



Canadian Police Chaplain Association

June 2016

THE CHAPLAINS CHAIN NEWSLETTER LE LIEN DES AUMONIERES LA NOUVELLE



From the President's Desk



I am penning this note from a vacation spot in Orlando, Florida. My wife and I arrived here days before the horrific shooting at the Pulse Club. We hadn't even heard of the earlier shooting Friday night of a young singer following a concert. We watched with millions of others as the events unfolded and were broadcast. It was only days later that we learned of how first responders gained access to the club and killed the assailant. The events that they had to witness with the

entry and the rescue of patrons is more than most of us will ever witness in a lifetime. I share with new arrivals at the detachment that I serve, that this work will change their lives in many ways that they just can't expect or prepare for. This is also why chaplaincy is so important. We often have the "privilege" of sharing those parts of officers' experiences.

I want to thank all CPCA chaplains for your prayer and participation in a number of calls for support that have gone out from the executive in response to events happening across Canada. We issued a couple of prayer requests related to officer deaths as well as the Fort McMurray evacuation. You can read more from Chaplain Robert Parmenter, chaplain of the Fort McMurray RCMP detachment in the newsletter.

The executive are working hard on increasing communication to keep you as members informed of important events. Please contact members of the executive if you have information or needs for which we can provide support.

The executive has also been hard at work with updating training and other communications tools. The new CPCA website is almost complete. The new website will both provide important information but will also feature current news and highlight the work of chaplains across Canada. We hope that members will find it a considerable improvement.

(Please See President's Desk → page 2)

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Special points of interest

- Reports on Chaplains Activities in La Loche, Fort McMurray and New Brunswick
- Mark your calendar and make plans to attend the CPCA 2016 ATS will be held in St. John's, Nfld on Nov. 14-18.

President's Desk

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A New Member Handbook has just been completed and will be available on the new website. The Executive has also been working on a review of the Core Courses. A report will be presented to the Annual Meeting in St. John's in November.

We are looking forward to a great ATS in St. John's NFLD. The team is planning both an educational and enjoyable event experience. ATS information is on the website and is in the newsletter as well. We apologize that the registration form itself has not been available yet with our transition to Eventbrite and the new website. All other registration can be completed at this time.

Thank you for the notes of support and encouragement we have received on the Executive this year. We hope to see our association and the support we bring to police officers, families, and police agencies continue to assist them in the critical work they do.

With warm regards,
Chaplain Rod Willems
CPCA President

Why Not Make Plans to Attend our ATS and CPCA AGM in St. John's, Nfld This Fall?



Mark the dates now: Nov. 14-18, 2016.

Location: Holiday Inn St. John's Government Centre Hotel

180 Portugal Cove, St. John's Nfld

844-545-9257—Reservations

709-722-0506—Hotel Front Desk

Registrants are requested to make hotel reservations personally. Ask for Canadian Police Chaplain Association 2016 Annual Training Seminar room rate when registering



Registration and pre-event information will be provided through Eventbrite and should be available shortly on the CPCA website.

Cost: Members \$350
Non-members \$450

Core Courses to be Offered:

Stress Management
CISD PTSD
Responding to Crisis
Notification of Next of Kin
Ethics
Liability and Confidentiality

Enrichment Courses:

TBA

Scholarships are available for first-time attendees. Check our website for more details to follow! An application form for the scholarship is available on our website by clicking on "Conferences" and then on "Peterborough" - the sponsorship application will pop out of Peterborough.

Team Work Important In Providing Support in La Loche

By Tom McCullagh



God has opened amazing doors that have continued to humble me as I see His providential hand of care create opportunities of grace to flow. Pr. 3:3-8, Proverbs 16:9 A person plans his course, but the Lord directs his steps. It has amazed me over and over how God ordains various contacts, encounters, opportunities and favour at the right time and for His divine purposes. Over and over I have recognized His providential care in this way. A seemingly benign encounter 3 years ago became the memory that a member remembered in their time of need and they called to ask for help in their marriage or had been struggling emotionally and called because they remembered "I" cared back when.....

La Loche broke into a normal busy week. Earlier in the week I had a "providential meeting" with a Cpl who had joined the CISM team and had just been transferred out of La Loche - he became my key person for the "boots on the ground" demobilizing at La Loche. An e-mail last summer from a retired member who had started working in FT Mac recommended a retired Chaplain by the name of John Kennedy who was leaving the FT and moving to his wife's community of La Loche and may be interested in continued service as an RCMP Chaplain. Providential meetings, e-mails, a past pastoral posting and present program development opportunity created the environment to respond to a tragic event.

