

# The ICPC Journal

A membership periodical published quarterly by the  
International Conference of Police Chaplains ®

June 2009

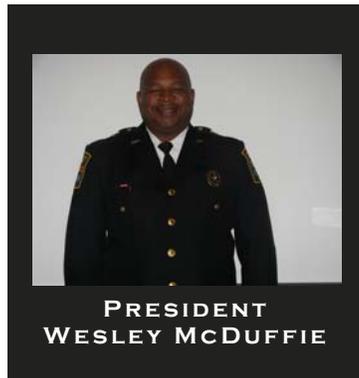
# JOURNAL



“Developing Professional  
Chaplains Through Dynamic  
Education and Support”

## PRESIDENT'S PERSPECTIVE....

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



**G**reetings, my fellow chaplains, liaison, auxiliary and ICPC staff:

I conclude my term as President of ICPC, with a heartfelt thanks to the Destin Staff, and to each of you for having made this the experience of a lifetime. I am particularly indebted to my wife, Felita, and sons Jourdan and Jaylan for willingly sharing me with you.

This will be my last article as President, and I remain a strong proponent of TOGETHER WE CAN. It has been my term as President, to implement the strongest bonds possible between ICPC chaplains and the law enforcement officers we serve. I believe we have succeeded on many fronts. We have laughed together and cried together. We have continued our commitment to greater learning. Together, around the globe, we have made a difference. We have come together in the storms of life, to meet the storms in life. We are like the eyes, they never see each other but they work well together. We don't get a chance to see all of our members but we do work well together in all that we do.

We mourn the loss of our officers, chaplains and spouses who have died since our last ATS. We owe a special recognition to Lorraine Nelson who led in the organization of the ICPC Auxiliary in 1990, and served as its first president. She and Stu have generously contributed time, talent, and finance to make ICPC the great organization it is today. I attended her funeral in Destin, Florida. We are richer to have known her, and poorer because she is gone.

During the ATS please make time in your schedule to meet Shannon, the newest member of the Destin staff.

Qualifying ICPC members to better serve our departments is accomplished through continued education. Our standards are high, and the towering reputation of the International Conference of Police Chaplains in the nations where we serve is proof that we are succeeding.

Because of our fervent commitment to service, membership continues to increase. Please encourage unaffiliated chaplains to consider joining our ranks. They need ICPC, and ICPC needs them.

I look forward to seeing you at the ATS in Knoxville. Pam Neal and Glenn Sullivan have worked diligently to provide a great conference. Remember, this is an election year. Be sure to cast your vote at the ATS.

As I depart the office of President, I leave you with these words, "The

# The ICPC Journal

Vol. 6, Num. 2, June 2009

Publisher  
Dr. Charles R. Lorrain  
Executive Director, ICPC

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difference we wish to see in others, must first start with us. Anyone can make excuses, but it takes dedication to make a difference. Before being critical of others, be knowledgeable of what you're being critical of. And, I can accomplish a little but a team can accomplish a lot."

I am so proud that you chose me to be your President and it is with great pleasure that I prepare to pass the gavel on to President-Elect Cyndee Thomas.

### "Together We Can"

Wes McDuffie  
President



President Wesley  
McDuffie and wife  
Felita

# CHIT-CHAT

A Members Forum

## Thank You...

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

- Travis County Sheriff's Office
- Mercer Country Sheriff's Dept.
- Plainfield PD
- Hendersonville PD

We still have many departments that have not sent in patches. Please send any/all patches to:

ICPC  
P.O. Box 5590  
Destin, FL 32540

## Mass Emailing...

The ICPC recently received the necessary clearances to send mass emails to its members informing them of important information. We used this system this past week for the first time and found out the following; First, we

only have on record 2020 emails for our membership, so there are many members who have not supplied us with one. When we sent out the mass email: 17% (343) were undeliverable due to bad addresses, tagged as spam, or for other reasons. 3% (60) were undeliverable due to the member's mailboxes being full or over their high-water mark. 9% (181) were tagged by spam software and had to be individually verified to get them through. The whole process of setup, sending out the email and follow up costs the staff about 4 hours of time. The reason I am letting you know this is to encourage you to: 1) get us your email address if you haven't done so already. 2) Keep your personal information updated with us. 3) Keep your email account cleaned up. We are in the information age people, like it or not, and electronic communication is the future. So please help us so we can service our members in the proper manner and not waste staff time and/or resources.

Thank You!

## Ham Operators...

After I placed the article in the March issue of the Journal entitled: "**3900 Marbles**," I have heard from several ham operators who expressed the desire to know of other ham operators in the ICPC. Not only would this be great for them to be able to communicate, it would also be beneficial for us to have their information during disaster response operations. So if you are a ham operator and will send me your name and station, I will list them in a future issue of the Journal.

## Saying "Thank You"...

Coming up in July, President McDuffie will be leaving office. Why not let him know in advance that you appreciate him and his service to the ICPC.

