



Newsletter Staff

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Being There

Hearts full of grace

A Newsletter for & about
Sonoma County Law Enforcement Chaplains



"When we long for life without difficulties,
remind us that oaks grow strong in contrary
winds and diamonds are made under pressure."
- Dr. Peter Marshall*



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From Rita Constantini, Executive Director:

The Sonoma County Chaplains are thrilled to welcome our newly commissioned Chaplains of Academy XXIII into the fellowship and sincerely thank them for taking on this challenging role, all much needed and appreciated. You join a cohort of dedicated Chaplains who volunteer 17,500 hours a year, 24/7, 365.

Sonoma County first responders and residents are all too familiar with the impacts of sudden life changes brought on by tragedy or disaster. Finding ways to promote positive spiritual, emotional, and mental health is essential for those working in demanding roles such as police officers, firefighters, and paramedics.

Collaborating with other organizations in the County to better understand and to be prepared to meet their needs during crisis is a focus area for us. In addition to being on call a minimum of two twenty-four-hour shifts a month, Chaplains serve on special teams. We are currently rebooting our jail team and the school crisis intervention team. After being sidelined during the pandemic we are excited to become reintegrated and looking forward to serving correctional officers and school administrators when they find themselves dealing with stressful situations and traumatic incidents. Stay tuned.



Resilience is a word we use a lot and the frequency of use would imply that there are a set of traits and habits that can be deployed to combat the intense emotional damage we are experiencing. Those who are no stranger to witnessing the injustices of humanity, acts of brute force, pure accident, and the basic tragedy of life might agree you definitely need moral strength, insight, balance and a focus on positive health and well-being if you want to have a career as first responder.

If we consider the idea that it's not what we need to survive, it's about what we need to thrive despite the impacts of being witness to trauma, intense grief, and true heartbreak, then that changes the conversation. It's an important conversation to have with each other and with yourself. That's no small order.

Thanks for reading *Being There*, and thank you to all our contributors, plus an extra special thanks to our editor-in-chief!

- Rita Constantini

** Pastor of the New York Avenue
Presbyterian Church in Washington, D.C.,
and Chaplain to the U.S. Senate 1947-1949*





From the Editor—
Feature: Resilience

From the Latin verb *resilire*, meaning "to jump back" or "to recoil," **RESILIENCE** is the capacity to withstand or to recover quickly from difficulties; toughness; the ability to spring back into shape; elasticity. But it is not merely about bouncing back from adversity but also a dynamic process of continually adjusting to challenges.

Ann Masten, Ph.D., director of the Project Competence Research on Risk and Resilience at the University of Minnesota, says that "Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone." Key among these are **self-care, social support, creditable support resources, and specific coping strategies.**

In high-stress environments, building resilience isn't a luxury, it's a necessity.

During Chaplain Academy training we were instructed to write up a self-care plan: What would we do, whom would we call to tend to our own well-being in the aftermath of a difficult or traumatic call? Encouraging a proactive rather than a reactive approach can foster greater adaptability, paving the way for not just survival, but thriving in the face of adversity.

Self-care plans can be highly individual but we often gravitate to the same enduring fundamentals: core values; relationships; engagement with nature; mental and physical wellness activities; self-actualization. In this issue LECS chaplains share their personal go-to self-care practices.

How does LECS provide emotional and spiritual support to first responders—who are our core constituency—and how will we develop that support going forward? In this series peer support experts from Sonoma County law enforcement, fire safety and emergency services describe their agencies' approaches to resilience and how it is being built through their wellness and peer support programs. In this issue you'll hear from Santa Rosa Police Department Field & Evidence Technician/Patrol Bureau and peer support team member Juliette Rowsey, and psychologist and CISD facilitator Dr. Sara Joslyn.

But wait! Keep scrolling for lots more. Thank you for reading—We welcome all feedback.

