



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

The Beat

March 2012

Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems, or workplace and financial stressors. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that anyone can learn and develop.

The Statement is a quote from the American Psychological Association and I am using it to help me with some training material. I want to focus on the thought – What do I do on Purpose to Create or Allow Resilience to Grow? I stretch each time just before I exercise and have discovered that I am not as sore. I have other disciplines that I accomplish to build Sustainability for the day.

One of those is to exercise my Faith at the beginning of the day – it builds Resilience and Sustainability. I have noticed that my Anger Management is

more Effective. What are we doing to Build Resilience? Pressing ON! – Philippians 3:13&14 – You Are Loved – p.j.

**COPC will be at the
 Central Oregon
 Sportsman Show
 March 8-11, 2012
 Deschutes County Fair
 & Expo Center**



Show Hours
 Thursday: 12noon – 8pm
 Friday: 12noon – 8pm
 Saturday: 10am – 8pm
 Sunday: 10am – 4pm

A friend and supporter of COPC, **Michael Vavrinec**, helped make it possible for COPC to have a booth at the Central Oregon Sportsman Show this year.

He also acquired a number of items that will be raffled off Sunday afternoon, March 11 and the proceeds will go to COPC.

The raffle tickets are \$5 each or six tickets for \$25. The first fifty people to purchase \$25 worth of raffle tickets will also receive a *Cabela's* Multi-tool.

The Raffle Items are:

(Pictures may vary from actual item)

❖ **Traeger Smoker Grill** Model Texas Grill Powder Coat (retails for \$999.00) with pellets.



❖ **PSE Bow:** Brute right hand 50 to 60 lb. pull. Field Ready. Draw length 25 to 30". Velocity 320/312 FPS. Let off 75% with Leupold Range Finder RX 600.



❖ **Weatherby Vanguard Series 2 - 7 MM Remington Mag.** Adjustable 2 stage trigger. 3 Position Safety. Accuracy sub 1MOA (less than 1" at 100 yards). Leupold 3x9x40 MM Heavy duty MK 2 tactical scope or sport.



❖ **Mossberg 100 ATR Model 243 WIN.** Adjustable Synthetic Stock with inserts for adults or juveniles. Leupold 3x9x40 MM Heavy duty MK 2 Tactical Scope or Sport.



You choose which of the four items you want your raffle ticket(s) to go toward. Winner need not be present to win.

Raffle tickets can be purchased at the Sportsman show or by contacting Chaplain Jim Crowley at jbcrowley@bendbroadband.com 541-410-6128 or Chaplain Mike Dismore at pastordiz@juno.com 541-788-3364.

Mt. Bachelor Rotary Club Fundraiser for COPC



The Mt. Bachelor Rotary Club held their 4th Annual Texas Hold 'Em Tournament on Saturday, February 25th at the Bend Golf and Country Club.

It was a great evening of fun for everyone who attended.

The proceeds from the benefit fundraiser will be given to COPC in the near future.

**Thank You
Mt. Bachelor Rotary Club**

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.

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.

Dispatched Chaplain Requests

- Chaplain Dismore assisted RF&R and RPD with a DOA 02/02
- Chaplain Dismore assisted RF&R and DCSO with a Hospital Transport 02/03
- Chaplain Dismore assisted JCSO, RPD, and DCSO with a Death Notification 02/05

Chaplain Dismore assisted RF&R, RPD and OSP with a MVA Fatalities and Death Notifications 02/06

Chaplain Kell assisted RPD with a Follow Up to a MVA 02/07

Chaplain Glaspie assisted JCSO with Follow Up to a Rape 02/07

Chaplain Jemes assisted BF&R and BPD with a DOA 02/08

Chaplain Dismore assisted SF&R and DCSO with a DOA 02/09

Chaplain Crowley was requested to assist BF&R and BPD with a Suicide 02/09

Chaplain Crowley assisted BPD with Follow Up for a Dog Bite 02/10

Chaplain Crowley assisted BPD with a Barricaded Subject 02/14

Chaplain Crowley assisted BF&R with a Family Support call 02/15

Chaplain Crowley assisted SRPD with Personnel Contact 02/17

Chaplain Jemes assisted BF&R and BPD with a DOA 02/20

Chaplain Crowley assisted BF&R and BPD with a DOA 02/20

Chaplain Kell assisted RF&R and RPD with a DOA 02/27

Chaplain Dismore assisted Hospice of Redmond with a DOA 02/27

Chaplain Dismore assisted RF&R and DCSO with a Hospital Transport 02/28

Chaplain Crowley assisted BF&R with Family Support 02/29



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