

# JOURNAL



“Developing Professional  
Chaplains Through Dynamic  
Education and Support”

## PRESIDENT'S PERSPECTIVE....

A message from  
Wes McDuffie,  
President of the International  
Conference of Police Chaplains.



**H**ello to all:

Time is slipping by so quickly that in only a few months we will be in Mobile. I attended my first ATS there, and I am looking forward to returning. In the meantime, we will continue furthering our education in Law Enforcement Chaplaincy at our Regional Annual Training Seminar's. Our participation helps strengthen the regions, increases knowledge, and enlarges ICPC membership.

In August, I went to Destin to visit our office so I could speak to others about the organization, and provide accurate information concerning ICPC. I am impressed by the relentless services the Destin staff provides our members. They stand prepared to assist the membership in every possible way. We owe it to ourselves, and our departments to provide our officers with the resources that are available through ICPC.

If your name wasn't in the last issue of the Journal under the "committee lists" in which you are already a member, I apologize. I submitted the list to our Executive Director, and he printed what I sent him.

I appreciate everyone for embracing the philosophy of **"Together We Can."** Believing we can, and doing it together, will guarantee success. You will be hearing **Together We Can**, for the remainder of my tenure as President.

I want to thank President-Elect Cyndee Thomas for demonstrating **Together We Can** with the work that she's doing with the Committee Chairs. The entire team has done a great job and I thank you. I feel confident that you will triumph, and we will all reap the reward.

To keep you informed:

Keith Jenkins is the Relocation Committee Chairman assigned to researching the feasibility of moving the ICPC office from Destin. If you should have any questions or concerns, please contact Keith Jenkins. The Personnel Sub-Committee met in Dalworthington Gardens, Texas October 19 & 20, 2007 to study our Executive Directors contract that will expire on June 30, 2008. Please keep us in your prayers as we attempt to generate a contract that is best for ICPC, the Executive Director and the Office Staff.

We are dedicated to **"Developing Professional Chaplains Through Dynamic Education and Support."** Together We Can.

President Wesley McDuffie

## The ICPC Journal

Vol. 4, Num. 4, December 2007

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Dr. Charles R. Lorrain  
Executive Director, ICPC

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*"A Ministry of Presence"...*

# CHIT-CHAT

A Members Forum

## Thank You.....

Thank you to the following departments who sent in their patches:

- West Carrollton PD
- Orange Co. Sheriff's Office (FL)
- Estonian National Police

Please send any/all patches to:

**ICPC**  
**P.O. Box 5590**  
**Destin, FL 32540**



Do you recognize this Chaplain?

## —Correction—

Our apologies go out to four members of the Disaster Response Committee who were left off the DRC list in the last Journal. All committee members work hard for the ICPC and we wanted to correct this oversight. They are:

**James Gunnels**  
**Donna Kleman**  
**Terry Morgan**  
**Joanne Petto**

—Ed.

## —Website—

We are very surprised when we hear from members that they didn't realize we have a website as we mention it quite often. We have worked very hard to have information there at our member's fingertips. Check it out at:

[www.icpc4cops.org](http://www.icpc4cops.org)

## —Reminder—

Applications for Senior, Master, Diplomat and Fellow credentials are due by December 31<sup>st</sup> to be eligible to receive certificates in 2008. Send in your completed application to the Destin office today!

## —Congratulations—

Congratulations go out to our newest life members:

**William Hetherington**  
**#99**  
**Rickey Hargrave**  
**#100**

Way to go gentlemen!!



## Greetings from our Executive Director Dr. Chuck Lorrain

This is the time of year that many typically reflect on the many blessings in their lives. So often in our busy schedules of helping so many people however, we lose sight of those that are there for us *all year long*—day in, day out; through thick and thin....that being our families, close friends, colleagues in ministry and supporters.

I pray that even though this is a very busy time of year for everyone, that you would take time for yourselves and spend some quality time with those you love. If law enforcement chaplaincy teaches us anything, it is that life is often short, fragile and unpredictable.

Let those around you know how much you care for them this holiday season. From those of us in the Destin office, we wish you blessings for this holiday season and a safe and prosperous New Year!