Remember: ***Together we can!***

## Greetings from our Executive Director Dr. Chuck Lorrain



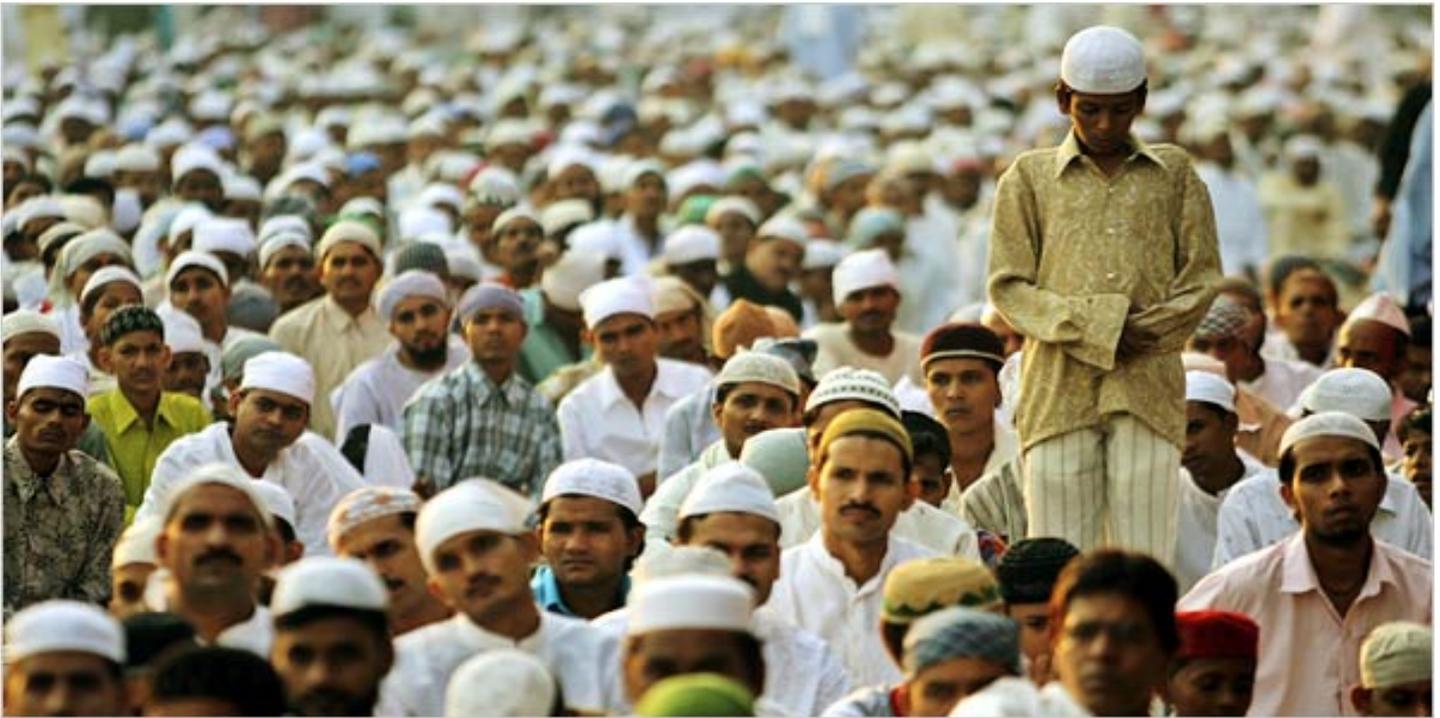
Recently I had the honor of attending a conference hosted by NORAD/US NORTHCOM in Colorado Springs and heard something that I thought was important to remind us all of. The commander of NORAD/US NORTHCOM, General Renuard, was asked how you balance the "mission" with that of "people." He responded thus: "***Mission first.....people always.***"

As I reflected on this response, I realized the genius of it and how profound it was to us in law enforcement chaplaincy. How often do we get so caught up in the "mission" because of administrative responsibilities, pressure to perform, self-imposed expectations of not letting people down, etc., that we forget the bottom-line as to why we are there and what is the most important aspect of our ministries—***the people!!***

Let us always remember that as we go through the necessary steps and protocols in our responsibilities as law enforcement chaplains, that we must always be cognizant of the fact—people always. For if we forget that basic premise of our ministries, we might as well pack it up and go home. Remember there is a difference between being effective and efficient in what we do. Being efficient is doing things right, while being effective is doing the right things! You can do all the wrong things well if your not careful which serves no one. If we forget the people, we certainly are not being effective in our ministries.

Food for thought as we move forward this month....

Dr. Chuck Lorrain



# Interacting with Arabs and Muslims

By Joe Navarro, M.A.

The terrible events of September 11, 2001, focused all of America, in fact, the world, on the Middle East, the various Arab conflicts, and Islam. For the most part, law enforcement has had little contact with the growing Arab/Muslim community because they are law-abiding, hardworking, family-oriented people seeking the same freedoms and aspirations as other immigrant groups before them. Law enforcement contact with these communities principally has been in administrative areas, such as with the U.S. Immigration and Naturalization Service or the U.S. Customs Service.

The World Trade Center bombing in 1993 and the events of September 11, 2001, have changed the American perception of the Arab/Muslim community in the United States. These terrorist acts, perpetrated by a few individuals who do not represent the millions of law-abiding Muslims and Arab-Americans living in the United States, brought focus upon an otherwise quiescent Arab/Muslim community. Consequently, interactions between law enforcement and the Arab/Muslim

community in the United States increased precipitously. To do their jobs effectively, law enforcement officers must understand more about the Arab culture to better interact with this community.<sup>1</sup>

## The Arab Perspective

Twenty countries encompass the “Arab world.” While political diversity among the Arab countries is notable (governmental systems include monarchies, military governments, and socialist republics), they all strongly embrace Islam.<sup>2</sup> Although vast social differences exist between the various cultures from the Arab world, Arabs are more homogeneous than Westerners in their outlook on life. Most Arabs share basic beliefs and values that cross national or social class boundaries. For example, Islam possibly can influence personal beliefs even among non-Muslims living in the Arab world; child-rearing practices are nearly identical; and the family structure is essentially the same, with a high regard for tradition.<sup>3</sup>

Similar to other cultures, ethnic identity remains very important for Arabs,

regardless of whether they share the same religion. Their ethnicity and cultural background, their native city and country, and where they have traveled are very important to them.<sup>4</sup> Likewise, their dignity, honor, and reputation are of paramount importance, and they spare no effort to protect them. Arabs tend to behave in a way that will create a good impression on others.<sup>5</sup> Loyalty to one’s family takes precedence over personal needs. Social class and family background constitute the major determining factors of personal status, followed by individual character and achievement. As with other cultures, Arabs place great importance on education and learning; many educated people of the Arab world speak several languages, including French and English, in addition to their native tongues.

