obligation</b>	<ul style="list-style-type: none"> <li>Collected around the beginning of the month</li> </ul>	<ul style="list-style-type: none"> <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>

**Note:** Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

02/03/2023

#### From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 10/6/2025.

#### PROPOSED RULES:

##### **291-001 Procedural Rules**

- Amends rule to add Corrections Ombudsman and Nine Tribes to the required notice list; add new rule, OAR 291-001-0023, relating to public requests for rulemaking notices to align with new online signup process; provide correction, clarification, and consistency within these rules and remove unnecessary or redundant language; and update and reorganize OAR 291-001-0080 relating to requests for copies to align with current process and for clarity, and to add a fee schedule for paper copies.
- Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 12/19/25.

#### PERMANENT RULES:

##### **291-131 Mail (AIC)**

- Amends rule to permanently adopt the temporary changes effective 7/3/25; and to clarify rules relating to legal mail and official mail.
- Effective: 10/24/2025

##### **291-141 General Library Services**

- Amends rule to ensure a clear distinction is made between general library services and legal library services; align with current practices; replace the term "inmate" with "adult in custody"; clarify the rules or further define process; add or update definitions; improve consistency within these rules and with other department rules; and reorganize the rules for ease of understanding and to combine like topics.
- Effective: 10/7/2025

# **DECEMBER 2025 MOVIE SCHEDULE**

Week 1		December 5th - November 11th	Movie Start	Repeat Time
CH. 14 New Release	2:01	M3gan 2.0	FRI 2:00 PM	6:00PM
	1:53	40 Acres	1:30 PM	6:00 PM
CH. 16 Throwback	3:52	Power Season 3, Disc 2 ( eps 4 )	FRI 2:00 PM	6:00PM
	1:57	Power Season 3, Disc 3 ( eps 2 )		
CH. 17 New Series	1:52	Silk Road	1:30 PM	6:00 PM
	2:54	The Affair Season 4, Disc 2 ( eps 3 )	FRI 2:00 PM	6:00PM
	2:50	The Affair Season 4, Disc 3 ( eps 3 )		
	2:51	Raising Kanan Season 3, Disc 3 ( eps 3 )	1:30 PM	6:00 PM
Week 2		December 12th - November 18th	Movie Start	6:00PM
CH. 14 New Release	2:49	Mission: Impossible the Final Reckoning	FRI 2:00 PM	6:00 PM
	1:44	The Bad Guy's 2	1:30 PM	6:00PM
CH. 16 Throwback	3:52	Power Season 4, Disc 1 ( eps 4 )	FRI 2:00 PM	6:00 PM
	2:52	Power Season 4, Disc 2 ( eps 3 )		
CH. 17 New Series	2:46	The Curious Case of Benjamin Button	1:30 PM	6:00PM
	1:15	The Affair Season 4, Disc 4 ( eps 1 )	FRI 2:00 PM	6:00 PM
	2:54	The Affair Season 5, Disc 1 ( eps 3 )		
	2:42	Raising Kanan Season 4, Disc 1 ( eps 3 )	1:30 PM	6:00PM
Week 3		December 19th - November 24th	Movie Start	6:00 PM
CH. 14 New Release	1:55	28 Year's Later	FRI 2:00 PM	6:00PM
	2:09	Superman	1:30 PM	6:00 PM
CH. 16 Throwback	2:52	Power Season 4, Disc 3 ( eps 3 )	FRI 2:00 PM	6:00PM
	2:54	Power Season 5, Disc 1 ( eps 3 )		
CH. 17 New Series	1:46	Love Beats Rhymes	1:30 PM	6:00 PM
	2:54	The Affair Season 5, Disc 2 ( eps 3 )	FRI 2:00 PM	6:00PM
	3:16	The Affair Season 5, Disc 3 ( eps 3 )		
	2:46	Raising Kanan Season 4, Disc 2 ( eps 3 )	1:30 PM	6:00 PM
Week 4		December 26th - January 1st	Movie Start	6:00PM
CH. 14 New Release	1:33	Late Night with The Devil	FRI 2:00 PM	6:00 PM
	1:51	The Life of Chuck	1:30 PM	6:00PM
CH. 16 Throwback	2:54	Power Season 5 Disc 1 ( eps 3 )	FRI 2:00 PM	6:00 PM
	2:58	Power Season 5 Disc 2 ( eps 4 )		
CH. 17 New Series	2:23	Babel	1:30 PM	6:00PM
	2:31	The Affair Season 5, Disc 4 ( eps 2 )	FRI 2:00 PM	6:00 PM
		Final Disc		
	1:40	Raising Kanan Season 4, Disc 3 ( eps 2 )	1:30 PM	6:00PM