Addie



Pat



Ruby



# PROTECT YOURSELF FROM THE DEAD

By Harold Elliott

**A practical look at how dealing with death can affect us and strategies for mitigating its affect**



There is a social norm among many police officers which says, "Thou shalt have no unexplained reactions to the things which thou hast seen" So, they spend a bulk of their lives trying to convince themselves and others that they are totally unaffected by dealing with the dead.

Lectures on the subject can help, but they don't eliminate the impact of direct, prolonged experience that can be a killer. I remember an old man who used to stroll the streets of my hometown with a sad face, bland personality, and a walk that resembled a funeral march. I never knew his name, but my mother always referred to him as "that old man who's dead and doesn't know it." The dead may not physically kill you but they can sap your emotional resourcefulness until you are about as useful as they.

*How you receive death will make a considerable difference in the effect a corpse will have on you:*

- Those who equate human and animal death will likely become cynical, and persuade themselves that no scene is too bloody for them to view and remain unaffected. This illusion is generally exposed when the officer loses someone he loves.
- Those who view death as the doorway into eternity will normally feel a sense of tender emotion. They may feel stress because of man's inhumanity to man or man's inhumanity to himself.

Police officers are constantly being taught street survival, and most of us shudder at the behavior of an unthinking officer who fails to protect himself. There is the ongoing discussion of how large a weapon should be carried and how many spare bullets should be at the officer's immediate disposal. All this is important, but no less important is that the dead will kill you too. It just takes the dead a bit longer to do the job. The living will shoot you, knife you, club you, or run over you. The dead will blow your mind apart and vandalize your emotions until you become a shell of a human being. These are the trappings of death.

Ask any officer to describe the first death scene he worked and he will remember almost every detail. He can recall the position of the body, facial expression, open or closed eyes, location of wounds, and type of clothing worn. No matter how many years ago, he'll still remember. Of all the things we forget, it never seems to be a death scene. That being the case, it only stands to reason that an accumulation of such sights eventually takes its toll on an officer, unless he safeguards himself.

**How you receive death will make a considerable difference in the effect a corpse will have on you.**

The job demands that an officer view death scenes. However, it does not demand that each officer view them in the same manner. Whenever I see a body, regardless of the circumstances surrounding the death, I view it as a wax figure in a museum. Some officers see the dead as mannequins. Others may view them as evidence in the overall investigation. Still another may see the victim as only an object that once was alive and is now only a shell. Whatever image one may concoct, the result is the same: dehumanization of the victim. This isn't wrong in fact, it is a natural part of our built-in survival kit.

Some officers would rather not show their real emotions at a death scene. Certain feelings are simply natural to human beings, and should not be construed as signs of weakness. For example, when alone in a room with a body, experiencing an eerie feeling; if the victim is child, female, or helpless individual, feeling intense grief; if sexual deviation is involved, feeling repulsion.

Officers also feel angry if death and mutilation are related to drugs or alcohol; if the victim was viewed by a family member,

*(Continued on page 5)*



(Continued from page 4)

especially children, the officer may be moved to sympathy; and he will feel shock, the same as any other individual, if the victim is known to him personally.

Though most officers will contain themselves at the scene, if the victim reminds him of a loved one, he will probably cry when alone. It isn't uncommon for sickness to affect those who must work an exceedingly violent scene. Nausea is common if the odor is overpowering and the body of the victim is decomposed.

The dead person troubles us, disturbs our peace, gives us the creeps, stirs our fears, and gives us nightmares. Even the policeman's badge isn't thick enough to prevent it, and there isn't enough authority in the book to ward it off.