La Loche is approximately 860 km from Regina and considered an isolated post with one road in and out, no hotel and only one restaurant that is takeout not eat-in and very limited in resources. Due to the providential encounters I spoke of earlier including a year long planning to create a division

CISM team (training of 20 members and 8 psychologists completed Nov 2015) when the call came we were able to deploy. One call to Chaplain Kennedy and he opened his church building to us to use as long as we needed, the building is about 50 meters from the detachment and allowed for a respite for the close to 100 members who rotated through La Loche during the first 5 days. 2 members from the CISM team were able to be on site within 7 hours from the initial call and remained on site for close to a week. As Chaplain and CISM coordinator I was able to deploy the initial care and several teams to follow up with CISDs. In 2 days approximately 65 members received critical incident stress debriefings and some 35 others were followed up with face to face or phone calls.

The CISM and Peer 2 Peer services continue to follow-up with each person. Since January 2015 close to 215 members have received Critical Incident Stress Debriefings in F Division. Support services in F Division include 23 detachment Chaplains, close to 20 Peer 2 Peer agents and EAS services.

Chaplains like John Kennedy and his willingness to open his church to serve the community as he did and does (food distribution centre, rec centre and place of worship) fulfill the call from Christ in Matt 25...."In as much as you have done this to the least of my brethren, you have done it unto me...." to be the "hands" and "feet" of Christ is an amazing privilege.

Tom McCullagh
RCMP F Div. Coordinator
Chaplaincy/CISM

Hi Honey, I'm home . . .

By Rev. Brian Krushel , City of Camrose Police Service Chaplain



Hi Honey, I'm home...

Endless factors in the policing profession may threaten a stable and routine home life. But there are some effective practices for police families to thrive in, not just survive the challenges.

For most Canadian citizens, “Hi Honey, I’m home...” is a bit of a throw-away line, simply announcing to our life’s companion we have arrived at our shared living space. What might follow is a barrage of instructions on which child needs to go where, when. “See you later,” we call over our shoulder as we head out the door. Just your routine end-of-the-day exchange, right?

It may be routine for some homes, but for the women and men in a policing profession those ordinary occurrences may be luxury, or worse, just a fantasy. Shift work, overtime, court appearances on days off, and critical incident debriefings – to name a few – can wreak havoc on home routines.

Ellen Kirschmann in *I Love a Cop* identifies six “givens” in police work that, even when just some of them converge, make home life unusually challenging: 1) shift work, 2) long hours, 3) unpredictable and crisis-driven work, 4) public scrutiny of officers and their family members, 5) physical demands, and 6) separations or long deployments due to natural and man-made disasters.

I recently canvassed several officers during a lunch break at our local police service (lunch was about three hours later than most people eat lunch) with the question, “What’s close to most officers’ hearts?” Kirschmann’s factors were all mentioned; not in a complaining manner, mind you. They are just the realities of the career. And others were added such as sleep deprivation, and managing emotions when sleep is at a premium or non-existent.

As one EAP Director described police work v. home tension this way, “How can you be commanding, ordering, and directing all day – hiding your emotions, hiding that you are afraid...and then open the door and say, ‘Hi, Honey. I’m home?’”

It’s a good question that officers continually face. Are there some proven means for *really being home* when the shift is over? Thankfully there are some definite and practical ways to manage the givens.

First, a DON’T. Veteran officers and companions have learned that nagging, complaining or blaming each other for things neither of them can control only creates feelings of anger, frustration, and guilt. Furthermore, these actions only alienate them from the ones with whom they want to be the closest.

Now, here are three initial DO’s. COMMUNICATE. Pardon the cliché, but number one on the list of effective home life building blocks is communication. A clear verbal commitment about the importance of home and per-

“How can you be commanding, ordering, and directing all day – hiding your emotions, hiding that you are afraid... and then open the door and say, ‘Hi, Honey. I’m home?’”

sonal relationships is the place to start. If an officer finds it easier to talk about home challenges with another officer rather than with his or her mate first, take note! That may be a first indicator of diminished communication. To launch a conversation try asking, “What do we value most at this time in our lives?” Include what is important physically, emotionally, socially, and spiritually to both of you. The policing lifestyle can quickly take its toll on all of these areas if they are not monitored and discussed intentionally. Notice the question, “What do WE value...?” is worded in the first person *plural*, so that the ensuing conversation is a joint effort.

UNWIND WELL. Let’s be honest. Coming home may sound idyllic, but the first hour at home after a shift can be “arsenic hour.” Everyone has needs and no one has anything left to give. Furthermore, everyone unwinds differently. Developing some positive homecoming habits can be helpful. An officer may need to decompress **(Please See Hi Honey, I’m Home → page 5)**

Hi Honey, I'm home . . .

