



**Central Oregon Police Chaplaincy**  
 Serving the Hearts and Minds of Central Oregon's First Responders  
[www.copchaplain.com](http://www.copchaplain.com)

# The Beat

March 2013

## Line Management

Recently I was reminded about the first Fly Casting Lesson that I Suffered. I had line everywhere because there was this sense that the more line that I got involved in my efforts to cast the further I could throw and reach across the entire lake! I learned very quickly - still learning - as I was being instructed by a friend - you need to manage your line better! The more line you have out the greater opportunity for you to get into trouble and throw it where there are no fish - trees, bushes, rocks - people!!! I have sense evaluated that as a good lesson for life - I need to manage my efforts of activity and schedule in order that I can have a greater influence on what my priorities should be. If I get too much going on I stand a good chance of not accomplishing what I want to do - to be - to enjoy. I confess that I have too much line out and am reevaluating presently! First things first and a verse always helps - Matthew 6:33 (NASB) 33 "But seek first His kingdom and

His righteousness, and all these things will be added to you. Going Fishin - God Bless and thanks for praying for our First Responders. - Jim



## Thanks to the Mt. Bachelor Rotary Club

The Mt. Bachelor Rotary Club held their  
**5th ANNUAL TEXAS HOLD 'EM TOURNAMENT & CASINO NIGHT**  
 on Saturday, February 16<sup>th</sup> at the Bend Golf & Country Club.



It was a fun night for all!



The Central Oregon Police Chaplaincy will be at the Central Oregon Sportsman Show March 7-10, 2013 at the Deschutes County Fair & Expo Center.

A special thanks to Nosler, Fin & Fire and Vortex Optics for the raffle items. All proceeds support COPC programs.

Howa, Model 1500, 30-06 caliber, Bolt action rifle, with a Nikko Stirling 3-10x42 Nighthead scope, donated by Nosler. (retail \$645)



Traeger Smoker Grill Texas Grill Powder Coat donated by Fin & Fire. (retail \$1000)



Vortex Viper 2.5-10x44 BDC-2 HS  
Riflescope donated by Vortex.  
(retail \$499)



Vortex Diamondback 10x42  
Binocular donated by Vortex.  
(retail \$279)



### COPC Hydro Flasks



Get your COPC Hydro Flask bottles engraved with the COPC logo. They are the 21 oz. bottle with the standard mouth and the 40 oz. bottle with the wide mouth – both in Everest blue. **The cost is \$25 for the smaller one and \$35 for the larger one.** Contact a COPC chaplain or board member near you to get one for yourself or as a gift for someone else.

**The Pain Behind the Badge** is a training seminar coming again to Central Oregon. First Responders will learn about



perception protection, the progression of stress and recognition of PTSD. Clarke & Tracie Paris are the instructors.

April 26, 2013 0830-1630 hours at the New Hope Church, 20080 Pinebrook Blvd. Bend, Oregon.

### 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 with a Hospital Transport and Death 02/02

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

Chaplain Crowley assisted BPD with a Death Notification 02/04

Chaplain Dismore assisted RPD and DCSO with an Emergency Notification 02/06

Chaplain Crowley assisted BF&R and BPD with a Death and Death Notification 02/08

Chaplain Crowley assisted BPD and DCP&P with a the Death of a Family Member 02/09

Chaplain Crowley assisted BF&R and BPD with a Death 02/10

Chaplain Crowley assisted LPF and OSP with a Death 02/12

Chaplain Dismore assisted RF&R and RPD with a Hospital Transport 02/22

Chaplain Dismore assisted RF&R and DCSO with a Death 02/23

Chaplain Jemes assisted BF&R and BPD with a Death 02/26

Chaplain Jemes assisted BF&R and BPD with another Death 02/26

Chaplain Barker assisted PPD with a Death 02/28



**Central Oregon  
Police Chaplaincy**



Sergeant Clarke Paris



Tracie Paris, RN, BSN

The **Bend Police Department, Central Oregon Police Chaplaincy, Deschutes County Sheriff's Office, Oregon State Police and Redmond Fire & Rescue** are excited to bring "*The Pain Behind the Badge*" training seminar again to Central Oregon. This is an original, entertaining, and powerful form of training like no other. First Responders will learn about perception protection, the progression of stress and recognition of PTSD.

**DATE/TIME:** April 26, 2013 0830-1630 hrs.

**LOCATION:** New Hope Church, 20080 Pinebrook Blvd. Bend, Oregon

**COST:** Free to First Responders and their spouses within Deschutes, Crook, and Jefferson Counties of Central Oregon and OSP Personnel. For those outside this area the cost is \$50.00 and \$25.00 for a spouse. Lunch will be provided.

**INSTRUCTORS:** Clarke Paris retired from the Las Vegas Metropolitan Police Dept. at the rank of Sergeant after 27 years of service. He is devoting his retirement to educating law enforcement, first responders and military members on dealing with PTSD and suicide. During his time with LVMPD he worked in undercover assignments, as a training officer & sergeant, and a traffic enforcement officer & sergeant. In addition, he has worked as the sergeant in charge of special events and supervised a squad of bicycle officers on the Las Vegas Strip.

Tracie Paris has been a Registered Nurse for the past 29 years. She has worked as a Trauma/ER Nurse, Outpatient Surgery Nurse and Charge Nurse. In 2006 she was honored as 'Nurse of the Year'. Clarke and Tracie have traveled the nation presenting The Pain Behind The Badge to thousands of police officers, military personnel, and their spouses. Clarke and Tracie were involved in recovery and training of personnel assigned to VA Tech PD after the 33 student massacre as well as Lakewood Police Department Personnel after that agency's four officers were murdered as they sat in a coffee shop in November, 2009.

**TO REGISTER:** Contact Chaplain Jim Crowley at (541) 410-6128  
E-mail at [jbcrowley@bendbroadband.com](mailto:jbcrowley@bendbroadband.com)

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