*But we aren't defenseless. Take a look at some safeguards against being overcome:*

- **Talk it out.** Talk is good therapy. Some officers choose to talk to other officers. However, there is always the fear of appearing weak in the eyes of a comrade if true emotions are revealed. In departments where a chaplain is present, the officer may feel a freedom to bare his soul with the assurance of strict confidentiality. The officer who shares with his spouse is utilizing a good source of understanding. Every blood and guts detail need not be divulged to relate the story and get relief.
- **Crying is OK.** Obviously there is a time and place for everything, but it should not be forgotten that crying makes us no less professional. Tears are terrific for washing away hurt. Some officers have wept at the scene and there is certainly no reason for apology, but whenever possible the officer will normally do this when alone.
- **Humor.** Although humor should never be crude, and great precaution must be taken to avoid its use in the presence of family members or persons outside the police department, it should be recognized that well-placed humor is great release. It isn't necessarily disrespectful to use some humor at a death scene. Humor is a real salvation to those who use it wisely and at the appropriate place and time.
- **Take a break.** Though it is necessary to view the victim, photograph the entire scene, and sometimes handle the body, it isn't necessary to stare at it over a prolonged period of time without a break. Take time out to regroup your thoughts, get a breath of fresh air, and let your mind remove itself from the ugly sight of death.

Be prepared for, and understand something about, post-traumatic stress disorders. Two types of disorders are prevalent. First, the acute disorder has symptoms which occur immediately after or sometime during the event. They are things such as frequent urination, or an uncontrollable desire to just break away and run from it all. After a particularly difficult experience with a tragic death situation one officer said to me, "I hate this job, I just want to get out of the whole mess." It had only been a few days before that he had sat in my office and

related how much he loved police work.

Second, the delayed disorders are those which may occur two days, two weeks, or two years after an event or series of events. They include things such as sleep disorders, flashbacks, isolation and depression. I know one officer, who after working homicide in a major city, requested a transfer to any division in the department which didn't deal with death. Death had stacked up on him until he felt he could not stand it if he had to see another body. The number of gruesome death scenes the officer has experienced in a short time will obviously make him more prone toward post-traumatic stress disorders, especially the inexperienced officer.

The officer who is honest with himself will accept the fact that he is only human, and it is natural for humans to hurt at the sight of needless death, injury and mutilation. Wise is the officer who takes off his superman suit, and allows himself to be just plain Clark Kent.

Officers can't avoid blood in the alley and brains on the ceiling, but they can learn to deal with it in a manner which will preserve their own mental and physical health. If professional help is needed, get it. It is a weak person who thinks of himself as too strong to need support.

How strongly a person reacts to a situation depends on that person as an individual. The officer, who continually holds in painful emotions or does not react at all, is a likely candidate for severe emotional problems. The wise officer takes the precaution of watching the living, avoiding needless danger, and not living in a mental graveyard.

Remember, the living can kill you physically, while the dead can kill you emotionally.



*Harold Elliott has served as a law enforcement chaplain for over 34 years. Having retired from full-time chaplaincy in 2004, he serves as the volunteer chaplain coordinator for the Arlington Police Department. He has authored two books, produced two films, and served at many disaster sites including Waco, Oklahoma City and New Orleans. He has been a member of ICPC since 1988.*



# Emails and the New World of Miscommunication

By Dr. Chuck Lorrain

**A**las, gone are the days where we teach our children handwriting skills, proper English, and the need for correct spelling and grammar. But why should we? We now have machines that all but alleviate the need to possess such skills. Go to any computer and just type it in--no need to write in cursive. Hit a button and it corrects your spelling and grammar...hit another button and it sends what you've written to another without even a single postage stamp! This is the wonderful world of e-mail...or is it? My question is; "What are we sacrificing to play in this new high-tech playground?"

I am of the opinion that we have entered a new genre of potential miscommunication. I don't know about you, but every time I hit the "send" key I do so in fear and trembling for fear that what I have written will be misconstrued.

I would wager if any reading this article took a straw poll the results would be staggering as to how many people have written e-mails that seemed perfectly okay yet were taken out of context or misconstrued by the receiving party. It has happened to me

countless times, hence the desire to verbalize my thoughts.

What happens when you send an email to someone and had them respond in a totally unexpected way – perhaps defensive or angry? Or have you ever felt the urge to respond to an email in an angry or defensive way, only to find out you had misinterpreted the intention or meaning of the email? It has happened to all of us at some point. The problem occurs when we act on our urge to make this kind of response.