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for an hour or a day before tackling home challenges. A hard workout at the police gym before heading home or an informal debrief with the chaplain can help reduce stress and make re-entry more relaxed. Again, clearly communicating one's needs can go a long way to being fully engaged at home.

Having REALISTIC expectations for the mate at home and for the officer returning home is vital. If the one at home has been watching romantic comedies all shift, dreaming of a similar scenario to unfold when the officer returns, disappointment may not be far away. The officer may have been dealing with a sordid sex abuse situation at work. It may take some time to wash away the distortions and become reoriented to a wholesome connection with the mate at home.

A healthy, happy home life is a major contributing factor to excellence in police professionalism. To create that kind of home life requires just as much vigilance as the work of policing. But the rewards are definitely worth it when the words "Hi honey. I'm home..." announced and received with equal enthusiasm.

Brian Krushel is the volunteer Chaplain for Camrose Police Service. He and his wife Val live in Camrose, Alberta. They have raised three daughters while Val has maintained a career outside of the home. Brian is in his thirtieth year of full-time pastoral ministry at the same church in Camrose. He serves as Registrar for Canadian Police Chaplain Association. This article is reprinted from The Blue Line magazine.

RCMP "J" Division Chaplains Busy in June



Group Photo taken at the 2016 Fellowship of Christian Peace Officers—Canada Conference held in Moncton the first weekend in June. RCMP Chaplain Lorne Freake (fifth from the left in the back row) attended the conference and Sunday's Church Parade to honour First Responders for their efforts during the shootings of June 2014

After more than 35 years, including time as the Commanding Officer at Depot and "J" Division, it was time to wish Assistant Commissioner Roger Brown "Fair Winds and Following Seas". Chaplains Allen Tapley, Lorne Freake and Marion Jamer attended his Farewell Party at HQ in Fredericton on June 2.

June 4, 2014 remains seared in the memories of many people as a day of courage in the face of danger. As the RCMP and Moncton residents marked the second anniversary with the unveiling of a statue to commemorate the lives of Cst. Dave Ross, Cst. Fabrice Gevaudan and Cst. Douglas Larche, RCMP Chaplain and "J" Division Chaplain Coordinator Allen Tapley was called upon to participate in the official ceremonies.



Prayers Appreciated for Fort McMurray

As the flames encroached on Fort McMurray in early May 2016, our CPCA Executive was working behind the scenes to provide up-to-date information and coordinate prayerful support for Chaplain Robert Parmenter, First Responders, and residents as a massive evacuation was begun. President Rod Willems was in touch with Chaplain Robert Parmenter of the Wood Buffalo Detachment in Fort McMurray on the evening of May 3. Chaplain Brian Krushel relayed the following to all CPCA members:

I just spoke with Robert Parmenter of Ft. McMurray.

If conditions do not change he and thousands of others' homes will be destroyed.

Massive evacuation. Fire and Police are maxxed out with evacuation of 30,000.

Please send out a prayer request to our membership for the residents and emergency/police services in Ft. Mac.

Brian added: Because the situation is so dynamic this news will be old by the time you receive it, but prayers aimed at the heart of our great God will have their effect. Thanks.

On May 4, the following email went out to all CPCA members:

Hi all

I received this last night from Chaplain Robert Parmenter as he was making his way out of Ft. Mac:

Thank you for this!

We need all the prayer we can get!

Right now the whole city of 70 thous plus is on mandatory evac! There are now over 40 thous headed north to camps for safety and the rest are trying to get out!

Hundreds of homes are gone, vehicles etc! All gone and by tomorrow they figure 80% of the city will be gone!

But we praise God in all this that all have made it to safety so far and we are trusting God for all to make it out safe!

We have faith in Him, and we put our trust in Him and we fight our fears with our faith!

Many people have lost their homes and I would think some of our members as well!

I can ask for nothing but your prayers at this time.

We have a long road ahead and a big job! But we will not tell our God how big our situation is but we will tell our situation how big our God is!!

Please pray with us.

May God Bless you All

Chaplain Parmenter

Fort McMurray

Over the following weeks, news reports detailed the plight of evacuees, the tremendous work of police, firefighters and others to save as much of the city as possible, and it was with relief that the news came that people could begin the process of returning to Fort McMurray. Once again, the power of prayer was evident as large parts of the city were still intact and effort to rebuild lives began. On June 3, one month to the day of the communication received from Chaplain Parmenter, the following was forwarded to CPCA members:

Dear CPCA Family

Below is an email I received today (June 3) from Chaplain Robert in Fort MacMurray. It speaks volumes!