Religion also plays a large part in Arab culture. While Islam is the primary religion, the Arab world consists of Christians and Jews, as well as Bahais, Alaouis, and Zoroastrians. Nevertheless, in this region of the world, God or Allah, plays a vital role, and almost everyone

acknowledges his power and has some sort of religious affiliation. Muslims tend to believe that humans cannot control all events; some things depend on God (i.e., fate). Religious piety constitutes one of the most admirable characteristics in a person and, unlike most Western governments, a large number of Muslims believe that there should be no separation between “church and state,” the secular and the religious. They believe that religion should be taught in schools and promoted by governments because Islam encompasses the social, as well as the spiritual.<sup>6</sup>

Similar to other cultures, Arabs are generous, humanitarian, polite, and loyal people with a rich cultural heritage dating back thousands of years, as illustrated by their contributions to religion, philosophy, literature, medicine, architecture, art, mathematics, and the natural sciences.<sup>7</sup> Nevertheless, many Arabs feel that Westerners have misunderstood and wrongly characterized them; they often feel neglected, ignored, or even exploited. For many Arabs, the experience of the Palestinians represents the most painful and obvious example of Western indifference or arrogance. Many Arabs view the creation of Israel as the capricious imposition of a Jewish state, by the West, at the expense of the Palestinian people, causing their migration (or as they term, diaspora) throughout the Middle East.<sup>8</sup> Additionally, many Arabs perceive Westerners as culturally hegemonous, with the propensity to weaken traditional family ties, as well as social and religious values, a potentially corrupting influence on traditional Arab society.<sup>9</sup>

The male-female relationship for many Arabs remains an important issue in the Middle East. For Arab men, especially those from very traditional backgrounds, discussing business with a woman present may make them ill at ease. At the same time, an Arab woman’s tradition may inhibit her from discussing matters with men who are not family members. Even something like shaking hands with a person of the opposite sex is viewed negatively by some Arabs (mostly extremists) unless body language implies otherwise. Some believe that if an Arab woman offers to shake hands, it is permissible, but a man never should extend his hand to a veiled woman. Some

Muslim men (mostly extremists) will not shake a female’s hand unless she is part of his family.<sup>10</sup>

### Law Enforcement Perspective

As with all cultures, the law enforcement approach to Arab-Americans should remain one of respect and dignity, with an appreciation for their historical, cultural, and life experiences. Many come from countries that have seen decades of war (Lebanon) or where capricious regimes have expelled them, which happened to many Palestinians after the Gulf War. Their perceptions of law enforcement often are tainted by these events and how they were treated overseas. For many Arab-Americans, a lingering fear exists that they are perceived as terrorists because they are Muslims, from the Middle East, or the fact that they dress differently.<sup>11</sup>

Law enforcement officers need the assistance and cooperation of this vital community. Agencies can develop and encourage greater trust and cooperation between the Arab/Muslim community and local, state, and federal law enforcement. As with most immigrant groups, Arab communities want to eliminate crime in their neighborhoods, they want to feel safe, they want their children to thrive, and they do not want to be associated with terrorism.

In general, the Arab community willingly assists in investigations. They respond to well-mannered, professional investigators. Oftentimes, they make their homes a comfortable place to conduct interviews by offering tea or coffee and even generous amounts of food. This represents their way of showing hospitality and congeniality. In fact, partaking of refreshments often leads to more open and extended conversations, which, in turn, may prove beneficial to both the Arab and law enforcement communities. Such situations may require more time and patience because Arabs usually prefer not to “talk business” right away, but engage in friendly conversations first.

To this end, officers should avoid contacting Arab/Muslims on religious holidays or during prayers (devout Muslims pray five times per day and weekly communal prayer is at noon on Fridays).<sup>12</sup> Very little eye contact should