- Inese Heinzl, Editor





SELF

care

IS NOT SELFISH

Self-Care:
LECS Chaplain
Insights

Finding peace and serenity after traumatic or difficult call outs or "exposure" while serving as a Law Enforcement Chaplain will help sustain your being through difficult moments in time, thoughts, memories, and interactions.

- Rita Constantini

What works to sustain and energize you in your role as a chaplain? What do you do in terms of self-care that really works for you?

Jenny Williams: Let me jump right in: First I do a lot of praying and remembering that it is not me who does this but God through me. When God calls anyone to do something He provides the whole way including the care we need to continue, so staying close to Him is key. In addition to that I do a lot of running—it empties me head to toe of stress. Sometimes it is a literal feeling of it draining out. I stay close with family and friends; it brings me joy. Lastly, I stay mindful of my thoughts and the level of desensitization this work does. Things that would have shocked me before no longer do. This desensitization can be a positive, a strength to face what needs to be faced in order to serve someone else in a dark hour, or it can become a negative by a loss of compassion and empathy because it has become commonplace. I make sure that I continue to deeply connect to my world and that I not become dismissive because of the repetitiveness of the unimaginable.

Gisela Babb: Self-care for me is mediation, walking, and if I find a call difficult (keep thinking about it a few days after the fact) debriefing with family and fellow chappies really helps.

Susan Strong: What I do in terms of self-care as a chaplain is the same as what I do to care for myself as a human being just trying to successfully navigate life. My own self-care has long included (in order of importance for me) a daily spiritual focus, healthy food, regular exercise and frequent social interaction with family and friends. This past decade I've also added massage and chiropractic treatment, alternating between the two every three weeks or so. And although I enjoy spontaneity, I've found when it comes to self-care I function best with a schedule of some sort. I struggle with depression and making and keeping a schedule helps me keep my head above water most of the time.

The most important thing I do in terms of self-care that enables me to function fairly effectively in whatever emotional work I'm doing is to spend significant time, 30 - 60 minutes every day, in prayer, meditation, journaling and diverse reading, including the Bible and various authors—Henri Nouwen, John O'Donohue, Frederick Buechner, Brian McLaren, and many more. My hope and prayer as I serve as a chaplain is that taking care of myself may bring benefit to those I may be privileged to be with when their own resources are spent.

Gary Passarino: In 2021—pre-chaplaincy—I read "Razorblade Tears," a *New York Times* bestseller by S.A. Cosby, an author of noir-fiction-mystery who has been discovered in his 40's. Recently, I rented an audio version of the same book. As I listened, I realized that the first chapter is a death notification told from the viewpoint of a father opening a door to two police officers, knowing immediately that something terrible has happened - without a word being spoken. After one year as a chaplain, I know that I see, hear, and even read with a new perspective: when I hear sirens, I wonder who's on call; when I saw a photo of the Sheriff's marine unit working during this year's storms, I thought of Travis Perkins [Sonoma County Sheriff's Deputy-Ed.]; when approached in the Safeway parking lot by someone having a bad day, I listened quietly to all he had to say. Being a chaplain has increased my awareness of the world around me, for which I am truly grateful.

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Self-Care:
LECS Chaplain
Insights

Jody Lashinski: My greatest self-care is leaning into my faith. By that I mean focusing on who God is and His attributes. For example, He is a sovereign, all knowing God. He loves all people. He's a caring and compassionate God. He knows our days here on earth. He is the Creator of heaven and earth. He is always with me and hears my prayers. He is merciful, gracious, faithful and true. He heals and understands. This is not an exhaustive list by any means, but are many of the attributes I reflect on to give me peace in my heart, mind and soul. It also provides a meaningful way I can pray for the families.

Danelle Jacobs: You know what I'm going to say for my self-care I hang out with my herd of quirky animals!!!

