

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**

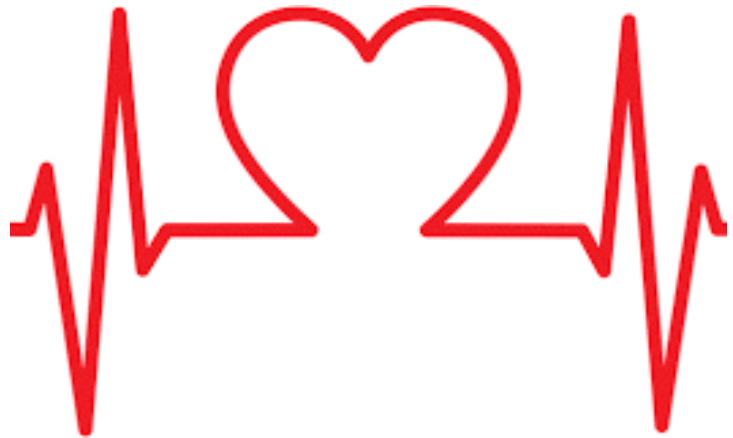


**Serving the
Hearts & Minds
of Central
Oregon's First
Responders**

FEBRUARY NEWSLETTER

Staying Healthy!

Is there a secret formula for staying healthy? I met with one of my mental health friends recently for some coffee - I had green tea because my bride and I are enduring a cleanse for our physical bodies. We are eating healthy



foods, pounding power greens and other detox into our system and most importantly hydration - 100 plus ounces a day. You know what that means right? It is a challenge to stay healthy physically, emotionally, mentally, behaviorally and spiritually. Sometimes we need a reset of some sorts - a cleansing!

My Bride and I were discussing some of the opportunities to get away that generally gives us perspective and something to look forward to. I recently asked a group of First Responders where they planned to vacation for the next break and it changed the mood for all of us to think about something or somewhere different. It could be that this is the first step toward Staying Healthy!

Blessing on your plans for vacation - think warm!

Pj



Family Life Weekend To Remember Sunriver

Date: 03/08/2019 - 03/10/2019 Price: \$175.00 per person

Go to: www.copchaplain.com and click on Family Life Weekend To Remember Sunriver 2019 Use Group Name COChaplaincy to Save \$100.00



CENTRAL OREGON SPORTSMEN'S SHOW



Central Oregon Public Safety Chaplaincy will be at the Central Oregon Sportsman Show February 28-March 3, 2019 Deschutes County Fair & Expo Center

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

Special thanks for donations from:
Cascadia Vehicle Tents, Bend, OR
Trigger Happy Guns, Bend, OR
Vortex Optics, Middleton, WI

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

Pictures may vary from actual item. You need not be present to win. You choose which item or package you want your raffle ticket(s) to go toward.

Donated by Cascadia Vehicle Tents www.cascadiatents.com



Standard Pioneer Awning (Green) 55" in Length (Retail \$275)

Donated by Trigger Happy Guns, Bend Savage Arms - Axis 223 Bolt Action With Bushnell Banner 3-9x40mm Scope (Retail \$659)



Donated by Vortex Optics



Traeger Junior Elite Grill Purchased from Coastco Bend (Retail \$450)



Stealth Cam FX12 FX Shield 10MP Trail Camera Combo 2-Pack with Card Viewer Purchased from www.Camofire.com (Retail \$360)



Raffle tickets can be purchased at the Sportsmen's Show or by contacting your local COPC Chaplain or COPC Board Member www.copchaplain.com



COPC Chaplains

The Chaplains of Central Oregon Public Safety 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.

If you would like to donate to Central Oregon Public Safety Chaplaincy, please [click here](#).



Upcoming Dates

COPC Chaplains Training –First Tuesday each month from 0900-1200 hours

COPC Board Meeting – Second Thursday each month

Assisting Individuals & Group Crisis Intervention
Feb 25, 8:00 am – Feb 27, 5:00 pm

Sportsman Show - Feb 28th-Mar 3rd 2019

Weekend to Remember - March 8-10 2019
Go to: www.copchaplain.com and click on Family Life Weekend To Remember Sunriver 2019

Do You Want to Help?

You can help Central Oregon Public Safety Chaplaincy earn donations just by shopping with your Fred Meyer Rewards Card! Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Central Oregon Public Safety Chaplaincy at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81244.

Then, every time you shop and use your Rewards Card, you are helping Central Oregon Police Chaplaincy earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store. For more information,

please visit www.fredmeyer.com/communityrewards.

COPC Chaplains

- [Jim Crowley](#)
- [Mike Dismore](#)
- [Joel Stutzman](#)
- [Kinne Callaway](#)
- [Lyman Flenner](#)
- [Stephen Gilday](#)
- [Kimi Glaspie](#)
- [Terry Jemes](#)
- [Dave Kell](#)
- [Paul Lanquist](#)
- [Robin Mirrasoul](#)
- [Patty Myers](#)
- [Peter Pagel](#)
- [Dan Parks](#)
- [Henry Porter](#)
- [Amber Turnage](#)
- [Bob Wiley](#)
- [Richard Ross](#)
- [Leslie Languist](#)
- [Don Manning](#)

Click on name for contact info.

Click on name for contact info.

- [Redacted]
- [Redacted]
- [Redacted]

please visit www.fredmeyer.com/communityrewards.
For more information,
at the customer service desk of any Fred Meyer.
If you do not have a Rewards Card, they are available
rebates, just as you do today.
You still earn your Rewards Points, Fuel Points, and
Chaplaincy earn a donation!
You can search for us by our name or by our non-profit