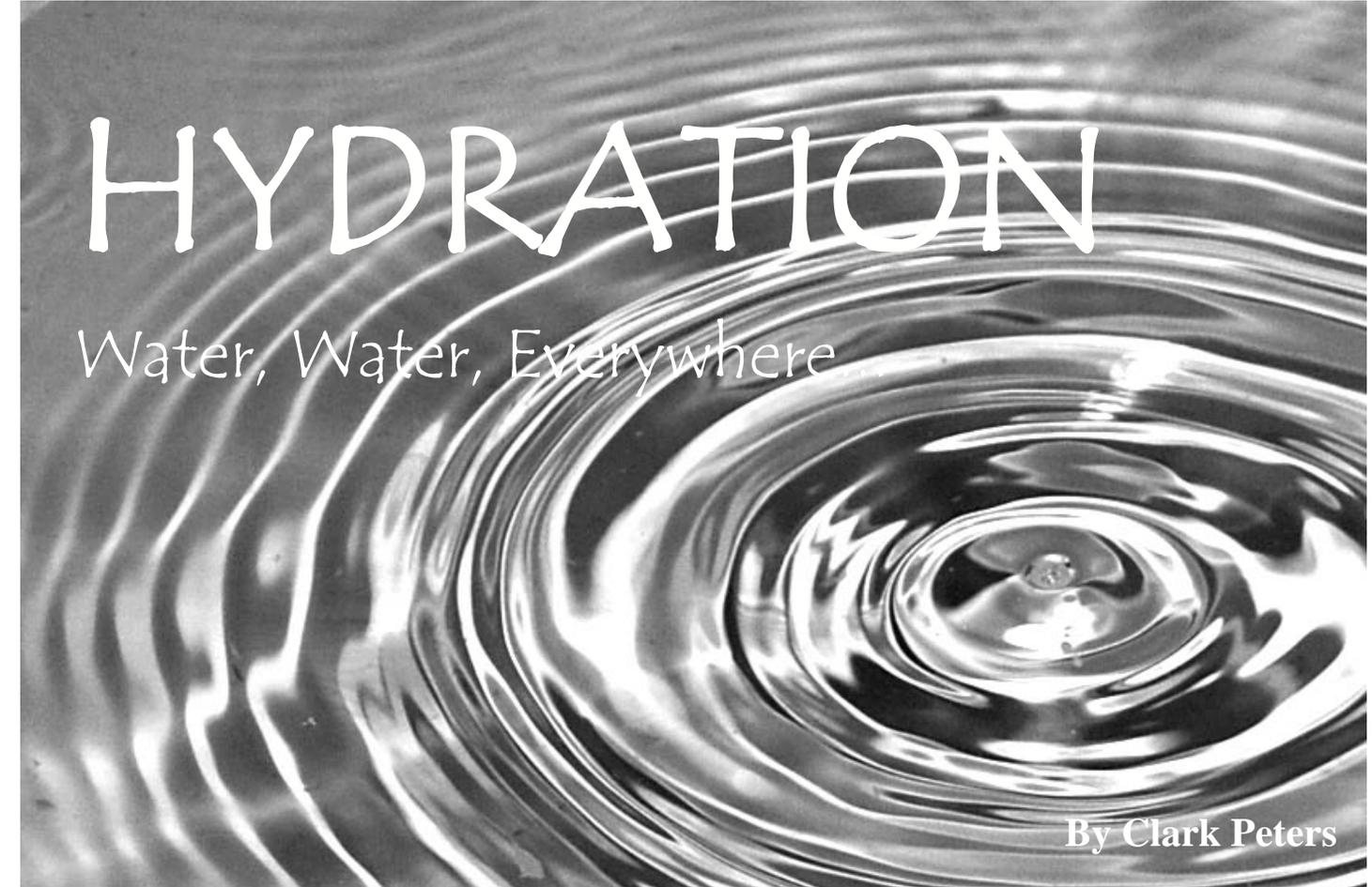
occur between male law enforcement officers and Arab females. For example, the head of an Arab family scolded officers because they repeatedly visually scanned the man’s daughters as they entered the room. Law enforcement officers should refer to the family in the collective, not individually, because for many Arabs, the family constitutes a very private matter, with daughters and wives receiving special considerations. While in Arab/Muslim homes, law enforcement officers should be respectful of the family hierarchy. They should avoid slouching in chairs or, in particular, baring the soles of their shoes to their hosts. This may not seem important to Westerners, but it is very important to many Arabs.

Similarly, shame often becomes a bigger factor than guilt. When possible, officers should conduct interviews in private, allowing for the person to save face if caught in a lie. Investigators can question inconsistencies, but they must offer the interviewee room to maneuver and save face so that they are not shamed into not further responding or having to lie in front of others.

### Conclusion

Law enforcement officers should remain sensitive to various ethnic groups. They can influence and shape perceptions by professional comportment. Interviewees often willingly tell officers about their backgrounds and their lives. This information can prove educational and enriching, enhance communication, establish empathetic channels, and prepare officers for the next interview where knowledge of the region and customs oftentimes can offer additional investigative opportunities and improve

*(Continued on page 14)*



# HYDRATION

Water, Water, Everywhere

By Clark Peters

**A**t optimal health, our bodies contain over 70 percent water. Our trillions of cells float around in a slightly saline solution encased by our skin. Our most important organ, the brain, which manages all of our systems and communicates continually with these trillions of cells, should optimally be at over 80 percent hydration.

Unfortunately, studies indicate that Americans average about 50 percent hydration, woefully short of ideal! So if you are sick and tired of feeling sick and tired, a good first step to remedying the situation is to ensure that your hydration is sufficient. For many of you, that will mean a significant increase in the amount of fluids you drink.

But it's a little more complicated than just drinking more fluids. Just because

it's wet does not mean that it hydrates. Indeed, some fluids are significant *de*-hydrators. Technically, these fluids are called diuretics. It is important to distinguish between those fluids that hydrate and those that do the opposite. The lists may surprise you. Let's start with the good stuff.

## The Hydrators

The best hydrator is, of course, pure water. Purest of all is distilled water, which, interestingly, is the cheapest of the bottled waters (about \$1 per gallon in most grocery stores). The next cheapest and purest is filtered tap water. A reverse osmosis filter (purchased at \$250 or so) equips your kitchen with an unlimited supply of pure water. Alternatively, countertop or tap filters (a filter that screws on to the spigot) are reasonably priced and work quite well (remember, filters must be changed

regularly). Any of the sparkling waters are excellent, and soda water is okay in a pinch. The bottled waters are great, but I will shortly be suggesting drinking a sizeable quantity daily, and these brands are pricey. Many brands of spring water fill the water aisles of grocery stores and are good hydrators (and are slightly cheaper). Finally, tap water is an acceptable source although most municipalities add chemicals like chlorine, and it may contain trace runoff contaminants. With that said, tap water is still much better than going without.