Bob Williams: My Rookie Year was like nothing I could have expected. Every call-out was different. Every call-out was intense. And over this first year I learned to trust my training, my intuition, and my heart. I learned there are so-called easy call-outs (a 90 -year-old grandma dies in her sleep). Then I had what I call the "Level Two" types of call-outs: suicide, overdoses, auto accidents, and death notifications, in which a loved one dies unexpectedly. My training came through for me on these call-outs as well.

Around Thanksgiving things changed and I found myself at a whole new level of intense, sad, and sometimes shocking calls (the young woman who found her father had hung himself; an auto accident that took the lives of three individuals, including a child). Again, the Academy Training kicked in and I was able to face these intense situations in a calm and professional manner. And with the training we received in self-care, I have been able to keep these experiences in a healthy perspective.

Every call-out is different and when we arrive on-scene we have no real idea what is going to happen. But it's our training that allows us the professionalism and compassion needed. And with each call-out, we learn more about our work and more about ourselves.

Richard Kagel: Effective self-care for me involves spending time petting my less than 2-year-old Weimaraner pup, Henry. He is amazingly sensitive and anxious and he devours my attention as it calms him down. Something good happens in the exchange, for both of us. I also spend time alone with my 17 geese. Unlike their reputation, they are so very gentle and sitting outside with them as they quietly discuss the day among themselves is a little like petting Henry. Most nights, I sing them a song that they have heard since their very first day on the planet and they get dead silent as they listen and I put them to bed. So, you could call that self-care but it's really animal care!





Self-Care:

Insights from Chaplains in different callings from around town & around the world

We Can Dance

We can't always be brave, but we can get out of bed in the morning, even when the demons of the night have held us captive in clammy moments of terror. When sleep is a foreign concept.

We can find reasons to live when our mind screams otherwise. Yes, this is brave.

We can sit with another as they face the end of their life with regrets, grieve their unrealized dreams, and cherish their memories.

Without words, we can gently hold the hand of the young mother about to lose her child. Our hands touching, being the strength allowing her to be present for one more moment. Yes, this is brave.

We can't always be brave.

We can go to the street where a fire has devastated homes, and bless the survivors with words spilling out from the throat, from the heart, from the precious sanctuary of this moment. Only this moment. Yes, this is brave.

We can't always be brave, but we can sigh deeply as we slowly breathe our way into forgiveness, even when bitterness and anger feel more comfortable.

We can love with the music of the wind on our faces, and create a new life when climate change is burning, wars exploding, and the future uncertain. Yes, this is brave.

We can't always be brave, but we can speak the truth about injustice when doing so is bigger than our own safety.

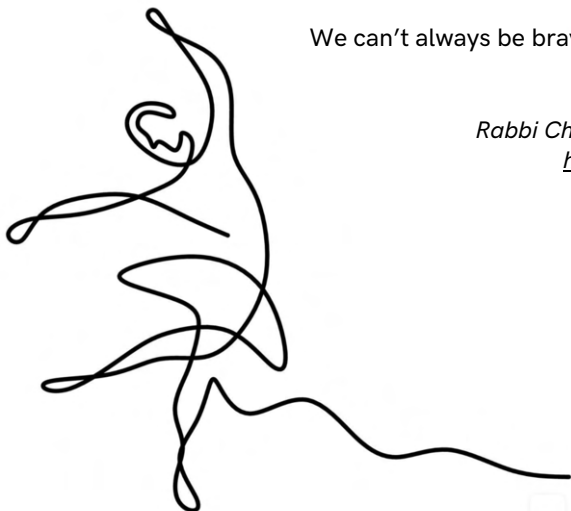
We can continue to breathe, go to the grocery store, eat a meal, and get dressed when our hearts are broken and shattered. Shattered and broken. Yes, this is brave.

We can't always be brave, but we can cry out for a witness, for accompaniment on the journey of despair. We can take the hand offered. And hold on.

We can sway, moan, groan, wail. We can sing. Yes, this is brave. All of it.

