



August 2013

Central Oregon Police Chaplaincy

Serving the Hearts and Minds of Central Oregon's First Responders

www.copchaplain.com

The Beat

Recipe for Recovery

Throughout the last month on more than one occasion I heard someone say - It's Hot! While we were in Texas for the International Conference of Police Chaplains Annual Training Conference I was able to experience a new definition for Hot. The training was held in a very nice facility that allowed us to be sheltered from the heat and humidity. We would venture out periodically to go for a walk - moving shower!!! - and back to the shelter of the conference center - It Was Hot. On more than one occasion I contemplated being back in Bend to the shelter of our home. We all need a Safe Place to be - somewhere we are comforted: A place where there is no Startling Mechanism launching our Adrenalin. It is amazing where we can find shelter - a posture or position allowing us to rest or relax - recover. Some folks will pay a lot of money to discover a place that will allow them to recover. In my backyard we have a swinging bench - I ain't smart enough to know

what it is really called but you get the picture. Recently, two of our Grandchildren were over at the house. They wanted me to sit in the swing with them and watch the Hummingbirds - I cannot even spell out what my Granddaughter called them - We set, swang, buzzing back in forth by our water feature the little birds entertained and created a lot of dialogue. There is never a dull moment when the grandkids inquire about the philosophical positioning of how do Hummingbirds fly - in that moment it wasn't hot anymore while I was crammed into the bench with two little people. I looked down at them when they were focused on the birds - a hand in mine - they were sheltered and secured - they rested - almost fell asleep. We had created a place of shelter and recovery right in our backyard! A huge benefit of Purposely Posturing for Recovery is the Balance that it creates and we can handle the stresses in life better. My schedule should reflect this Posturing. We left Texas and it was 79 degrees we arrived in

Bend and it was over 100! I still didn't want to go back to Texas!

Recipe for Recovery - Psalm 23:
He leads me beside quiet waters.

He restores my soul; He guides me in the paths of righteousness
For His name's sake.

Pastor Jim

COPC GOLF TOURNAMENT Sponsored by

Mountain View Heating



Date: Saturday, September 28

Time: Shotgun start 9:00 a.m.

Registration: 8:00 a.m.

Lunch Served: 2:00 p.m.

Place: Eagle Crest Ridge Golf Course, Redmond

Format: Scramble with a shotgun start

Entry: \$100.00 per person/
\$400.00 per foursome

All proceeds support COPC programs and activities.

For more information contact:
Jim Crowley at 541-410-6128
Mike Dismore at 541-788-3364
Andrea at 541-390-4970

Stress Management for the Trauma Service Provider

Chaplains Jim Crowley and Mike Dismore will be teaching the International Critical Incident Stress Foundation course called Stress Management for the Trauma Service Provider on Friday, October 11 and Saturday, October 12, 2013. The course will be from 1:00 - 9:00 PM on Friday and from 8:30 AM - 5:00 PM on Saturday.

The course will be taught in the Bryan Administrative Building, Room 202, at the New Hope Christian College, 2155 Bailey Hill Road, Eugene, OR 97405

For further information please contact: David Ortega, D. Ed.; Director Christian Counseling Program; New Hope Christian College, Eugene, OR; 541-485-1780, ext. 3204

COPC Hydro Flasks



Get your COPC Hydro Flask bottles engraved with the COPC logo. They are the 21 oz. bottle with the standard mouth in Everest blue and the 40 oz. bottle with the wide mouth in

four different colors. **The cost is \$25 for the smaller one and \$35 for the larger one.**

COPC Chaplain's Retreat

October 27 - 30 the Chaplains of COPC will hold their mostly annual retreat. This year the retreat will be held at the Eagle Christian Renewal Center at Wallowa Lake. It is always a time of fellowship, renewal, fun, and food.

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.

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 from 0830-1000 hours.
- **DCSO Corrections** - Chaplains Crowley, Dismore, Jemes, and Wright continue to meet weekly for a 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. This month our First Responder Chaplains Served and Supported our agencies and the communities of Central Oregon responding to 22 requests.

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.



CENTRAL OREGON POLICE CHAPLAINCY GOLF TOURNAMENT
PRESENTED MOUNTAIN VIEW HEATING
SUPPORTED BY EAGLE CREST

Date: Saturday, September 28th, 2013

Time: Shotgun start 9:00 a.m. – Registration at 8:00 a.m. lunch served at 2:00 p.m.

Place: Eagle Crest Ridge Golf Course - Redmond, Oregon

Format: Scramble with a shotgun start; if you do not enter as a foursome we will attempt to place you on a team.

Entry: \$100.00 per person/ \$400.00 per foursome. Includes golf, carts and lunch.
All proceeds support COPC programs and activities.

Entry Form:

Name: _____

Company: _____

Address: _____

Telephone: _____

Email: _____

Team Members:

Player 1 Name (first, last): _____

Player 2 Name: _____

Player 3 Name: _____

Player 4 Name: _____

Method of Payment: Credit Card____ Visa/MC Check#____

Amount:_____ **Date:**_____

Credit Card #: _____ **Exp.**_____ **CVV:**_____

Authorization Signature:_____

Please make checks out to Central Oregon Police Chaplaincy

Return Form and funds To COPC, PO Box 1898 Redmond, OR 97756

For more information please contact Andrea at 541.390.4970

www.copchaplain.com



OREGON POLICE CHAPLAINCY GOLF TOURNAMENT
PRESENTED BY EAGLE CREST AND MOUNTAIN VIEW HEATING
Saturday, September 28th, 2013

Sponsorship Opportunities

☐ **\$5,000 Presenting Sponsor**

Foursome and two carts; name and logo on tournament flyer and COPC website; Hole sign and recognition during luncheon.

☐ **\$2,500 Luncheon Sponsor**

Foursome and two carts; name and logo on COPC website; Hole sign and recognition during luncheon.

☐ **\$250 Hole Sponsor**

Hole sign and recognition during luncheon.

Yes! We would like to join the COPC golf tournament as a sponsor this year!

Company Name: _____

Contact Person: _____

Address: _____

Phone: _____

Email: _____

Team Participating in Tournament? Yes/No Team leader name: _____

Method of Payment: Credit Card ____ Visa/MC Check# _____

Amount: _____ Date: _____

CC#: _____ Exp. _____ CVV _____

Authorization Signature: _____

Please return form to COPC, PO BOX 1898 Redmond, OR 97756

Thank you for your support!



2013 CENTRAL OREGON POLICE CHAPLAINCY GOLF TOURNAMENT

PRESENTED BY MOUNTAIN VIEW HEATING

SUPPORTED BY EAGLE CREST RESORT

Details: Saturday, September 28th, 2013 – Eagle Crest Ridge Golf Course - Redmond, Oregon
Shotgun start at 9:00 a.m. – lunch served at 2:00 p.m.

Entry: \$100.00 per person/ \$400.00 per foursome. Includes 18 holes of golf, carts and lunch.

Raffle and fun team prizes including: 1st Low Gross, 2nd Low Gross, long drive men's/women's closest to the pin and even last place!

Reserve your spot today – complete and send in the registration form or visit
www.copchaplain.com for more information. Call Andrea at 541.390.4970 for questions.

Proceeds support COPC, serving the hearts and minds of Central Oregon's first responders.