Good Day Brian,

Well it is a new journey with a new road ahead of us. I arrived back in Fort McMurray on Wed morning and have been going strong. Driving into town is not as bad right now because allot of the grass has grown back up and there is allot more greenery starting to show. Of course it is still bad and the areas hit hard will be very devastating to the peopled returning.

I am doing fine and will stager my time between the detachment and the church, so lots to do. We believe that we
(Please see Prayer for Fort McMurray →page 7)

Prayer Appreciated for Fort McMurray

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will see God's hand in all of this and there will be a positive outcome as has already started with people coming together to help each other out.

We are trusting God as we move forward and we still need prayer as we take one day at a time.

Please extend my heartfelt thanks to all the members for their prayer and support as it is appreciated more than you know. I could feel the prayers as we made this journey together as a team.

Thanks Again for Everything.

May God Richly Bless You!

Chaplain PARMENTER

Wood Buffalo Detachment



According to the Wood Buffalo RCMP website, in 2003, the Fort McMurray and the Fort Chipewyan Detachments were amalgamated to form the Wood Buffalo Detachment. The detachment, which operates out of several different locations throughout the region, provides policing services to the Regional Municipality of Wood Buffalo and to Wood Buffalo National Park, making it one of the largest geographic policing jurisdictions in Canada.

Chaplain Resources & Training

Online Courses Available on Police Suicide

Check out the **Canadian Police Knowledge Network** at www.cpgn.ca and click on Course Catalogue for a list of all online courses including two on Suicide Awareness and Prevention, which are designed to be completed in 1 hour. Free of charge until June 30/16, after that date, \$25.

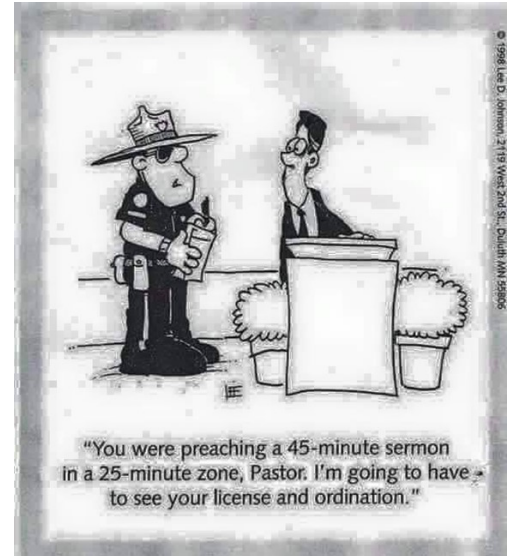
Online Information on Suicide Awareness & Prevention

- **<http://suicideprevention.ca>** The Canadian Association for Suicide Prevention (CASP) was incorporated in 1985 by a group of professionals who saw the need to provide information and resources to communities to reduce the suicide rate and minimize the harmful consequences of suicidal behaviour. This website provides educational material and resources.
- **<https://suicideinfo.ca>** A branch of the Canadian Mental Health Association, CSP is an education centre with the largest English language library dedicated to the collection and dissemination of suicide prevention, intervention and postvention resources. A very informative 20 page Suicide Prevention Resource Toolkit is found at this one of a number found on this site at <https://suicideinfo.ca/Library/Resources/ResourceToolkits.aspx>

The Lighter Side

The Last Request:

A murderer, sitting in the electric chair, was about to be executed. "Have you any last requests? asked the chaplain. "Yes," replied the murderer. "Will you hold my hand?"



We Are Looking For Your Stories and Input

CPCA chaplains serve in many different contexts and places across Canada. We would like to highlight some of the work you do.

If you have a story to tell about your experiences with police chaplaincy, consider writing a short article to share with other chaplains.

Have you read a good book or do you know of an upcoming training event in your area? Deadlines for our quarterly publications are the 15th of March, June, September and December. We would like to hear from you. Submissions may be sent to:

marion.jamer@gmail.com



From the Editor's Desk

Welcome to our June newsletter! With summer just around the corner, June brings many happy thoughts of vacations, weddings, graduations, sunny days and warm weather. Life tends to slow down and the living is easy.

The last three months have witnessed two line of duty deaths and two suicides within the law enforcement community we serve here in Canada. With sadness we remember Theirry Leroux, a Quebec police officer shot and killed while responding to a domestic call in LacSimon, RCMP Cst. Sarah Becket who died in a motor vehicle collision in Langford, BC and the unnamed RCMP member who died by his own hand near the Parliament Buildings in Ottawa and an off-duty Calgary Police Officer ended her life in the presence of some of her fellow-officers. As chaplains, we loiter with intent among men and women who are often affected by tragedy and death. How can we ensure we are able to serve those who serve?

