



Central Oregon Police Chaplaincy
Serving the Hearts and Minds of Central Oregon's First Responders
www.copchaplain.com

March 2016

The Beat

March out there!

Warm weather is coming! I recently prepared my mountain bike for its first ride - checked and filled the tires with the needed amount of air - took a quick look at all the gears - I can only use one at a time - bad things happen when I don't follow that rule! Got my helmet, gloves for when I fall! Down the driveway I went to ride for the first time since last fall.

I am a fair weather rider! As I began the ride I didn't think once about my balance until I

tried riding over a narrow pathway with rocks, trees - lions and tigers, Oh, My!

It's like that a lot in our daily routine. Training and experiences take us through most of the hurdles until a challenge - trauma - exposure to the Critical Event and then our normal coping mechanisms wobble a bit - our homeostasis (balance) is challenged.

What gets us back to a healthy place? Might surprise you but it is simple. I don't have space for everything but here is a couple:

Relationships - building good relationships at home and at work assist us when our balance is challenged. Exercise and putting good nutrition in our gas tank! Placing good information in our computer - our mind. Remembering God's Love and Promises - Psalm 23! These are just a few of the many great things we can be doing.

Watch out for the Rocks and old folks riding mountain bikes ☺

You Are Loved pj

CENTRAL OREGON SPORTSMEN'S SHOW

**Central Oregon Police Chaplaincy will be at the
Central Oregon Sportsman Show
March 3-6, 2016
Deschutes County Fair & Expo Center**

Thursday & Friday: 12noon - 8pm; Saturday: 10am - 8pm; Sunday: 10am - 4pm

Please visit the COPC booth at the Sportsman's Show and support our raffle!
Special thanks to Kirby Nagelhout Construction, Vortex Optics, Advanced NW Welding, Ochoco Feed & Farm Supply, & Fair Feed & Supplies for our raffle items.

Raffle tickets are \$5 each or six tickets for \$25.

You choose which item(s) you want your raffle ticket(s) to go toward.

Here are the raffle items:

Traeger Tailgater Elite Grill
(Retail \$449)

Sig Sauer 1911-22
Semiautomatic Handgun
(Retail \$389)

Classic Accessories Colorado
9' Inflatable Pontoon (Retail \$730)

Heritage Rough Rider .22
Caliber Long Rifle Revolver
(Retail \$230)

Vortex Viper PST-14ST-M
Riflescope (Retail \$649)

Vortex Ranger 1000
Rangefinder with Horizontal
Component Distance (Retail \$499)

Prayer Requests

- Marriages of our Fire, Law Enforcement and Dispatch families. Our Chaplains meet weekly with officers, firefighters and dispatchers that request our assistance and prayers for their families.
- Covering of His Grace, Wisdom and Protection on our chaplains, agencies and families.
- There are many First Responder Families facing illnesses, surgery, and other physical ailments. Keep them and their families in prayer.

Assisting Individual in Crisis AND Group Crisis Intervention Course

March 28-30, 2016
8:00 am to 5:00 pm each day

Course Location:
Deschutes Room; 9-1-1 Building
20355 Poe Sholes Drive
Bend, OR 97701

Cost of the Course: \$200

Cost Includes: Registration,
ICISF Materials & Certificate

This **THREE DAY** course combines the Individual Crisis Intervention & Peer Support AND Group Crisis Intervention material. **Participants must attend all three days.**

Instructors for this course will be Chaplains Jim Crowley and Mike Dismore.

To see if there is room in the class and for information or questions contact Chaplain Mike Dismore at 541-788-3364 or pastordiz@juno.com.

News & Events

- **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend.
- **COPC Board Meeting** – Second Thursday each month at the COPC office.
- **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for lunch with the Corrections Family.

COPC Chaplains

The Chaplains of Central Oregon Police Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.



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All proceeds support COPC programs.

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Pictures may vary from actual item. You need not be present to win.
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Raffle tickets can be purchased at the Sportsmen's Show or by
contacting your local COPC Chaplain or COPC Board Member

www.copchaplain.com

