



# The ChapLine

Lewis County  
Chaplaincy

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## A Word From The President

As the 4<sup>th</sup> of July comes each year, we are reminded of the freedoms we have in our country. The signing of the Declaration of Independence gave us unique opportunities that residents of many countries would never enjoy.

Our recent celebration of Memorial Day reminds us that many of those freedoms came with a great cost. The lives of many were given to protect those rights and freedoms.

Many of the services that we take for granted also come at a great cost. Every day men and women die as they serve in the military, law enforcement and the fire service. When we call 911 we, many times, take for granted the quick response and quality service we have come to expect.

Recently, 19 firefighters died in a horrible accident in Arizona. While they were attempting to protect homes, they were overcome by the wildfire. In spite of deploying their emergency fire shelters, all but one member of the Granite Mountain Hotshots, from the Prescott Fire Department, lost their lives.

As I think about the grief involved in the death of one individual, it seems overwhelming to think of the deaths of 19. Not only the families, but the community and the entire nation grieve over the loss. Our thoughts and prayers go out to the families, friends, coworkers and all of those affected by this tragedy.

Kevin Curfman  
President



Kevin Curfman, 2CI



### Inside this issue:

<i>Oxygen For Your Relationship</i>	2
<i>Thank You 90.5 KACS Burgerville Fund Raising Event</i>	3
<i>Annual Chaplains Dinner</i>	4
<i>Sheriff's Volunteer Appreciation Banquet</i>	5
<i>District 15 Awards Dinner</i>	6
<i>The Mourner's Bill of Rights</i>	7



# Oxygen For Your Relationship

It is a fact that divorce rates among first responders is far above the national average. You face tremendous pressures, and it often is difficult to transition from work to home. Do you need to breathe some fresh OXYGEN back into your relationship? Feel like things are not going as smoothly as you would like? Wondering if your marriage is going to work for the long haul? **You are not alone!** Sign up for the Oxygen For Your Relationship seminar to learn skills and tools to improve your relationships.



Grant Kistler, Oxygen Coordinator

The seminar is fun, interactive and practical – you walk away with skills that you can use right away. This program is successful and ongoing at Joint Base Lewis McCord, as well as at 18 other military installations across 23 states. Couples who have participated in the course seminar testify to the value of this 8-hour seminar.

The first seminar, facilitated by Grant Kistler, is split into two 4.5 hour segments, which include 30-minute lunch breaks. Lunch is provided.

A1 Saturday, August 17 from 09:00 to 13:30

A2 Saturday, August 24 from 09:00 to 13:30

**Location:** to be announced

**Cost:** \$50 per couple, which includes lunch (full cost is \$100; the LCCS pays half).

To sign up or for more details, please contact Grant Kistler at 360/785-3840, 360/827-1238 or [chaplaingrant@q.com](mailto:chaplaingrant@q.com). After you sign up, you will receive an email with a password that will allow you and your spouse to individually fill out a “Couple Checkup”. You will also fill out the “Flag Page” which gives you insight into your own personality and motivations.

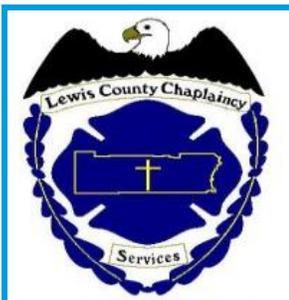
I gladly will meet with individuals, departments, groups, etc. to discuss the program in more detail. You can also access OXYGEN on the web at <http://oxygenseminar.com>. If there is a request for a special date and schedule we will accommodate that. This is not a religious-based program and sessions are set up for peer groups.

## The ChapLine

is a quarterly newsletter of the Lewis County Chaplaincy Services—a volunteer organization dedicated to serving emergency responders and citizens of Lewis County, Washington.

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## Burgerville Fund Raising Event

On Saturday, July 27th, from 4-8 pm, the chaplaincy will help serve Burgerville's great food at the Burgerville in Centralia. The Lewis County Chaplaincy Service receives a percentage of all purchases during the 4-hour period. The proceeds will be used to support the Oxygen For Your Relationship program and also for accredited chaplain training with the Federation of Firefighters and the International Conference of Police Chaplains.

Fire and police department vehicles will be on display during the event.