Often we focus on the negatives rather than the positives in life. During the same three months, three baby girls were born, a wedding was celebrated in Jamaica, a member's son was awarded Best Dressed Cadet at the ACR, and countless other joyous events were celebrated by the police officers in the detachments I serve. Laughing and congratulating others replenishes balance.

Sometimes we need to be as intentional in self care as we are in looking after others. This summer I wish you time to loiter (dilly dally, meander, amble, putter, drift, take your time, stroll leisurely) with the ones you love. May you be refreshed as you pause to reflect on the good things of life.

Blessings,
Chaplain Marion Jamer, Editor

Mountie Writes and Records Song as Tribute

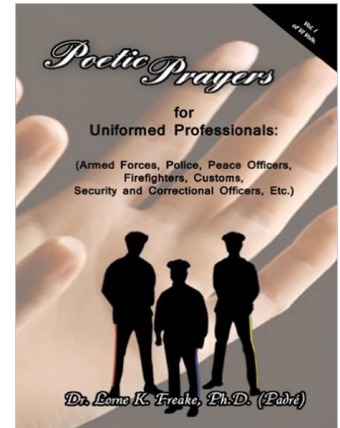
The injury or death of a colleague has a major impact on police officers. Cst. Stephen Pinksen found an outlet in music as he dealt with the line of duty deaths of RCMP members in Moncton and Alberta, as he himself was recovering from serious injuries sustained during a traffic stop in Windsor, Nova Scotia in 2014. As saying, "I was something that I didn't plan on sharing with anybody, at first," he said. "It was something I did that made me feel better for whatever reason. I was having a really hard time with everything that happened and our family life just got turned upside down. (<http://www.whantsjournal.ca/>) The song, entitled *The Honour Roll* has been uploaded to YouTube at <http://bit.ly/1SuWium>, Facebook and iTunes.

Poetic Prayers by Chaplain

"Officer Down" is taken from *Poetic Prayers for Uniformed Professionals: (Armed Forces, Police, Peace Officers, Firefighters, Customs, Security and Correctional Officers, Etc.)* Bloomington, IN: AuthorHouse, 2012.

This book is available through various booksellers including Chapters Indigo which sells a paperback copy for \$18.92 and Kobo Edition for \$6.29.

Rev. Dr. Lorne Freake is an ordained minister with the Convention of Atlantic Baptist Churches and serves as Volunteer Chaplain for Fire and Police Departments in Northwest New Brunswick. He is husband of "one" and father of "four".



Officer Down

Dear Lord: I've always feared it would happen
But never thought it would be
On a shift with my own comrade
But now . . . a reality.

Lord it hurts so much to see
That it happened this way
I never saw it coming
Especially on this day

We've lost a member
Who we really respected
We worked well together Lord
We were well connected

What if I have done things otherwise
I'll always ask myself
The results might as well be different
If choices were differently felt

But Lord there's a hurting family
Who'll react like there is no tomorrow
How will they deal with such a loss?
Please bless them in their sorrow

Not only them but the department too
How will we get it together?
We need Your help dear Lord, we really do
And with it we'll all be better

With an officer down
We're asking why
Why did this officer,
Our friend have to die?

For a uniformed professional
This is a concern
What are the lessons
Here for us to learn?

More ready . . . the next time?
So much more ready prepared
In the meantime Dear Lord,
It hurts a lot, feels really weird

To be without our comrade
Who was so dear to us,
Not sure we can move on,
But move on . . . Lord we must

Help us all to make sense
Of what has happened here,
Please help us, Dear God,
And keep us in Your care.

Amen

—Dr. Lorne K. Freake, PhD. (Padre)

Don't Forget to Pay our CPCA Dues!!

Here's a quick reminder that CPCA dues prior to March 31 were \$60, thereafter are \$75.

Thanks to all who've renewed already.

If you wish to remit using electronic transfer of funds (e-TF), please be in touch with our Treasurer Gord Demchuk directly by email: gord.demchuk@gmail.com

Please make cheque payable to:

Canadian Police Chaplains Association
c/o Brian Krushel, Registrar
2803 – 55th Street
Camrose, Alberta

Updating Training Information

The 2016 CPCA Executive is focusing on training this year. Have you updated training you may have done that should be included in your CPCA records? For more information, check out the CPCA website under Information/ Membership Certification Program.



Canadian Police Chaplain Association

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