

THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS
ONE ALARM AT A TIME

DECEMBER 2015

THE SECOND ALARM



VALDOSTA FIRE DEPARTMENT

A Department Without Limits

Editor:
Sgt. S A Miller



BIRTHDAYS:

SGT JASON WALKER	12/03
SGT ROBERT MERCER	12/07
LT GARRICK BURTON	12/08
SGT JON YEARGIN	12/13
LT DWIGHT PRIMROSE	12/17
FF JUSTIN SMITH	12/17
FF HUNTER YOUNG	12/19
FF DAVASIO JOHNSON	12/21
SGT SCOTT WATSON	12/21
CAPT CARL SMITH	12/22
CAPT KEN GALLAGHER	12/24
LT DERECK WILLIS	12/29
ROBERT GAINES	12/31

CHIEF'S TOPIC OF THE MONTH

Repost from December 2014, Issue 7

I recently read a message on Facebook that said,

Fri**END**, Boyfri**END**, Girlfri**END**, Bestfri**END**

Everything has an **END** except, **FAMILY** => it has **I LOVE YOU**. After reading the message I felt the need to talk about Family this month. Erma Bombeck has a great quote that said "The family, We were a strange little band of characters trudging through life sharing viruses and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and loving, laughing, defending, and trying to figure out the common thread that bound us all together." Although, we did not grow-up together, most of us

have worked together for an extended period. That common thread that bound us all together is what we know as "firefighters." No one can explain the love we have for being firefighters, other than another firefighter. We laugh with each other during good times and we hug each other during bad times. We often cook for each other, loan money to each other and attend devotional services together. We argue over sporting events and are highly competitive when playing fantasy football. At the end of the day, the facts are, "We Are Family." We are part of the Valdosta Fire Department fam**ILY** that does not end with an **END** but with an **I Love You**. As we enter into the Holiday Season, let's take time to remember our brothers and sisters and tell them you love



Freddie D. Broome, Fire Chief

them. That powerful four-letter word could mean the world to someone in our VFD family, who is willing to risk their life just to save yours, who is willing to stand-by your side even when you didn't asked them too, who is willing to forget all the hurtful comments because you need a friend. I will start off by wishing my Valdosta Family and our extended families a Happy Holiday and remind everyone that I Love You...

WELCOME TO THE FAMILY



Congratulations to Lt. John and Mrs. Krystal Herpin for the birth of their son Odin Lee Herpin on November 20th. Odin Lee joins brother, Xavier, and sister, Ayden, in the Herpin household as well as the Valdosta Fire Department Family. Welcome, Odin!

POINTS OF INTEREST

- Submissions to the newsletter should occur before the 20th of each month

Happy Holidays

From your newsletter staff

ATTA BOY—DONE DID GOOD



Picture from WALB

Congratulations to Lieutenant Chad Roe for the opportunity of a lifetime, a ride-along with the premier flight acrobatics team, the United States Air Force Thunderbirds. Lt. Roe was selected as Valdosta's Hometown Hero (a person selected for making a difference in his/her community) and got to fly backseat in the iconic red, white, and blue Thunderbird F-16.

LETTER FROM THE EDITOR

For those of you that missed the annual Valdosta Fire Department Christmas dinner, I'd have you know that you missed a good time. Attendance exceeded that of last year and the food was fantastic. Big Nick's (of Baytree Road fame) catered the affair with the traditional bar-b-q we've come to appreciate as a Valdosta Fire Department Christmas Dinner non-seasonal treat, giving some of us a break from the turkey/ham/dressing/stuffing that is the usual fare this time of year.

There was a good showing of retirees who were honored along with Citizen Fire Academy members and (extra especially) widows of our

HAPPENINGS AND GOINGS-ON

Their might still be time for you to get involved with some holiday cheer. The Valdosta Fire Department's Shop with a Firefighter Program is looking for volunteers to help out in making Christmas great for the children of Valdosta. Contact Captain Clinkscales for more information or to volunteer.

This event is scheduled for Tuesday, December 15th at 1830hrs.

By the time you read this, our guys will have already played in the softball tournament, which I was told that they "should have won last year." Let's see if they had better luck this year.