It is difficult at best to ascertain the tone and tenor of an e-mail in and of itself. This is unless you're writing ALL IN CAPS WHICH IS PARAMOUNT TO SHOUTING IN EMAIL I AM TOLD. When writing e-mails the bottom line is clear; e-mails cannot show you body language, facial expressions, gestures, tone, pace, volume, intensity, inflection of voice or attitude. All functions necessary for proper communication.

A UCLA study indicated that in face-to-face communication;

*(Continued on page 7)*

55% was body language, 38% tone of voice, and 7% words used. Communication over the phone was slightly different; 82% tone used and 18% words used. By this we can see the importance of body language and tone in communication versus the less important features of the actual words used. Yet, when communicating with e-mail, words are all we have to go on.

E-mail communication also makes it harder to restate or rephrase what a person has said. This hinders the receiver's ability to utilize active listening skills in trying to understand what a person has said and the meaning of their communication.

Most good authors have mastered their literary skills to the point of being able to clearly convey their thoughts to an audience though the written word. Most of us, however, lack this highly-skilled ability.

Having an author express their thoughts through the written word is parallel to someone giving a monologue verbally. In good communication, we considered it a dialogue when two parties have the opportunity to express themselves verbally back and forth. An e-mail is closer to a "written monologue" so to speak.

I believe that until technology is such that e-mail communication is facilitated over the internet with the aid of a camera setup where the person speaks concurrently, we are going to continue to have communication problems. I now use e-mail as the starting point for important communications and either follow up with a phone call or make the phone call first. This at least gives me an 82% chance of not being misunderstood.

If I find that I must express myself emotionally in email, I write it out first and save it as a draft. I later revisit it and/or have someone else take a look at it to provide a fresh perspective.

That's what used to happen with those business letters that went through several iterations. When you have a chance to review it you may change your mind. Sometimes just writing out what's

bothering you is enough to dissipate it. If you've sent it off, it's too late to change your mind.

If I intend on using only e-mail to communicate I adhere to some simple rules and I share them with you!

10 tips for effective e-mails:

*By Ellen Dowling, PhD*

1. Think before you write. Just because you can send information faster than ever before, it doesn't mean that you should send it. Analyze your readers to make certain that you are sending a message that will be both clear and useful.

2. Remember that you can always deny

## What are we sacrificing to play in this new high-tech playground?

that you said it. But if you write it, you may be held accountable for many moons. You may be surprised to find where your message may end up.

3. Keep your message concise. Remember that the view screen in most e-mail programs shows only approximately one half of a hard-copy page. Save longer messages and formal reports for attachments. On the other hand, do not keep your message so short that the reader has no idea what you're talking about. Include at least a summary (action or information?) in the first paragraph of

your message.

4. Remember that e-mail is not necessarily confidential. Some companies will retain the right to monitor employees' messages. (Refer to #1 and #2, above.) Don't send anything you wouldn't be comfortable seeing published in your company's newsletter (or your community's newspaper).

5. Don't attempt to "discipline" your readers. It's unprofessional to lose control in person—to do so in writing usually just makes the situation worse.

6. Don't "spam" your readers. Don't send them unnecessary or frivolous messages. Soon, they'll quit opening any message from you.

7. DON'T TYPE IN ALL CAPS! IT LOOKS LIKE YOU'RE YELLING AT THE READERS! Remember, if you emphasize everything, you will have emphasized nothing.

8. Don't type in all lower case. (unless you're i.e. cummings.) If you violate the rules of English grammar and usage, you make it difficult for the reader to read.

9. Use the "Subject" line to get the readers' attention. Replace vague lines ("Information on XYZ Project," or "Status Report Q1") with better "hooks": "Need your input on Tralfamadore Project," or "Analysis of recent problems with the new Veeblefretzer."

10. Take the time to proofread your document before you sent it. Rub the document thru the spell checker and/or the grammar checker. Even simple tipos will make you look sloppie and damage you're professional credubility. Get the point!

Something to think about.....