***To all my Fellow club members and honored guests of Toastmasters!!***

Hello and greetings from this side of the fence! My name is Hector Guerra and I've been a member of Toastmasters High Desert Club for a few months now. I would like to start off this article by thanking the Toastmasters club for all that you do! Especially for "us" the members of the prison club. This is my second time being incarcerated and like always as soon as I lost my freedom and was locked up, I set myself some goals on how I could spend my time wisely and invest in myself: mentally, physically and spiritually. Last time I was locked up I did the A&D treatment program at Powder River. To know more about myself and my addictions. It was the best thing that ever happened to me. In the A&D treatment program you got to get up in front of 50 adults-in-custody (AIC) plus staff and talk about yourself, just like an Ice Breaker. I was so scared and nervous, which is weird because I love to talk and view myself as a gifted and prolific speaker.

Come to find out, I am not as gifted or prolific as I thought I was. The first time I had to go up in front of the whole room and talk, I froze! You would have sworn I didn't know how to speak English and I started speaking in tongues, it was crazy. Long story short, while doing the A&D treatment program I met a fellow AIC and Toastmasters club member, and I loved the way he talked. How he was confident, was able to engage the crowd and make any topic fun! So, I asked him how do you do that and that is when he told me about Toastmasters and its many benefits. When it comes to public speaking and being a leader, this time when I got locked up, I was thankful to go to prison that had the Toastmasters club.

Thanks to Ed, Vikki and Josiah volunteering their time, so we AIC's have a place to learn how to communicate on a higher level and speak more effectively. Toastmaster has taught me so much that I didn't realize there was so much to learn when it comes to being a great public speaker. It is like an art form.

Hector Guerra  
Club Sgt @ Arms

## **My Toastmasters Origins**

It all started with professional development. My name is Josiah Barron, I had started working as the Executive Director for the Chamber of Commerce in Umatilla, Oregon, which as you might guess, included a large amount of public speaking.

Although I had acted in a few plays while in high school and college along with several public speaking and performing arts classes at college, let's just say my presentation delivery as the host of my first community awards banquet was a little choppy. I wouldn't consider myself a shy person, yet I'm also not a super extrovert. I would place myself more towards the middle on the extrovert-introvert scale. Whether at ribbon cuttings for new business or other public occasions there would be times when I stumbled over my words with my thoughts going faster than my mouth, or other times that I would repeat the same exact thing unnecessarily. It was not that I was a bad speaker, it was that my communication needed more honing and development to portray more professionalism and confidence. The Chamber board of directors directed me to find a continuing education source to further develop my communication skills.

Enter Toastmasters. One option for further professional development of speaking skills was attending a public speaking course at the local community college. Second, I also remember that a colleague had mentioned she was a member of a Toastmasters Club, which she had said participation had helped her with both her communication and leadership development. With that thought in mind, I look up Toastmasters International and used their Find the Club feature. There were several clubs in surrounding towns about 30-40 minutes away and one club in Umatilla where I lived. I decided I would go visit the local club, High Desert Toastmasters (HDTM) at Two Rivers Correctional Institution in Umatilla.

HDTM has helped me gain more confidence in communication and become a more concise and smoother communicator over the past two years I have been a part of the club. Table Topics especially has helped me with becoming a better extemporaneous speaker which has been a great benefit for introductions to new business owners and making on the spot speeches at ribbon cuttings. I still have areas for improvement, but that is why it is called continuing education. It is also inspiring to see other club members achieving their personal and professional leadership and communication goals. I am grateful that I joined the HDTM club not only because of my personal and professional growth, but also for all the friendly and dedicated people I have met through this journey.

Josiah Barron, Club Volunteer

Director, Umatilla Chamber of Commerce

**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