

THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS
ONE ALARM AT A TIME

JANUARY 2015

VOLUME 1, ISSUE 8



VALDOSTA FIRE DEPARTMENT



A Department Without Limits

Editor:
Sgt. S A Miller

BIRTHDAYS:

FF DARRIET GORDON	1/04
FF MATT COURSON	1/08
LT TROY THOMAS	1/17
LT JEFF THIBODEAU	1/23
SGT RICHARD ALDERMAN	1/25
SGT CARON WRIGHT	1/26
URSULA ANTLEY-WILLIAMS	1/29
SGT CHARLES PHILLIPS	1/30

POINTS OF INTEREST

- Submissions to the newsletter should occur before the 20th of each month
- Feel free to submit photos with your submissions
- Have a strong opinion about a topic of concern to our fire department? Feel free to submit a piece for review and possible publication in the newsletter

CHIEF'S TOPIC OF THE MONTH

T.E. Lawrence, said "All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake up in the day to find it was vanity, but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible."

This month I have decided to reflect on Dreams. One of the many definitions of a dream is, "something that you have wanted very much to do, be, or have for a long time"- Merriam-Webster. My question for everyone is, "What do you dream for yourself and the department?" Dreaming is more than an imaginary vision that's not real. Dreaming is

the first step in achieving something most think is impossible. It is the powering tool that encompasses our minds for greatness. If you don't believe in the power of dreaming, look in the mirror the next time you are in uniform and the opportunities that are before you.

I'm still new to the department, and there are a number of great things happening that is not because of me. It's happening because of you and your dreams of taking our department to the next level. "Every great dream begins with a dreamer. Always remember, you have within



Freddie D. Broome, Fire Chief

you the strength, the patience, and the passion to reach for the stars to change the world" - unknown. I ask you again, "What are your VFD dreams for 2015?"

WELCOME TO THE FAMILY



FF Trey Cothron and Brittany Hope

Sandlin welcomed Reagan Joy Cothron into the world and the Valdosta Fire Department Family at 0150hrs the morning of December 14th. Happy Birthday, Reagan!

Congratulations to Sgt. Wade Briggs on his engagement to Gisele Anne Greaux of St. Maarten, mother of Giselena Greaux. They were engaged on 22Dec and

do not have a firm date for the wedding set.



ATTA BOY—DONE DID GOOD



Kudos to Valdosta Fire Department Softball team for playing for the championship at the 1st Annual Heroes for Tots Softball Tournament. Not only did they come in 2nd place, but they helped to procure toys for deserving children. The Georgia State Patrol team proved to be our team's nemesis.

The Georgia Firefighters Burn Foundation sends their thanks to us for our participation in the 2014 Give Burns the Boot campaign which has reached its 25th anniversary.

Ted Bilak, Plans Examiner, gives a thumbs up to B-Shift and the GSAR team during their response to the house accident on Fawnwood Drive.

Claudia James, one of our Citizens Fire Academy members, says thanks and great job for C-Shifts performance during the Christmas Parade. She enjoyed rid-

ing in the fire truck and thought that Sgt. Caron Wright did an excellent job. She also says that Capt. Jason Rowan and everyone else performed excellently.

Ashley Tye, Lowndes County EMA Director, passes along his appreciation to B-Shift for their performance at the Azalea Towers fire. Kim Fulford, Court Administrator, also says thanks to everyone who responded as her grandmother is a resident there at Azalea Towers.



A team from the Citizens Fire Academy and two teams from the VFD (C-Shift) entered the Stocked Cart Race, sponsored by the Valdosta-Lowndes Parks and Recreation Authority on Nov. 15. Though none of our teams won, one of

our VFD teams received an award for the Best Decorated Cart and food was donated to a worthy cause.



Lt. Troy Thomas was recognized as the 2014 Firefighter of the Year by the local graduate chapter of Omega Psi Phi Fraternity. Every year the Alpha Gamma Gamma chapter of Omega Psi Phi hosts their Achievement Banquet recognizing prominent firefighters, educators and law enforcement with an award and dinner to honor them.

LETTER FROM THE EDITOR

Chief Broome sent me a link to a CBS 46 (out of Atlanta) news story about the link between firefighting and cancer. That story can be found at <http://www.cbs46.com/story/25958013/cbs46-investigates-invisible-danger-striking-firefighters#VJDu-WhIM1E.mailto>.

