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'Tis the Season to Renew your CPCA dues

Are you a member of the CPCA? It is time to renew your membership for 2016. Dues are \$75.00 and may be sent to our registrar, Brian Krushel at 2803-55th Street, Camrose, AB, T4V 4A3. CPCA members are part of a network of police chaplains from across Canada as well as the US, and are eligible for discounts on the Annual Training Session held annually. (Photo below: Chaplains attending the ATS at Peterborough, Oct. 2015)



Did you know?

One recognized way to address and transform the vicarious or secondary traumatization that police chaplains experience is by hearing others' stories, and discovering that our responses are normal (Saakvitne, Karen and Laurie Anne Pearlman. *Transforming the Pain: A Workbook on Vicarious Traumatization For Helping Professionals Who Work With Traumatized Clients*. New York: W. W. Norton, 1996.) Don't pass up the opportunity to connect professionally with your colleagues. Attend the annual CPCA ATS, receive updates through the President's Letter, and our newsletter!

Highlights from the CPCA ATS in Peterborough, Ont. Oct. 2015

- The training provided at the ATS in Peterborough in October, 2015 featured guest speaker Dr. Ash Bender, an Assistant Professor and staff psychiatrist at the Centre for Addiction and Mental Health (CAMH), a medical advisor to the PTSD Taskforce for the Ontario Association of Chiefs of Police and the former Medical Head of the Psychological Trauma Program. Dr. Bender presented a three-hour workshop entitled *Understanding Trauma and Occupational Stress Injuries*. He led us through a quick study of the physiology of PTSD and discussed the causes and symptoms of PTSD. Useful information gained was the inclusion of the concept of PTSD as a *moral injury* which “may be deleterious in the long-term, emotionally, psychologically, behaviorally, spiritually, and socially.” As Chaplains, we bring a unique insight as we work with a team of professionals to address this aspect of PTSD, and open paths to forgiveness and dealing with shame.
- A number of chaplains were able to complete the Applied Suicide Intervention Skills Training (ASIST) for certification. This valuable workshop provides training in how to respond to a person who is suicidal.
- Another group of chaplains were certified in First Aid taught by retired Paramedic Rick Copeland.
- Hearing the first-hand accounts of Sgt. Sean Quinlan and Cst. Keith Calderwood of the Peterborough Police as they described the impact of a police shooting that occurred during the execution of a drug warrant at a suspected crack house gave us a better understanding of the emotional and physical effects such an event leaves on all those involved.
- Ride-a-longs were offered by both the OPP and the Peterborough Police. For chaplains, these experiences are great first-hand opportunities to witness police officers as they carry out their duties.
- The Service of Remembrance always is a highlight of the ATS as we pause to reflect on the lives lost in service to others. If you have not attended one of these services, you are missing out on a meaningful time.
- The three tracks of training offered many other opportunities for learning and honing our chaplaincy skills on the Basic, Enriched, and Advanced levels to allow for CPCA Certification to be completed in a timely fashion.
- The CPCA Annual Meeting was held on Tues., Oct. 27. Among the items of business discussed were a CPCA Discipline & Code of Ethics Policy, a CPCA Chaplaincy Manual, and Proposed 2016 Objectives that included our Executive’s Vision for the CPCA, CPCA Chaplain Training and CPCA National Promotion. Changes are in the works for the CPCA website and after several years in inactivity the CPCA Newsletter has a new Editor in Marion Jamer.
- Plans are already underway for the next ATS to be held in St. John’s, Nfld. Watch for more details in the New Year!
- Did you know our CPCA chaplains are now contributing to *The Blue Line*, a national policing magazine? Some of these articles will be reprinted in future newsletters.

A POLICE OFFICER'S CHRISTMAS

'Twas the night before Christmas, and all
through the streets,
not a person was stirring, 'cept an officer on
the beat.
As he quietly patrolled the town with great
care,
...children and parents slept peacefully there.

The officer was clad in his blues and his
vest,
gun on his hip, always looking his best.
He'd just pulled aside for a quick bite to eat,
When all of a sudden, out on the street,

A bright light appeared from out of
nowhere,
He shielded his eyes from the brilliant glare.
'Twas an angel of the Lord at the squad's
rear,
He smiled and spoke, "Dear Officer, don't
fear."

"I've been sent by God with a message for
you
who faithfully serve while wearing the blue.
He wants you to know He loves you all,
He's pleased with the way you've answered
His call.

"To protect and serve others, so selfless
you've been,
Your bravery and kindness have known no
end.
Even in tragedy, when nights became long,
You've helped countless strangers by being
strong.

"God sees your heart, the joy and the pain,
He knows the profession can often bring
strain.
So he sent me here to let you know,
That as you patrol, He goes where you go.

"As you protect others, your Father protects
you,
His angels go with you, His Spirit does, too.
No bullet too fast, no bad guy too strong,
I'm sent to make sure that your life will be
long.

"So fear not the night, and fear not the day,
fear not the threats that might come your
way.
I'm sent to accompany you on your beat,
There's not one moment you're alone on the
street."

The officer sat stunned by the love of His
God,
He bowed his head, with a tear gave a nod.
As the officer said thank you, the angel took
flight,
"God's got your back, carry on, and
goodnight." --Author unknown

Copied from the Facebook page of **Families
of the RCMP for PTSD Awareness**



May the
Joy and
Peace of
the Season
be with you and those
you serve! Happy 2016!