We can't always be brave, but we can dance.

Rabbi Chaya Gusfield, palliative care hospital interfaith chaplain
<https://rabbichayagusfield.com/we-can-dance/>





First Responders
on Peer Support:
SRPD

Editor: *In the next few issues we'll dive into the impacts of working in the world of trauma and most important, how to thrive together. The first responder branches we'll explore will be peace officers, firefighters, paramedics, and chaplains. Each issue will focus specifically on one group, and we'll hear from current working professionals, retirees, and mental health professionals involved in wellness and peer support to learn what helps, who's championing for a good work-life balance and if nothing else, hear the message echoing throughout all our stories.*

We begin with law enforcement. Our thanks to Juliette Rowsey (SRPD Field and Evidence Technician/Patrol Bureau and Peer Support team member) and clinical psychologist Sara Joslyn, Ph.D



Interview with Juliette Rowsey, Santa Rosa Police Department

Rita Constantini [LECS]: *Different departments and agencies have developed programs around wellness. What does your command staff or agency do that promotes whole health or wellness?*

Juliette Rowsey [JR]: I am so proud to share that SRPD's command staff is a very big supporter of wellness and has been actively promoting the concept of wellness for several years, even pre-Covid. The top command for SRPD Peer Support Team is Lt. Brenda Herrington. We currently have 27 members on the team. We have periodic department-wide trainings which focus on education and promote discussions of ideas and concepts central to wellness. While the emphasis is on identifying and managing wellness within the unique landscape of the law enforcement industry, there is a lot of room for covering how everyday life also factors into one's overall health and wellbeing.

One of the best programs we have is the Wellness Solutions position which the City of Santa Rosa filled for the benefit of its first responders. This position is our literal wellness guru (we call him Shayan) who has education, training, and experience in the field of general wellness. Shayan works to integrate education, custom exercise regimens, healthier meal awareness, and mental health resources through unique programs based on interest, feedback, and things he believes need attention through... osmosis? He is super approachable, very personable, and this is his passion - we are lucky to have him to help drive interest and participation in wellness! I'd love to show you the Wellness Solutions app one of these days - really great resources there. We also have the Cordico application which works in concert with EAP/Concern. There are amazing resources there as well - organized by field of work, topic of concern, and with EAP provider information available at the touch of a button.

LECS: *How would you describe peer support as it applies to wellness in your agency?*

JR: Peer Support is a major component of mental health and wellness for our organization. Peer Support team members are trained to recognize and identify situations and behaviors that may induce intervention or at least keep in mind situations or individuals that might merit further care and consideration. Members are selected based on their interest in supporting their peers in a myriad of ways. We implement activities to support morale, bridge the divide between work and family in meaningful and non-threatening ways, and generally look out for and check in with our coworkers when we notice something is a little different than usual.

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Juliette Rowsey, SRPD





First Responders
on Peer Support:
SRPD

LECS: *As law enforcement chaplains we understand that talking about feelings is not the most comfortable thing for first responders to do. We also know that talking does help to alter one's perspective and can be a healthy coping strategy. From your experience, what is the best approach to getting a first responder to talk?*

JR: Too true! Honestly? What I have found is [that] exposure, tenacity, patience, and a shared sense of experience, humor or familiarity have been the best ingredients. I think it has also been helpful that people who have had struggles/challenges/obstacles have discussed it among their teams or one-on-one. These innocuous conversations contribute heavily to lowering reservations for folks who are uncomfortable with discussing feelings. I believe that so long as people see that nothing subjectively horrible happens when others talk about feelings, the door is cracked open. It is only a matter of time before that person gains the confidence to walk themselves through that door. We have guides everywhere and as long as we all know who those guides are, and we are constantly reminding them in inconspicuous ways, I imagine the conversations will come.