What I learned from the news story was that there seemed to be a link between firefighting and cancer. Beyond being exposed to the hazardous materials produced during a structure fire, we are being exposed to hazardous materials at the fire station as well through the exhaust from our trucks and from our contaminated gear.

I also learned that there is a Centers for Disease Control and National Institute of Occupational Health and Safety study that showed firefighters from three cities had higher rates of particular cancers than the general population. However, I also learned that in the state of Georgia it is difficult, if not impossible to definitively link a cancer diagnosis to the job of firefighting. So what is there to do?

One of the first things I did after reading the story was follow a link found at the bottom of the story. This link took me to

an assistance request form on the Firefighter Cancer Support Network website (<http://www.firefightercancersupport.org/>). I clicked on the banner and went to the main website instead where I found information on what they do. More importantly, I clicked on their Resources tab and found their "white paper". A "white paper" is a paper put together to inform and advise about a certain topic and the topic this "white paper" covered was about cancer in the fire service and what might be done to address this issue.

I highly recommend reading the white paper. Not only does it offer some recommendations of what you can do in order to help protect yourself, it offers insight into what the fire service is up against when it comes to protection and compensation of firefighters who develop cancer as a result of doing their jobs.

At the very least, I suggest visiting the Cancer Support Network as it has valuable resource for links and information concerning the link between cancer and firefighting. And, heaven forefend, it will be an important place to go if you develop cancer. We care about safety and the safety of our brothers. Visit these websites and learn what you can do to help protect yourselves and the fellow members of our fire department family.

EMPOWERING BUGLES—NOTES ON LEADERSHIP

Lead People to Believe in Themselves

Posted on 09. Dec, 2014 by [lollydaskal](#)

The best leaders are those who lead people to believe in themselves.

People believe in themselves when they have a reason to commit to something significant and meaningful.

When people feel inspired by their leader, leadership is at its best.

When people are made to feel important, when they know they matter and they have an important role, they bring their best to all they need to accomplish. Inspiration drives motivation.

When people understand the direction of the vision, leadership is at its prime.

People need to know where they are heading and why they are headed there. Once they have that knowledge, they can leverage their talent to achieve great results. Direction fosters purpose.

When people feel safe to make mistakes, leadership is supportive.

While success relies on innovation and creativity, it also takes many mistakes to succeed. When your people feel safe to fail, you have done your job in preparing them to

“People need to know where they are heading...”

meet challenges and letting them know they will go unscathed when they make mistakes. A safety net promotes security.

“It is important for people to know that they have a genuine contribution to make...”

When people experience trust in their own ability, leadership is at its peak.

Those you entrust feel important and empowered. Trust encourages people to bring their talent and knowledge and become part of the team. Trust leads to confidence.

When people know they can contribute in a meaningful way, leadership is optimal.

It is important for people to know that they have a genuine contribution to make, that what they do is instrumental in achieving significant results. Meaning creates justification.

Give your people a reason to believe in themselves and watch them create something meaningful and significant.

Lead From Within: When you believe in people, you get people to believe in themselves. And when that happens you can achieve great things together.

Lolly Daskal is the president and founder of Lead From Within a consulting firm specializing in executive coaching and customized leadership programs. Connect with [Lolly Daskal](#)

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RUMOR MILL—HAPPENINGS AND GOINGS-ON?

Will the Operations Battalion Chief be moved to Station 2 when the new positions are filled? - Yes, the department is planning on moving Unit 200 to Station 2. This will strategically move the Battalion Chief to a more central location. This will also enhance response times and make them more accessible to operations personnel. We

will also be moving Air and Light to Station 1.

Are the stations getting new computers? - Yes, we are still getting new computers. At this time we do not have an exact timeline. Once we receive the new computers we will purchase pre-fire drawing software licenses for all computers so the department can

enhance our abilities to create and/or maintain our current pre-fire drawings.

Send your rumor to Chief Broome via the suggestion box or send them to me (smiller@valdostacity.com) and I will submit them for you.



EVENTS—HAPPENINGS AND GOINGS-ON

31Dec—New Year’s Eve

01Jan—New Year’s Day

02Jan—1830-2130 First Friday, Downtown Valdosta

14Jan—1130-1230 & 1230-1330, Lunch and Learn, Valdosta City Hall Annex Multi-Purpose Room

19Jan—MLK Jr. Day

28Jan—5pm Annual Bird Supper, Georgia Railroad Depot

If your church, club, or organization has a special event

that they want the Valdosta Fire Department members to know about, please send that information to the editor by the 18th of each month.