Additional sources of "good" hydration include herbal teas, decaffeinated coffee and tea, and green tea, all, of course, made with pure water. These all work fine and can add a little taste and variety to your hydration program. The bottom line—*drink more good stuff!*

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(Continued from page 6)

### How much?

The formula for suggested daily quantity is straightforward. Take your body weight in pounds and divide by two. The resulting number is the minimum number of ounces of pure water you should be drinking per day. Therefore, a 200-pound man should set the target at 100 ounces per day. A gallon contains 128 ounces, so a reasonable goal might be to try to drink a gallon per day. A woman of 120 pounds would require 60 ounces or a half gallon. Exceeding target numbers is cause for celebration!

### Why?

For most readers, following this advice will mean a sizeable increase in H<sub>2</sub>O intake. Why all the emphasis on water? The answers are many and varied, but the primary one is that water is the best detoxifier we can put in our bodies. It literally flushes (through urination) the many toxins, wastes and impurities introduced by our modern lifestyle. Every time you urinate (and this much water will occasion more frequent lavatory visits), you should delight in knowing toxins and impurities have “left the building.” You are getting squeaky clean! All of your internal organs and systems will thank you by working better. Incidentally, one way to check to ensure sufficient water intake is to

observe the color of your urine. If you are drinking adequate amounts of hydration, it will turn from dark yellow to nearly clear by the end of the day, a significant reassurance that you have “cleaned up your act” for the day.

You will also notice other benefits with increased water consumption, including:

The best hydrator  
is, of course, pure  
water.

*Mental acuity and recall:* The brain is even more water-dependent than the rest of the body. The “communication with cells” mentioned earlier occurs when the brain sends out neurotransmitters (little electric messengers) to each cell. You may recall from science class that water is a good conductor of electricity. Therefore, dehydration of the brain results in impaired cognitive ability ranging from “senior moments” to more serious forms of dementia.

*Better sleep:* A dehydrated body (and brain) is a restless, cranky system. If your body is “parched,” your ability to get to deeper and restorative levels of

sleep (REM, stages 3 and 4) may be seriously impaired.

*Weight control and loss:* The body retains fat in times of crisis. A lack of full hydration is perceived as a crisis and, as a result, the body will not shed unwanted fat. Indeed, at 50 percent hydration, the body is forced to retain “dirty dishwater” just to maintain some semblance of fluidity. After a few days of improved hydration, the body will “let go” of the dishwater, and you may see a three- to five-pound decline on the scale. This may just be a loss of water weight, but it means your body can now get at the extra fat, if any, and let your weight management program work properly.

*System optimization:* Your digestion, elimination/regularity, breathing, energy, skin tone, eyesight, nails, hair, and so on will “perk up” when properly hydrated. Water is truly a miracle elixir!

### The Dehydrators

If our goal is to improve our body’s hydration, clearly we should cut back or eliminate those fluids that rob us of water—the diuretics. The major culprits in dehydration are *sugar, salt, caffeine* and *alcohol*.

(Continued on page 8)



For chaplain gear try the ICPC store.....go to:

**ICPCONLINESTORE.US**



(Continued from page 7)

All colas, sodas, soft drinks and sports drinks contain *huge* quantities of sugar, and unfortunately, the “diet” versions with additives like saccharine or sucralose are worse, so it is a good idea to substitute water for at least some of these if you drink a lot of them daily. The real solution, of course, is to drink none of them since dehydration is but one of their many negative impacts (hint: I call them liquid diabetes). At a minimum, cut way back, please.

Coffee or, more accurately, the caffeine in coffee, which is also found in colas, by the way, is a diuretic. Now, I recognize that America is “hooked” on coffee, and many people feel they can’t start the day without drinking some. To ease any anxiety you may be feeling at this point, let me assure you that a couple of cups in the morning is not a huge deal. When I say cups, I am referring to 6-ounce cups, not the 32-ounce mocha lattes or cappuccino concoctions some people drink! Pounding down coffee all day ages you very quickly by exciting the “flight or fight” response (guess why it wakes you up in the morning?). Eventually it will burn out your adrenal glands. In addition, it stresses other systems, raises blood pressure and crepes your skin, all in addition to dehydrating your body. Cut back, please!

Alcohol is the purest form of sugar you can put in your mouth. A glass of wine is the equivalent of three candy bars! A martini (1.5 oz.) equals five candy bars! Your hangover is a result of dehydrating your brain to the point of pain. “Hair of the dog” is not the answer to a hangover—water is, and lots of it! Now, again, I realize that alcohol is a drug of choice for many Americans. While *no* alcohol is the healthiest answer, moderate consumption will be tolerated by the body. It is not what you do once in a while that helps or hurts your health but rather what you do *all* the time. Lots of drinking ages you very quickly and kills literally thousands of brain cells (alcohol is a neurotoxin), so if you want to be old and stupid...

Fruit and vegetable juices (V8, etc.) should be used very sparingly. The processing of these good carbohydrates in their natural form to produce the juice renders them little more than flavored sugar water. One of the myths floating around is that it’s healthy to start the day with a big glass of sugar water called orange juice.