LECS: *What do you do now or have done to take care of yourself that really works for you? What kind of support would you, as a first responder, like to have that can contribute to your wellness?*

JR: I am a huge work-life balance person. It can be exhausting because my personality is 100% present 100% of the time. Turning this off can be challenging sometimes because I don't want to miss something important and everything can feel important. I have to carve out time to check in with myself (usually this happens when my plate feels fuller than usual). If I feel like I am running low on energy, or I feel like I have worked too much or too hard on a project, or my family needs more of my time, I have learned to give myself permission to say "I think I need to sit this one out".

Burnout is so real in our line of work and I don't want to blindside myself. Getting to know myself was the key - what recharges my batteries, what my distress signals look like, if I'm sleeping too much or not enough, etc. I think this can be tricky because we all work in this field and have so much going on outside of work with our families and social obligations. I am also really big on hobbies - find a hobby or a community outside of work to help turn off the noise! I have a diverse field of interests outside of my profession and it is both physically and emotionally soothing for me. There are a lot of programs available through the City of Santa Rosa Recreation and Parks department, some great local volunteer-dependent programs that can use another helping hand or two, and we are lucky to live in Sonoma County which has a lot going on if you are of a mind to seek an adventure!

LECS: *How can our chaplains be helpful and impactful for our first responder community?*

JR: I love the chaplains - they really get into the hardest parts about everyday life and death experiences and I know officers look to chaplains to fill the void of emotional validation for members of our community going through a tragedy. I believe law enforcement often overlooks the benefit of utilizing chaplains for themselves because it is natural to put the needs of others before our own. My personal belief is that exposure to chaplains in more structured ways such as training blocks, or attendance at briefings, can help remind people of the versatility of a chaplain. I think having chaplains participate in CISDs [Critical Incident Stress Debriefing] has been incredible, and I see it as a massive building block from which to forge a meaningful relationship on a more personal level. I just wish chaplains were more integrated into our professional repertoire, but I don't know what that looks like beyond identifying additional calls for service in which we request a chaplain. I fully believe if it is out of sight, it is out of mind in our fast-paced world of chaos and as a group, we need reminders to slow down, and look around.





First Responders
on Peer Support:
Sara Joslyn, Ph.D.



Sara Joslyn, Ph.D.

Interview with Sara Joslyn, Ph.D.

Inese Heinzel [LECS]: *What is your role with the Santa Rosa Police Department?*

Sara Joslyn [SJ]: Shortly after I was licensed in 2000 I was approached by Pat Poe who had then been the first person to put together any kind of mental health program at the SRPD. I joined a short list of clinicians who are on call to work with SRPD employees both sworn and non-sworn. For many years, this was a small portion of my practice. That has changed. First responders from both the SRPD and the SRFD are now the majority of my practice.

LECS: *We hear the term "culturally competent" from first responders as it relates to clinicians. Can you explain that?*

SJ: The term "culturally competent" refers to a clinician's understanding of first responder culture. Essentially it is a paramilitary culture. I personally gained this competence by having interned early in my graduate career at the Sonoma County jail. During my residency at Kaiser adult psychiatry, I was randomly assigned a couple of first responders. One great way to familiarize yourself with the culture is to sign up for ride-alongs.

LECS: *What constitutes a critical incident and what warrants a CISD for one event over another type of call? Who initiates it?*

SJ: A critical incident is an incident that is traumatic. Often injuries and death are involved. Most of the incidents I've debriefed have involved children. The agencies initiate the CISD.

LECS: *What is CISD? What is the usual process: How soon after an incident does it take place/what happens during the session?*

SJ: CISD refers to critical incident stress debriefing. A CISD is requested by an agency when there has been a critical incident that has likely had a traumatic effect on the first responders involved. Ideally a CISD is organized within a week to 10 days after the incident; however, it is important to note that these debriefings can happen long after the event.