# MOBILE 2008

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35th Annual Training Seminar  
July 7-11, 2008

A message from your Hosts:  
*Jerry Brown & Ronnie Pierce*

—**Host Hotel**—

Renaissance Riverview Plaza Hotel  
64 South Water Street  
Mobile, AL 36602  
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Nat'l (866) 316-5957  
\$100.00 per night + tax



—**Overflow Hotel**—

Radisson Admiral Semmes Hotel  
251 Government Street  
Mobile, AL 36602  
(251) 432-8000

*When we think about all the  
training opportunities available  
in Mobile—*

*“We can only imagine”...*

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Hotel reservations accepted after December 31st, 2007  
Be sure to mark your calendars today!



# The Chaplain and the Funeral Coordinator

By John Cooley  
LAPD Retired



Some agencies know who, within the organization, will be responsible for managing a funeral when an active officer dies, regardless if the circumstances are from an accident, illness or a line-of-duty death. The funeral coordinator may not be a particular person but a position or assignment, such as the special events coordinator. Other agencies have not made any plans and will not make the assignment until a death occurs. As a funeral coordinator I have worked with agencies who were well prepared, others who had a protocol on file but no plan, and some who were neither well prepared or had a protocol on file.

I think it is important for chaplains to find out who, within their agency, is or will be, responsible for managing the funeral when a death occurs. Not the command officer who will be assigned as the planning team leader but the person, of any rank, who will actually be doing the planning. The person who will be responsible for implementing the funeral protocol or developing the operational plan. This is the person a chaplain should meet. This is the person the chaplain should befriend. This is the person the chaplain should ask to see the agency's protocol and resource material. This is the person the chaplain should ask, "What role do you see me fulfilling as a member of the planning team?" And, "How can I help you?"

If your agency does not have a protocol or assigned funeral coordinator and plans to utilize the services of a near by larger agency that does, which is what many small agencies that border larger agencies with established funeral management services do, then the chaplain should go and visit that agency and its funeral management personnel. Once again, the chaplain should ask, "What role do you see me fulfilling as a member of the planning team?" Especially since you are from an outside agency. And ask, "How can I help you?" The answer may be surprising. I have had chaplains tell me that when funeral managers from outside agencies arrived to assist their agency, the agency chaplain was regulated to a minor role. They were not considered an integral part of the planning team and were considered only for spiritual support for the surviving family and agency members. Yes, chaplains are a vital part of the support

services, especially spiritual support, for the family and agency members. But they can also be instrumental in assisting the planning team with a variety of other tasks or issues. Even if a chaplain doesn't have any experience or expertise on a topic, a chaplain's ability to bring logic and common sense, to be the voice of reason, may prove to be a valuable asset during meetings that are often very emotional.

Some funeral coordinators are so task oriented and dwell entirely on seating people and parking cars that they overlook the people issues. Chaplains are in a position to ask what the people want and need. The people are the members of the surviving family, the immediate and extended family members. The people are the members of the agency, sworn and civilian, and their family members. The people are the community the agency serves. Who represents them? Some coordinators say that since no one has contacted them, that apparently no one has any important needs. When in fact, many people have many needs but no one has reached out to find out what they are. Someone needs to reach out. If not the chaplain, who?

So chaplains should know who within their agency is or will be responsible for fulfilling the responsibilities of funeral coordinator

when a death occurs. Chaplains should know what protocols, plans and resource material is available. Chaplains should know what will be expected of them. Chaplains should know that they are an integral part of the planning team.

**Chaplains are in position to ask what people want and need.**

*If additional information about this topic is required, the author, John Cooley, can be contacted through his website at [www.Policefunerals.com](http://www.Policefunerals.com) or by e-mail at [Policefuneral@earthlink.net](mailto:Policefuneral@earthlink.net) or by phone at (805) 522-4861. John has given presentations on police funeral planning at several ICPC regional conferences and two annual training seminars.*

# ESTONIA



Tallinn, Capitol of Estonia

## CHAPLAINCY STARTING ABROAD...

**I**n October 2007, three members of the ICPC traveled to the country of Estonia at the invitation of the Estonian National Police. Vice-President Keoki Awai, Past-President Dan Nolte, and Executive Director Chuck Lorrain enthusiastically undertook this trip around the world to bring ICPC training to Estonian National Police chaplain candidates.