I hope my message here is quite straightforward: Cut way back on the dehydrators and introduce more water (preferably much more) into your life. The best way to ensure that happens is to stock your house, car, golf bag, backpack, office, bedroom, bathroom, and, of course, your kitchen with readily available pure water.

A toast (made with water, please): “To your health!”



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Add these to your shopping list and drink more...

- distilled water
- filtered water
- bottled water (Dasani, Aquafina, etc.)
- sparkling water (Perrier, San Pellegrino, club soda, etc.)
- spring water (hundreds of brands)
- tap water

Cut back on...

- \*all sodas, colas, sports drinks, energy drinks, etc.
- flavored water
- caffeine (colas and coffee—decaffeinated versions are okay)
- alcohol
- fruit/vegetable juices (all)

### The Health Nut



Clark Peters has spent much of his time since his retirement in 1997 researching health and longevity under the direction of Dr. William E. Varnadore, FAARFM\*, founder of SIOH,

an anti-aging clinic in Rosemary Beach. His purpose in writing these columns is to share his findings with readers in plain English and assist them in making accurate and informed lifestyle choices. The columns are based on the premise that we all want to live a long, vigorous life and are striving to make healthy choices.

While Mr. Peters believes these recommendations will result in better health and longevity for almost everyone, the reader is advised to consult with his or her physician before making any major lifestyle changes. Prior to publication, all his columns are reviewed by Dr. Varnadore, SIOH Clinic, 82 S. Barrett Square, Suite 2F, Rosemary Beach, FL 32461. For more information on the clinic, contact (850) 231-3165 or visit [www.LivingLonger.net](http://www.LivingLonger.net).

\* Advanced fellowship in anti-aging, regenerative and functional medicine

# *Reflections of Memory*

Police Memorial Day - May 15, 2009

By Chaplain Richard W. Horn



*A mother's tears, a brother's anger, a child's confusion.  
A father's heartache, a sister's pride, a child's sleepless terror.  
A family's loss and grief, a community's loss and  
remembrance, a nation's loss and resolve.*

*A bell tolls, a grave welcomes, a **thin blue line**  
Remembers on every day, with every call, at every  
turn in life's twisted road.*

*These men and women in the enforcement of law,  
heroes all, both living and gone, leave us with a memory that  
never forgets their duty, their service, their sacrifice.*

Proud sponsor of  
the ICPC!



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of POLICE OFFICERS  
a not for profit organization

**POLICE**  
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The AAPO wants to announce the name of the recipient of the 2009 ATS scholarship.

The 2009 AAPO scholarship is awarded to:

**Chaplain Chuck Augustine  
Hayden, AL**

Congratulations to Chaplain Augustine and many thanks to the AAPO  
for their generosity with this years ATS scholarship.



**36th Annual Training Seminar  
Knoxville, TN  
July 13th-17th, 2009**

12 Basic Core Courses  
18 Enrichment Courses  
5 Advanced Track Courses  
1 Chief's Course

**Host Hotel:**

Hilton Hotel Knoxville  
501 Church Ave. Southwest  
Knoxville, TN 37902  
(865) 523-2300  
\$104.00 / night plus tax\*  
\$6.00 Parking per day (self-park)

**Overflow Hotel:**

Holiday Inn Select Downtown  
525 Henley Street  
Knoxville, TN 37902  
(865) 522-2800  
\$104.00 per night plus tax\*  
Parking \$5.00 day

\*To receive the special conference rate you must mention the hotel code of: **ICPC**

**Conference Location:**

Knoxville Convention Center & Hilton Hotel

**Hosts:**

Pam Neal 865-776-4618 (C)  
Glenn Sullivan 865-207-0289 (C)

**Conference Fees:**

Participants	Basic/Enrichment	Advanced
ICPC Member	*\$195.00	*\$235.00
Non-ICPC Member	*\$345.00	*\$385.00
Spouse	*\$85.00	
*(Includes Banquet Ticket)		
<b>**International attendees need to call the Destin office to find out what their registration fee is.</b>		
Guest Banquet Ticket	\$30.00 each	
Children (ages 5-12)	\$45.00 each	

**Optional Activities & Fees:**

- Dollywood:
  - Adults \$40.00 each
  - Children (Ages 5-11) \$32.00 each
  - Youth (12 to adult) \$40.00 each
- Golf Scramble: \$37.00 each (Greens fee and cart)  
Club Rental Fee: \$10.00 each

**NOTICE: Hotel cutoff and late registration date is:  
June 15, 2009**

 For full information see the ICPC website:

**www.icpc4cops.org**

Or contact the ATS Registrar at:

**850-654-9736  
icpc@icpc.gccoxmail.com**

## >>Official Notice<<

The Annual Meeting of the International Conference of Police Chaplains (ICPC) will be held in Knoxville, TN on July 13-17, 2009. Business to be conducted will include receiving the reports of the Officers and Committees and acting upon recommendations of the same; setting the 2009-2010 budget; electing a new slate of officers; acting on the recommendations of the Constitution and Bylaws Committee to amend the Bylaws; and any other business necessary and proper to come before said meeting.

## Note to Senior Chaplain Applicants

As a reminder to those wishing to apply for their Senior credentials for awarding in the 2010 year, applications must be received no later than **JUNE 30, 2009** in the Destin office. Applications **MUST** be complete before submission as it is not the Destin office's job to run down your information to complete it. Incomplete applications will be returned unprocessed. Should you have any questions, you may download the credentials information on the ICPC website ([icpc4cops.org](http://icpc4cops.org)) or contact the Destin office.

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## Meet Shannon Grasley...