LECS: *Who attends?*

SJ: During a CISD, there is a leader, peer support, chaplains, and as many responders on scene as choose to participate. Generally speaking, Brass is not present. Essentially the story is told chronologically, and then there is an opportunity to talk about the feelings and symptoms (such as intrusive flashbacks, avoidance, or nightmares) that may have arisen as a result of the incident. It is often true that each of the responders knows only a portion of the story, so simply having the entire story told is incredibly helpful. The meeting is also a source of chaplaincy and mental health information and resources.

LECS: *What are the expectations desired outcomes of a CISD- by you, by top command at SRPD?*

SJ: Critical incident stress debriefings are a preventative tool. First responders are required, by the nature of their profession, to see some of the worst of humanity. When we provide the briefings, the primary positive effect is that the responder is no longer holding the memory and the story alone. There are two ways that the CISDs are preventative. First, the debriefing decreases the likelihood of developing PTSD symptoms. Second, if those kinds of PTSD symptoms do occur, the responders have been educated about them and given resources to address their symptoms.

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First Responders
on Peer Support:
Sara Joslyn, Ph.D.

LECS: *How can our chaplains be helpful and impactful for our first responder community?*

SJ: I think it's a great thing that the Chaplaincy has a presence in the CISDs. Any time chaplains can coordinate with peer support to help those responders who are off work due to injury or an officer involved shooting would be a great help.

LECS: *You mentioned that you will most likely be heading to Maui to provide support to first responders there. Can you say something about your experience doing this here in Sonoma County during our wildfires?*

SJ: The recent wildfires on Maui are certainly reminiscent of what we have been through here in Sonoma County. I actually think that the fires were the turning point in terms of first responder mental health becoming a priority for the city of Santa Rosa. Many, many of my patients were impacted by the fires in so many ways. I have signed up to help in Maui. I'll volunteer virtually and will go if called.





Reflections and Resources for Self-Care

Kintsugi

Kintsugi is a Japanese art form that uses precious metals, like gold, to repair broken pottery. Rather than trying to mend the cracks so that they become invisible, kintsugi highlights the "scars" as a unique enhancement to the design. The use of gold, a metal that ancient Egyptians called "the breath of God," makes the former flaw a visual focus.



Kintsugi is seen as a metaphor for resilience, the process of healing, and beauty in brokenness. The actual steps to complete the task of repair have been described as slow and methodical, perhaps even meditative. For those who are grieving, the philosophy of kintsugi is a reminder that their broken life can also be restored over time. No, it will never look the same as it once did, but your future may reveal a different kind of beauty, one in which the missing piece is now remembered and even highlighted through the addition of something precious. jenniferehassel.com/category/messages-for-those-who-grieve/

*Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in*

*Anthem
by Leonard Cohen*

<https://youtu.be/6wRYjtvIYK0?t=40>

Lakota Prayer

Wakan Tanka, Great Mystery,
teach me how to trust
my heart,
my mind,
my intuition,
my inner knowing,
the senses of my body,
the blessings of my spirit.
Teach me to trust these things
so that I may enter my Sacred Space
and love beyond my fear,
and thus Walk in Balance
with the passing of each glorious Sun.

Wellness /Self-Care practices to check out*

Qigong

As described by the National Qigong Association, "Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent." See their website for information on the various styles, traditions and forms: <https://www.nqa.org/what-is-qigong>

Meanwhile, here is a **Beginners Qigong 10-minute routine** that is easy, energizing and fun: <https://youtu.be/9ia0RqVukOk>



One-Moment Meditation

This simple meditation provides an easy way for you to reduce stress, anger, anxiety and fear, a way to find a calmer, more focused state of mind *right now*, even if you haven't been able to meditate before (or when you only have a moment!) Watch the demo: <https://youtu.be/F6eFFCi12v8>



Get the App on Apple App Store and Google Play



(Other popular wellness & self-care meditation mobile apps: **Calm**; **Headspace**)