The “Politseikaplanite Orientatsioonikursus” or “Police Chaplains Orientation Course” was the National Police Board’s first chaplain training program. Our host, Tõnis Nõmmik, Chief Chaplain Emeritus, did an outstanding job in arranging all aspects of the training.

The Director General, Raivo Aeg, greeted us on the first day of training and set the tone for the week that followed. We had chaplain candidates from Estonia, along with chaplains from Bulgaria, the United Kingdom and an Estonian military

chaplain. The group was diverse in gender, profession, nationality and denominational background yet they blended into one by the end of the week!

A little about the Estonian police....The Estonian National Police is under the jurisdiction of the Ministry of Internal Affairs and governed by the Police Board. The National Police Board supervises four national agencies—the Central Criminal Police, The Central Law Enforcement Police, the Forensic Service Center and the Police School. It was founded on the 12<sup>th</sup> day of November, 1918.

It fields about thirty-five hundred sworn officers and another eleven-hundred or so civilian support personnel for the country. Interesting, unlike many other countries, 30% of the officers are female.

*(Continued on page 11)*



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The Estonian police are broken into four territorial police districts or “prefectures.” Each prefecture is comprised of three functional departments: the law enforcement department, the service department, and the crime department. The main task of each of these departments is to ensure that the work is performed in each respective prefecture.

The National Police Board is as modern and up-to-date as any police service we have seen anywhere. They have all the standard divisions you would see in any police department today and are high-tech across the board. The training facilities we utilized for our training was second to none.

Although high-tech, we did have one humorous moment at the police station. Many police stations in the U.S. utilize electronic cards for access into the police departments. The Estonian police are very similar in this regard. However, unlike police stations in the U.S., you also need your card to be able to leave the police stations in Estonia.

On this particular day after training there was a glitch in the security system in the police station. The result of this glitch was that all security cards failed and locked about a third of the employees IN the police station—along with us. Suffice to say, it was a little bit ironic that we actually had been locked in the police department!

The training process for the chaplain candidates is quite involved. They began by starting a week’s orientation course for credentialed professionals to qualify for the program. Next they had to attend the one-week training with the ICPC. During this time they were taught ten of the twelve core courses and a few other random subjects. Two courses were omitted and left to the National Police Board to teach; confidentiality and sensitivity & diversity. It was felt that both of these courses were better taught by instructors within their own country.

After completing the ICPC training they have to attend the five-week police academy just like the officers. At the successful completion of the academy, they then go to their respective police divisions for on-the-job training and evaluation. Quite a

process from start to finish, but then again, they are hired by the department.

The training made an impact on all that attended. The new Chief Chaplain, Jaan Jaani said; “We never had such an understanding into the lives of police officers.” With this new information they feel they can move ahead, although with fear and trepidation, and work as chaplains to the police.

Hearing this testimony made each of the team realize we had accomplished what we had set out to do. This was especially gratifying for International Liaison, Dan Nolta, as he sees the story of the Estonia training as a “full circle” story of success. From the government-sponsored trip of Toomas Nigola to visit the US and ICPC to explore the “hows” of American police chaplaincy...to a follow up visit to Estonia by then European Regional Director, Francis Pole and Dan Nolta... to this training of the first Estonian Police Chaplains in early October. It has been a story of the success of a vision and a process.

He reminds us that we need to pray that these beginning chaplains will succeed through the next part of their training at the Estonian National Police Academy and finally begin their ministry among the police.

Vice-President, Keoki Awai said; “What impressed me the most was, even though at times the group felt overwhelmed by the intense training, everything made sense for them and they could all see themselves applying what they learned to their own situations. Some had military or police experience but law enforcement chaplaincy was new to all of them. Estonia brought together what seems to be a good group of local clergy to help their police personnel including ICPC members from Bulgaria and the United Kingdom. If they pass additional required training with the National Police Board, they should be well on their way to establishing a fine chaplaincy program for their country. ICPC has opened their eyes to new opportunities to serve law enforcement. By providing quality training and ongoing support to Estonia, and other countries alike, we can continue to help chaplains around the world.”