Many of you have been talking to a new person on the phone at the ICPC office. Allow me introduce her to you. Meet Shannon Grasley! Shannon is our new secretary and regional coordinator and started formally with us in November.



**Shannon Grasley**

Shannon, and her husband Tim, have resided in Destin for over 20 years. Tim is a charter boat captain and both he and Shannon are retired scuba instructors.

Shannon says that she is looking forward to her first Annual Training Seminar in Knoxville and looks forward to meeting the people she has been talking to daily on the phone. She says she truly enjoys working with everyone in the office and that it is a perfect "change of pace" job for her.

As you talk to her on the phone, be sure to welcome her to her ICPC family!

Welcome Shannon!!

PERSON DOWN IN AN AUTO? **BEWARE!**  
NEW WAY FOUND TO COMMIT SUICIDE...



Recently a new way to commit suicide has been discovered by mixing two chemicals that can be bought over the counter at local stores. They are Bonide—a sulfur spray used as an insecticide for fruit trees and hydrochloric (muriatic) acid. Once mixed, the chemicals produce heat and a flammable, noxious gas that causes the subject to pass out and the heart stop within minutes. The process appears to be quick and painless. Two recent cases, one in Pasadena, California and the other at Lake Allatoona in Bartow County, Georgia, involved young men in their early 20's. Both were found locked inside their cars with the chemicals. Each left a note on the car warning anyone around of danger. The car at Lake Allatoona had been taped to prevent gas from escaping.

Does this sound like a routine call that most of us would respond to and take similar action? It's Sunday morning 0730 hours, you respond to a person down in auto. You locate a car in the empty parking lot of a business. The engine and med unit pull up near the vehicle and personnel see a person inside that appears to be asleep or unconscious. Wearing safety glasses and medical gloves, you walk up to the car and knock on the window. The patient does not respond to your knock on the window, and the doors are locked. What action will you take? Will you hurry to make patient access? Will you use a lockout tool, center punch, or halligan to make entry? You make access, a rush of warm air comes out of the vehicle and you smell a sharp odor. You have just become a victim and have been exposed to a noxious possibly fatal gas.

What could you have done differently? You are the first-in unit. How should you respond to this type of incident?

1. Do not become complacent! Your response should be similar on every call.
2. Be well trained, know your job, do your job.
3. Start your size-up from the time a call is dispatched.
4. Establish a strong command and control the scene.
5. Don't go rushing in.
6. Survey the scene.
7. Does the scene look routine?
8. Do you see anything unusual? (Example: A note on the window, containers inside the vehicle and taped windows or vents).
9. Is the scene safe?
10. Wear the appropriate PPE.
11. Establish a Hot Zone.
12. Develop a plan of action and coordinate activities.
13. Call for additional resources. (Hazmat Team, PD, etc.)
14. Did PD arrive prior to FD and become contaminated requiring emergency DECON and first aid?

The call listed in the first paragraph of this document started as a routine person down call. This type of incident can easily expand into a full blown Hazardous Materials Incident with a multi-jurisdictional response. Be aware of this new way to commit suicide and don't become a victim. Use common sense and stay safe.

Announcing the first:



International Conference of Police Chaplain's

## Train-the-Trainer Course

**DATE:** September 21-25, 2009

**LOCATION:** Doubletree Hotel  
Sacramento, CA

**COST:** \$300.00 per person (Cost of course only)

\*\*limited to 48 applicants—once the class fills it will be closed.

### **NOTICE**

**If you plan to attend this training, please send your application in by July 15, 2009**

#### **Purpose of the Course:**

The International Conference of Police Chaplains (ICPC) is the recognized standard for law enforcement chaplaincy training.

As we have grown as an organization we have had to learn, change and adapt to the ever-changing needs represented by our chaplains everywhere. We take seriously the evaluations completed by attendees at our training seminars and in listening to the feedback have sought to make changes. This new program is due in part to this feedback.

Attendees are requiring more from their instructors today. No longer can instructors just tell "war stories" for an hour; allow a class to run itself with student's personal observations and sharing sessions, or trying to "get by" without knowing an audience or offering practical instruction. Many people (chaplains included) have great personal knowledge and experience. However, the plain fact is—NOT ALL PEOPLE KNOW HOW TO IMPART THIS INFORMATION TO OTHERS IN AN INTERESTING AND EFFECTIVE MANNER!

The design of this 40 hour Train-The-Trainer program is to identify qualified law enforcement chaplains interested to train and utilizing master trainers to train them in the most current, up-to-date teaching methods. They will then be "certified" to teach ICPC core courses. Eventually, the only ICPC basic core-course training that will be recognized by ICPC will be through ICPC "certified" trainers or credentialed professionals.

Our instructors for this course are master trainers: Lou Madeira and Todd Dischinger of the Instructor Development Institute (IDI).

In the final analysis, this program will "raise the bar" relative to training for law enforcement chaplains in the ICPC and assist them in their quest to effectively serve those beneath the badge.

#### **Trainer Requirements:**

- Must be a full ICPC member in good standing
- Be at least an ICPC Senior level trained chaplain [A person with 5 years experience in chaplaincy that will receive their Senior level within one (1) year may apply but will not be activated until receiving their Senior certificate].
- Successfully complete the train-the-trainer course (Course Exemption-applicants certified through a federal or state police officer standards and trainings commission as trainers can file for exemption of this requirement.)
- Fill out and submit the appropriate paperwork
- Submit a current passport and digital photo
- Sign the *Memorandum of Understanding*
- Adhere to professional ethics
- Complete paperwork required by the Destin office

The first class of 48 instructor candidates will be chosen on the following factors:

1. Date application was received
2. Fulfillment of requirements
3. Geographical location

Those interested in applying should go to the **ICPC website** to read and download the entire course explanation and application. Fill out the application and send it in with the signed documentation and appropriate fees to:

Dr. Chuck Lorrain  
ICPC  
P.O. Box 5590  
Destin, FL 32541

(Continued from page 5)

relations between the law enforcement agency and the cultural group.