**All have been personally road-tested by the Editor*





LECS in the Field



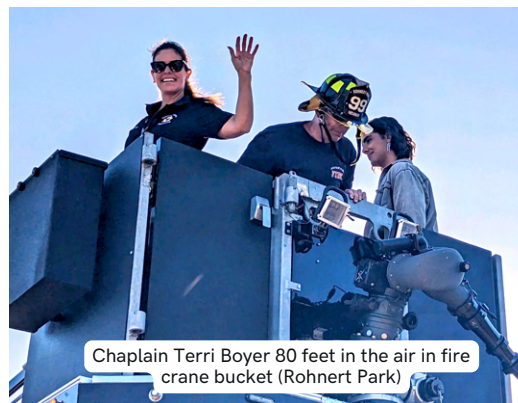
LECS E.D. Rita Constantini gives an invocation to honor fallen members of the Sheriff's Department who died in the line of duty, before an audience on National Peace Officers Memorial Day outside the Sonoma County Sheriff's Office, May 15, 2023. (Press Democrat)

In the rising of the sun and in its going down,
we remember them.
In the blowing of the wind and in the chill of winter,
we remember them.
In the opening of buds and in the rebirth of spring,
we remember them.
In the blueness of the sky and in the warmth of summer,
we remember them.
In the rustling of leaves and in the beauty of autumn,
we remember them.
In the beginning of the year and when it ends,
we remember them.
When we are weary and in need of strength,
we remember them.
When we are lost and sick at heart,
we remember them.
When we have joys we yearn to share,
we remember them.
So long as we live, they too shall live,
for they are now a part of us, as we remember them.

A Litany of Remembrance
by Rabbi Sylvan Kamens and Rabbi Jack Riemer



(L to R): Chaplains Richard Kagel, Harry Hollingshead, Gisela Babb, Bob Williams, Gary Passarino, Lt. Louis Rodriguez and members of Healdsburg PD (Healdsburg)



Chaplain Terri Boyer 80 feet in the air in fire crane bucket (Rohnert Park)



Chaplain Susie McMullan and friend (Santa Rosa)

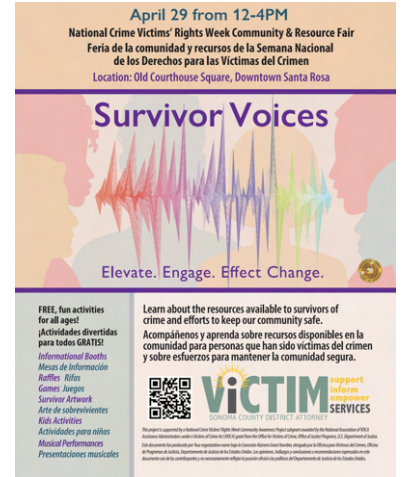




Special Teams- Updates



Community Engagement volunteers with LECS Board member Terry Sanders at the Survivor Voices event (Santa Rosa)



Getting the Word Out

As you all know, we need to be visible to the public and first responder agencies (especially law enforcement) to educate and enlighten people as to who we are and what we do. That's the mission of the Community Engagement Team. We have appeared with a booth at numerous civic events around the county. We had booths in numerous locations for National Night Out. More recently we have been present at cycling events to advertise Tour de Fuzz.

Every one of the events we have attended has proven to be valuable in meeting the goal of sharing our services with many people who had no idea we existed. A great example of how we can educate is when we did a Victim Services gathering at Old Courthouse Square. During that event, I was approached by a woman from the District Attorney's Office inquiring if we could provide a presentation to the staff of the DA's Victim Services Office. I put this woman in touch with our Executive Director Rita and we went to their office and presented. I have no doubt that as they develop their program, they will continue to reach out to us. And it all started because we were visible and present.

If you haven't already done so, come on out to future events. I will be sending out emails announcing events and asking for volunteers. We have a lot of fun and some of the events are quite impressive (e.g., the annual Trunk or Treat). I hope to see you under the canopy!

