

Kainos Kapsule

A Newsletter of Chaplain John W. Cundiff, D.Min.

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<http://www.kainosministries.com>

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I saw my cardiologist and PCP in February. The echo showed the ejection fraction to be about 30-35% and the heart to be normal size. The defibrillator has not shocked me this is good. The blood work showed improved in many areas. A1C is down 1.2 point, triglycerides are down over 500 points, cholesterol is 151 but LDL is high and HDL is low. I have gained a few pounds, but I am eating less. Overall the report is good. However, they still will not let me drive until the end of April.

I did a ride-a-log. We got involved in a 30-minute pursuit of two pit-bull terriers that concluded with the dogs being tasered.

I attended three meetings in February. One major thing that is happening is that communications and call out is going to improve in the county for all chaplains. This is a must. WCCCA needs to know that when a chaplain is needed that one is going to respond. Police and fire chaplains will do some cross training together so we can function better in each other's scenes if we are called on.

One thing that we are doing at WCSO is giving the chaplains call signs and radios. This will help us communicate about our safety and when we have left the scene.

I have added a MySpace page. I need to get my video line up and working. I am not sure what happened to it. You can get to through my web site or the line in the header. I am doing some blogging at this site and if you want to read them you have become my "friend."

If you have had trouble navigating my web site all the bugs have chased away and things are working smoothly thanks to the webmaster (not me).

Until next month, take care.

Chaplain John

"Do not repay evil for evil or abuse for abuse, but on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing." 1 Peter 3:9