As terrorism investigations continue, officers involved in these types of investigations should receive additional training or read relative literature to enhance their abilities to deal with this growing community. They will enrich their understanding of a diverse and interesting people, though often misunderstood. The Arab community deserves law enforcement's best efforts and protection, which can be accomplished ably with understanding, dignity, and respect.

#### Endnotes

- 1 The author based this article on his years of analyzing the effects of culture on human behavior and personal experience as an investigator.
- 2 Margaret K. Nydell, *Understanding Arabs: A Guide for Westerners* (Yarmouth, ME: Intercultural Press, Inc., 1996), 20.
- 3 *Ibid.*, 12, 20.
- 4 Fouad Ghorra, *The Arab World* (unpublished manuscript), (Tampa FL).
- 5 Supra note 2, 21.
- 6 Supra note 2, 19.
- 7 Supra note 2, 22.
- 8 Roy R. Anderson, Robert F. Selbert, and Jon G. Wagner, *Politics and Change in the Middle East: Sources of Conflict and Accommodation*, 4th ed. (Englewood Cliffs, NJ: Simon and Schuster, 1993).
- 9 Supra note 2, 22.
- 10 Supra note 4.
- 11 Supra note 2, 24.
- 12 John Sabini, *Islam: A Primer*, revised ed. (Washington, DC: Middle East Editorial Associates, 1990), 16.

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*Special Agent Navarro is assigned to the FBI's Tampa, Florida, office and also serves in the FBI's National Security Division's Behavioral Analysis Program.*



## IN MEMORIAM



### *Lorraine Nelson*

Beloved wife of: Stu Nelson  
Died: March 1, 2009  
Condolences: P. O. Box 5594  
Destin, FL 32540

***Lorraine Nelson was a faithful and long-standing supporter of the ICPC. She was a Past-President of the ICPC Auxiliary and was instrumental in moving this organization forward, along with her husband Stu, on so many levels. Lorraine was a courageous woman by any standard and will be sorely missed by all.***

### *Chaplain Essic Hands*

Beloved husband of Angela Hands  
Died: February 3, 2009  
Condolences: 32313 Orkney Rd.  
El Paso, TX 79925

### *Chaplain Larry Mead*

Beloved husband of Cricket Mead  
Died: March 14, 2009  
Condolences: P.O. Box 57  
Olalla, WA 98359

### *Sandi Blacketor*

Beloved wife of Paul Blacketor  
Died: May 5, 2009  
Condolences: 140 Chimney Hill Drive  
Colchester, VT 05446

***Sandi Blacketor was also a long-standing supporter of the ICPC and co-founder of the Blacketor ATS Scholarship program.***

If you don't learn to say "no"—  
then what is your "yes" worth?



# Hall of Fame

The International Conference of Police Chaplains wish to thank the following individuals for their generous contributions:

## General Support

David & Betty Ruth Bridgen, Robert Heath, James Powell, Walter Schott—  
(Honorariums for Lorraine Nelson and Richard Karr), Randy Sims, Glenn Stone,  
Cyndee Thomas, William Wentink.

## International Fund

John Almond, Stephen & Sharon Ashurst, Wayne Roberts

## Africa Training

William Glennie, Jim Powell, David Bridgen, Bob Cornelius

Thank you one and all for your kind and faithful support  
of the ICPC! We can never thank you enough....

## 2009 ICPC Journal

—Advertising—

The *ICPC Journal* is the professional journal of the International Conference of Police Chaplains. The ICPC will be selling advertising space in the 2009 Journal to provide information to its readers and members.

Advertisements must be chaplaincy related, tastefully laid out, and fundamentally follow the scope, purposes, and mission of the ICPC. The publisher reserves the right to reject any advertising that does not adhere to the standards of the publication.

Advertising rates, deadlines, specifications and procedures may be obtained by writing the ICPC office and requesting a copy of the "*ICPC Journal, 2009 advertising rates and policies.*" Any other questions may be addressed to the publisher:

Dr. Charles R. Lorrain  
International Conference of Police Chaplains  
P.O. Box 5590  
Destin, Florida 32540  
(850) 654-9736

## Upcoming Regional Seminars 2009-2010

### Region 1

**Region 2**—Jan 11-14, 2010 Cannon Beach, OR  
Jan Klerekoper 253-661-6575

**Region 3**—Oct 22-23, 2009 Hibbing, MN  
John Petrich 218-249-5271

**Region 4**—March 15-17, 2010 Merrillville, IN  
Duane Johnson 219-887-4667

**Region 5**—Apr 25-28, 2010 Carlisle, PA  
Dan Schafer 732-928-8847

**Region 6**—TBA

**Region 7**—Mar 22-25, 2010 Baton Rouge, LA  
Duane Boyce 225-975-8177

**Region 8**—TBA St. Simons Island, GA

**Region 9**

**Region 10**

**Region 11**

Mark your calendars—

**2010 ATS  
Sacramento, CA  
July 12-16, 2010**

See the Journal online in color at: [www.icpc4cops.org](http://www.icpc4cops.org)

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