**“We never had such an understanding into the lives of police officers.”**

**—Jaan Jaani, Chief Chaplain**

*(Continued on page 12)*





Jaani (St. John's) Church

*(Continued from page 11)*

We stayed at the police hotel which is transit lodging on-site for those coming into the police service. The rooms were dorm style and very accommodating.

During our stay we also were given a tour of their police museum which is located within police headquarters. They have a curator who maintains the museum and gives tours. They have many police relics there along with pictures, uniforms, medals, etc. from the occupation era. All-in-all, it was a very nice museum.

We were also privileged to be able to do a radio interview while there, spreading the word of what police chaplaincy is and why we were there with the International Conference of Police Chaplains. Recently two other ICPC members, Bill Wagner and Jon Sevall, also traveled to Estonia both to preach and spread law enforcement chaplaincy. So the country is definitely hearing about the ICPC!

We traveled many places around the city on the trolley system and city busses. You buy tokens that can be used on all public transportation and it was fairly easy to navigate.

The money in Estonia is called Krooni. It is about a 10 to 1 ratio (Krooni to dollars). So an 8.50 Krooni bus token is about .85 cents USD.

Estonia as a country is beautiful. It is nestled on the Baltic Sea sharing a border with Russia on the East and Latvia on the South. It has a land mass of 45, 226 Km<sup>2</sup> or 17, 461 square miles and has a population of about 1.4 million people.

69% of the people are native Estonians while 26% are Russian and 5% other.

We found the people to be warm and receptive to us. A few that spoke English seemed very happy to be able to talk with us, especially to someone from Hawaii—so Keoki was a celebrity over there!

The capitol of Estonia is Tallinn where the training took place. This city is a mix of old and new. The “old Tallinn” part of the city is a hamlet-style section of narrow cobble streets in old European style. It has beautiful architecture with grand churches and spectacular steeples. The ancient walls and towers of the old city date back to the 13<sup>th</sup> century and are a construction marvel. A walk around old Tallinn is like walking back in history.

The history of Estonia is very interesting. In 1285 the city became the northernmost member of the Hanseatic League - a mercantile and military alliance of German-dominated cities in Northern Europe. The Danes sold Tallinn along with their other land possessions in northern Estonia to the Teutonic Knights in 1346. Medieval Tallinn enjoyed a strategic position at the crossroads of trade between Western and Northern Europe and Russia. The city, with a population of 8,000, was very well fortified with city walls and 66 defense towers. A weather-vane, the figure of an old warrior called Old Thomas was put on top of the spire of the Tallinn's Town Hall in 1530 that became the symbol for the city.

With the start of the Protestant Reformation the German influence became even stronger as the city was converted to Lutheranism. In 1561 Tallinn politically became a dominion of Sweden.

During the Great Northern War the Swedish troops based in Tallinn capitulated to Imperial Russia in 1710, but the local self-government institutions (Magistracy of Reval and Chivalry of Estonia) retained their cultural and economical autonomy within Imperial Russia as the Duchy of Estonia. The Magistracy of Reval was abolished in 1889. The 19th century brought industrialization of the city and the port kept its importance. During the last decades of the century Russification measures became stronger.

On 24 February 1918, the Independence Manifesto was proclaimed in Tallinn, followed by Imperial German occupation and a war of independence with Russia. On 2 February 1920, the Tartu Peace Treaty was signed with Soviet Russia, wherein Russia acknowledged the independence of the Estonian Republic. Tallinn became the capital of an independent Estonia. After World War II started, Estonia was occupied by the Soviet Union (USSR) in 1940, and later occupied by Nazi Germany from 1941-44. After Nazi retreat in 1944, it was occupied by the USSR again. After annexation into the Soviet Union, Tallinn

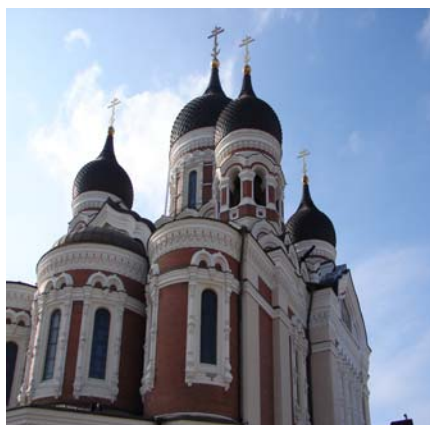


L-R: Past-President, Dan Nolta; Vice-President Keoki Awai and Executive Director, Dr. Chuck Lorrain



Above—Puhavaimo Church (Holy Ghost Church).