## Mission Statement

*"Lewis County Chaplaincy Services is committed to assisting emergency agencies throughout the county in meeting the physical, emotional, and spiritual needs of emergency crisis victims, their families and the emergency responders."*

## Thank You 90.5 KACS

90.5 KACS-91.3 KACW radio in Chehalis selected the Lewis County Chaplaincy Service (LCCS) as one of two local charities to receive funding from the station's FriendRaiser radio-a-thon. Pacific County Crisis Support Network was the second local charity to benefit.

Letters went out to listeners in early May to ask for support for the station and this year's charities. Kevin Curfman, Laura Hanson and Grant Kistler participated in radio spots promoting the event. Several chaplains, including Sherie Malotte, Kevin and Julie Curfman and Grant and Terri Kistler, assisted in the manning the phones at the station during the 3-day event that ran from May 15<sup>th</sup> through the 17<sup>th</sup>. It was great to talk to so many folks calling in and answer their questions, as well as take donations. It is wonderful that the station and these two charities get such great support during these financially challenging times.

LCCS will use the funds to pay part of the fee for first-responder couples to attend one of **the Oxygen For Your Relationship** seminars (see the article in this issue for more details on this great program).

The LCCS would like to offer a big thank you to the KACS family, especially to our new friends, Cameron Beierle and Lois King.



## Annual Chaplains Dinner

Held March 26th at Spiffy, the chaplains held their annual dinner. Guest speaker was Anneke Berry who spoke about The TEARS Foundation, a local, nonprofit organization that offers support and help to parents who have lost a baby.



The new secretary for LCCS, Laura Hanson was announced while departing chaplain, Ryan Wilson was awarded a certificate of appreciation thanking him for his years with the LCCS. Ryan left the area to attend the seminary at Andrews University in Berrien Springs, Michigan.

Guest speaker Anneke Berry of The TEARS Foundation



Kevin Curfman, 2C1, presenting Ryan Wilson with his certificate



If you are interested in becoming a Lewis County chaplain or know someone who is interested, please contact Kevin Curfman at 360/880-3473 or any of the other chaplains. In particular, there is a need for a chaplain to cover the eastern part of the county as far as Packwood.



# Sheriff's Annual Volunteer Appreciation Banquet

The sheriff's department held their annual Volunteer Appreciation Banquet on March 23 at the Veteran's Memorial Museum in Chehalis. During lunch, participants listened to a talk about the search and rescue mission for a missing person on Strawberry Mountain. This particular case demonstrated some of the difficulties of looking for lost individuals in the wilderness.

Deputy Rob Snaza filled in as MC for Sheriff Mansfield who had to leave early to attend a funeral.

The banquet ended with a door prize drawing of fun and useful donated items.





## District 15 Awards Dinner

On March 30th, District 15 held their annual awards dinner at the Winlock Senior Center. A tasty meal was provided by the Senior Center. Keynote speaker was Chief Jim Walkowski, Riverside Fire Authority, who spoke about commitment, dedication and leadership in the fire service. Fire commissioner Randy Pennington presented a talk on the symbolism of the Maltese cross used in fire service emblems.

Congratulations to all the award winners in District 15:

**Top Responder:** Dan Smith

**Top Rung:** Rod Fenstermaker

**Safety:** Anthony Nowak

**EMS Person of The Year:** Tamara Brown

**Firefighter of The Year:** Dan Smith

**5-Year Pins:** Dave Grove and CJ Hensley



Fire commissioner Randy Pennington



Chief Jim Walkowski, keynote speaker



Door prize drawing items



Yummy desserts were part of the dinner



# The Mourner's Bill of Rights

By Alan D. Wolfelt, Ph.D

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

- 1. You have the right to experience your own unique grief.** No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.
- 2. You have the right to talk about your grief.** Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.
- 3. You have the right to feel a multitude of emotions.** Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.
- 4. You have the right to be tolerant of your physical and emotional limits.** Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.
- 5. You have the right to experience "grief bursts"** Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.
- 6. You have the right to make use of ritual.** The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.
- 7. You have the right to embrace your spirituality.** If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.
- 8. You have the right to search for meaning.** You may find yourself asking, "Why did he or she die? Why this way? Why now? Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you don't have to accept them.
- 9. You have the right to treasure your memories.** Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
- 10. You have the right to move toward your grief and heal.** Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

This article is reprinted with permission from Alan D. Wolfelt, Ph.D., C.T., at the Center for Loss and Life Transition, Fort Collins, CO. For more information, see their website at [www.centerforloss.com](http://www.centerforloss.com)

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