



Central Oregon Police Chaplaincy

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

www.copchaplain.com

The Beat

June 2011

Greetings COPC Family –

When the month of May began Chaplain Dismore and myself took a deep breath and said – we are going to be so busy this month. I won't list all of the activities but will assure you that the month lived up to the expectations – BUSY! When we get busy the temptation is to switch into a survival mode. Survival means cut back on extra's, conserve energy, manage your time better – it means a lot to many different people. One thing that I have continued to learn over and over is it is best to maintain some dependable priorities when the pressure is on – Stress Management. We can manage stress better when we take it one bite at a time – like eating an elephant! We can survive when we are getting eternal help, direction and support. Reading the Bible daily is a simple thing to suggest but it really helps me keep my focus – praying with my Bride every a.m. helps us to stay focused and communicate. When I am balanced and feel safe at home I tend to tolerate the stress better. Developing good friends and a support structure with professionals lays the ground work for survival. If you bite off more than you can chew – admit it and ask for help. Delegation is a great resource.

A word of caution – be careful who you delegate to. Make sure that those you involve in your plan to survive keep commitments so that you don't shoot yourself in the foot!!! Managing the stress includes taking care of yourself as well. Exercise is a great therapy and will naturally allow the chemistry that God has created within you to be released. There is so much more to say and my space is gone.

Presently, our chaplains are doing an awesome job of providing support and care for some very difficult scenarios. They could slip into a survival mode – focusing only on a small picture or becoming selfish with time and support. Presently, our chaplains are keeping pace with personal challenges, elevated call responsibility and catastrophic events. Our Chaplains have raised the standard and are participating in a Can Do model of ministry. We are fortunate to have a great core of chaplains that are very committed to making a difference in the community and with our First Responders – Way To Go. I am looking forward to June – some warm weather, camp fires, hiking, fishing ...

God Bless - jim

News & Events

• **COPC Auction Dinner** – The Auction Dinner was held on Friday, May 6th, 2011 at the Christian Life Center, 21720 E Hwy 20 in Bend. It was a great evening of fun, fellowship, and food. Mt. View Heating was the Title Sponsor.



We began with a Silent Auction and then moved into Posting of the Colors by Deschutes County Sheriff's Office Honor Guard. Next was the opening prayer by Chaplain Jim Crowley. Then we had dinner served by Jakes Diner.



Following dinner we had a presentation from the Thompson family of Beaverton, Oregon. David, Susan of Beaverton, are the parents of Alex Thompson, an Oregon State University Student, who tragically drown in the Crooked River at Smith Rock State Park in April 2009. Deschutes County Search & Rescue crews searched for Alex for 6 weeks before locating his body.

They shared from their heart how COPC chaplains were with them during and after the event.

We then moved into the rest of the program with Dean Edgerly of Prineville as Auctioneer and Bob Shaw of KTVZ as Master of Ceremonies. There were a few games and raffles including the raffle for the Charmglow grill.



Live Auction items included: vacations trips, golf packages, weekend getaways, jewelry, fishing trips, dinners, art, photography, and more.

Special thanks to the COPC Auction Committee: Mindy Laidlaw, Mandy Noland, Harold Anderson, Mike Dismore, Jim Crowley, Tim Edwards, Sonya Gregory, Sheila Crew, Trisch Clark, Kimberly Philippi and Lorien Petersen.

Also thanks to all those who attended the dinner, gave items for the silent and live auctions, and helped make this event happen.

- **DCSO Corrections** – Chaplains Jemes, Dismore, and Crowley continue to meet weekly for a lunch with the Corrections Family. These have proven to be very positive opportunities to make contact with our Corrections Deputies in Deschutes County. They are great women and men serving our community.

- **COPC Website** – The COPC website is continuing to be upgraded and changed. We would encourage as many as can to check it out at www.copchaplain.com and please give us some input for a reevaluation of how we look on the web. We have plans for more opportunities with the site.

- **COPC Chaplains Training** – The training for June will be on Monday, June 6th from 0900-1200 hours and will be held at the Redmond Fire & Rescue main station. The chaplains will be going through CPR recertification.

- **COPC Board Meeting** – Second Thursday each month at the COPC office from 0830-1000 hours.

Prayer Requests

The following requests for prayer come to us as a request and permission to share the information with friends of COPC.

- Pray for COPC Chaplain Lorien Petersen as she relocates to North Dakota.

- Please be in prayer for the members of the La Pine Rural Fire Protection District who mourn the tragic loss of Captain James Palmer. Captain Palmer's dedication to his family, the Fire District and the community of La Pine will be greatly missed. Many have asked how they can help. The biggest concern is for the family James leaves behind, His beautiful wife Laura and 2 children ages 8 and 11. Please visit the James Palmer Memorial Fund webpage to see how you can be of assistance: <http://local3387.org/JamesPalmerMemorialFund.aspx>

- 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 and families.

- Safety & Protection for all of the agencies and Departments that we serve in Central Oregon.

Dispatched Chaplain Requests

Chaplain Crowley assisted LPF and DCSO with a DOA 05/02

Chaplain Wright assisted BF&R with a DOA 05/09

Chaplain Crowley assisted LPF, DCSO, OSP, and ODOT with a MVA Fatality 05/13

Chaplain Dismore assisted LPF, DCSO, OSP, and ODOT with a MVA Fatality 05/13

Chaplain Dismore assisted BPD and ODOT with a MVA Fatality 05/14

Chaplain Crowley assisted BPD with a Possible Suicidal Subject 05/24

Chaplain Dismore assisted RPD with a Death Notification 05/27

Chaplain Dismore assisted LPF and DCSO with a DOA 05/27

Chaplain Crowley assisted BPD and DCSO with a Death Notification 05/28

Chaplain Austin assisted BF&R with a DOA 05/28

Chaplain Jemes assisted BF&R and BPD with a DOA 05/29

Chaplain Jemes assisted OSP and DCSO with a MVA Fatality and Death Notification 05/30