Right—Alexander Nevski Cathedral built 1894-1900



Below Right—13th century old city wall and towers.



Below—Estonia National Police insignia (Politsei)



became the capital of the Estonian SSR.

During the 1980 Summer Olympics a regatta was held at Pirita, north-east of central Tallinn. Many buildings, like the hotel "Olümpia", the new Main Post Office building, and the Regatta Center, were built for the Olympics.

In August 1991 an independent democratic Estonian state was re-established and a period of quick development to a modern European capital ensued. Tallinn became the capital of a de facto independent country once again on August 20, 1991.

Tallinn has historically consisted of three parts:

- The Toompea (*Domberg*) or "Cathedral Hill", which was the seat of the central authority: first the Danish captains, then the komturs of the Teutonic Order, and Swedish and Russian governors. It was until 1877 a separate town (*Dom zu Reval*), the residence of the aristocracy; it is today the seat of the Estonian government and many embassies and residencies.
- The Old Town, which is the old Hanseatic town, the "city of the citizens", was not administratively united with Cathedral Hill until the late 19th century. It was the centre of the medieval trade on which it grew prosperous.
- The Estonian town forms a crescent to the south of the Old Town, where the Estonians came to settle. It was not until the mid-19th century that ethnic Estonians replaced the local Baltic Germans as the majority amongst the residents of Tallinn.

Historically, the city has been attacked, sacked, razed and pillaged on numerous occasions. Although extensively bombed by Soviet air forces during the latter stages of World War II, much of the medieval Old Town still retains its charm. The Tallinn Old Town (including *Toompea*) became a UNESCO World Cultural Heritage site in 1997.

At the end of the 15th century a new 159m high Gothic spire was built for St. Olav's Church. Between 1549 and 1625 it was the tallest building in the world. After several fires and following rebuilding, its overall height is now 123 m.

All-in-all we had a wonderful trip, made many new friends, represented ICPC well and look forward to a return trip some day!



## IN MEMORIAM

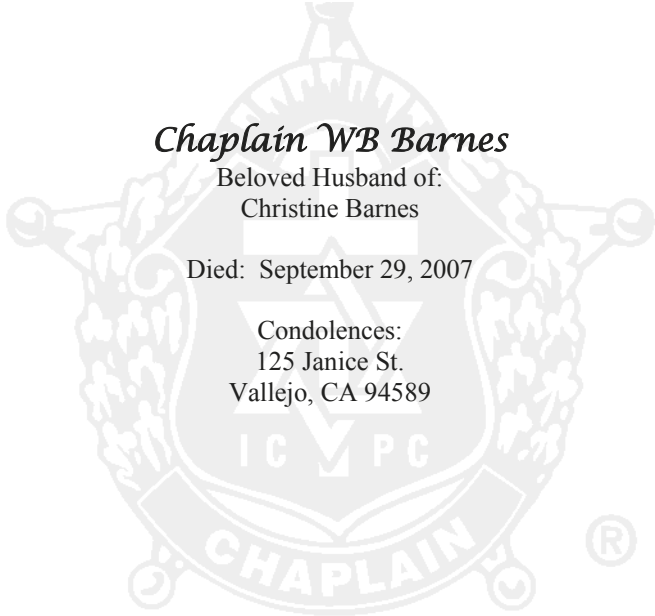


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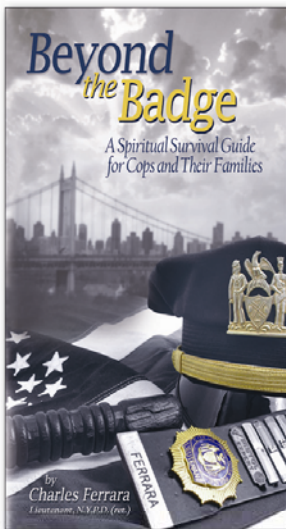
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