- Bob Williams, Academy XXII, Community Engagement Team Leader



The School Crisis Intervention team models their new kid-friendly uniforms. (L to R): Judith Mattingly, Jessica Hernandez-Gerard, Lynnette Casey (SCIT Leader), Bob Williams, Pam Taylor, Kathryn Barry







Chaplain Terri Boyer presents Academy XXIII's presentation artwork to LECS Instructors Angela Perkins and Elizabeth Goodson



Chaplain Meghan Murphy
Academy XXIII keynote speaker



Academy XXIII

Commissioning July 18, 2023

Congratulations!

- Chris Bailey
- Jeanette Barclay
- Terri Boyer
- Carole Cole
- Pam DeMarco
- Gary Gerloff
- Susie McMillan
- Meghan Murphy
- Justin Roubidoux
- Mike Schramm



Chaplain Bob Williams offers a musical invocation



Catering crew:
Chaplains Jo Anne Bressick, Judith Mattingly, Inese Heinzel



Coming right up:
Tour de Fuzz
Sept. 2, 2023



(L to R): Chaplains Susan Strong, Jeanette Barclay and Chaplain E.D. Rita Constantini sign up riders at the Wine Country Century bike ride event in Santa Rosa



At the Giro Bello ride event in Sebastopol: (L to R): Chaplains Gary Passarino, Bob Williams, Inese Heinzel, Chris Bailey, Kelly Egan and Jo Anne Bressick

GEAR UP! WE ROLL IN TWO WEEKS!



The Tour de Fuzz (TdF) is the Law Enforcement Chaplaincy's annual fundraising and public awareness event, held in early September. For the past 12 years, bicycle enthusiasts – including law enforcement officers – from around Northern California have participated by paying an entry fee to cycle beautiful Sonoma Wine Country routes (50k, 100k or 100 miles). The affordable single-day ride has developed a reputation as one of the “funnest” events of its kind with outstanding SAG (on-road Support And Gear), frequent/well-stocked rest stops along with a finish line music celebration, BBQ feast, unlimited local beers/wines, awards ceremony and cycling expo.

Each year, the event is themed around LECS mission and values. For 2023, we're honoring first responders (you'll notice the colorful first responder flag in this year's logo, below). The ride starts and ends at the Luther Burbank Center for the Arts in Santa Rosa. With nearly 1,700 registered participants, the event takes 200+ volunteers to execute and raises enough funds to cover 70% of the Chaplaincy's annual operations.

Chaplains who haven't yet signed up but are interested in participating may contact E.D. Rita Constantini or go to <https://www.tourdefuzz.org/volunteer>.



Milestones/
Recognition

Happy Trails, Chaplain Ted Briggs (Academy XVIII)



from E.D. Rita Constantini: Ted has been participating in the California State Guard which requires significant time and effort, given the importance and magnitude of his commitment he needed to make the difficult decision to leave the Chaplaincy. He is also looking to transition into the world of emergency response and readiness which, if you know Ted, is the kind of work tailor-made for him. If he taught us nothing else, we all know that not all flashlights are created equal and that a good Chaplain will never be caught without one with adequate btu's! I want to wish him well and thank him for his years of service to our community and this organization. Because of Ted's outstanding dedication to the Chaplaincy we successfully commissioned 22 chaplains.

He has been the lead rest stop coordinator for Lake Sonoma/Tour de Fuzz for several years; he has given countless hours in support of our mission; and he has always given his kind, compassionate, selfless spirit to law enforcement and community members on every call out. Ted, the words "thank you" cannot express the gratitude I have for you and your years of service. You'll always be a friend of the Chaplaincy. Good luck, dear friend, we wish the best as you head out on your new adventure!

And keep that light shining!

*May the road rise
to meet you,
May the wind be
always at your
back.
May the rain fall
softly on your
fields,
And may God
hold you in the
palm of his hand.*

-Irish blessing