City Councilman of District 5, Timothy (Tim) H. Carroll, sends his gratitude to the Valdosta Fire Department (and Capt. Conners of the Valdosta Police Department) for our "professionalism and service to [Valdosta's] citizens" for our performance at the November 4th structure fire on Berkley Drive. "Great job!"

Further kudos about the structure fire on Berkley Drive from the president of Aaction Alarms, Allen Catoe, and his wife, Ginny. They were "so proud of [the Valdosta Fire Department] for their professionalism and compassion" and wish to "express our sincere appreciation... for their quick response and their tremendous efforts to save the home and property from what could have been a much worse house fire." The Catoes appreciated the assistance of Capt. Conners of the Valdosta Police Department as well. Well done!

Bob DeLong sends a thank you to Battalion Chief Tom Robinson for what he is "doing for the youth of our community."



BC John Henry, Chief Freddie Broome, Mayor John Gayle, and AC Brian Boutwell—picture from Valdosta Daily Times

Chief Broome received an email about the "very impressive and professionally executed" promotion ceremony for Assistant Chief Brian Boutwell and Battalion Chief John Henry on November 16th from Mickey Williamson. "And, what would a fire event be without a call."

departed comrades. Some of you new folks missed an opportunity to meet the people who helped bring the Valdosta Fire Department to where it is today.

There was also an announcement that might interest some of you folks who think we don't get together enough as a fire department. BC Skrine announced that there were plans for a get-together sometime in the spring which may or may not involve fish and the application of hot grease, with the especially welcome news that our retirees and other personnel would be invited to attend as well. I find that I am looking forward to that gathering.

I did not receive a information for the rumor mill this month. Despite the current dissemination of information coming from this newsletter and the publication of staff meeting notes, I'm sure you guys still have a question of two floating around.

Information is important. Correct information is even more important. Quell your doubts and submit your rumors or hearsay via the anonymous suggestion box. Or submit them to Sgt. Miller who will pass them up the chain at: smiller@valdostacity.com

EMPOWERING BUGLES—NOTES ON LEADERSHIP

Four Pillars Of Self Leadership

by [Alan Derek Utley](#)

Much has been written and talked about on the importance of leading others. But what about leading ourselves? I believe that our ability to self-lead has clear links to our ability to lead others. This ultimately affects our ability to achieve success in whatever endeavor we undertake. But, as the age-old saying goes, sometimes we are our “own worst enemy.” This is because we forget to check in and take care of ourselves in the midst of our daily grind to lead our teams and our organizations. This is a risk because if we don’t take care of ourselves we can hardly take care of others, let alone lead them. While an obvious notion, it helps introduce four ideas – pillars – for success in self-leadership. These *Four Pillars* – ideas for strength in daily self-leadership – are inspired by some of history’s top thought leaders.

The Four Pillars

1. Know your plan.
2. Feed yourself first.
3. Do one more.
4. Get up.

Know Your Plan

Steven Covey, author of [7 Habits of Highly Effective People](#) said this:

“Begin with the end in mind.”

The *First Pillar of Know Your Plan* is about setting goals. It requires having a before and after picture, but starts with an honest and clear-eyed assessment of your current state. Otherwise, how do you know where you’re going if you don’t know where you are? As Socrates famously said:

“Know Thyself.”

Once you know your current and future states, you can then start the hard work of meeting small goals that move you closer to your finish line.

Be ready to adapt to changing, unplanned circumstances along the way, because they are inevitable. The best leaders have vision but can also change course when necessary.

Feed Yourself

Simply put, if we don’t eat, drink, or breathe, we don’t live. Further, if we don’t learn, we can’t grow. Extending this idea one step further: *If we don’t grow, we can’t grow others.*

Marshall Goldsmith, famous leadership coach and author of [What Got you Here Won’t Get You There](#), said:

“To help others develop, start with yourself.”

I once heard [John Maxwell](#), another popular leadership coach, author, and pastor offer this idea about the importance of taking care of ourselves:

“If you’ve ever flown, you’ve heard a flight attendant say, ‘If you are traveling with children or seated next to someone who needs assistance, place the mask on yourself first, and then offer assis-

tance.’”

The *Second Pillar of Feed Yourself* means that before we can lead others, we must first be follow-worthy. This requires feeding our body, mind, and spirit.

For expanded thoughts on the *Second Pillar*, read [Follow-Worthy Leaders Do This](#).

Do One More

Sam Parker and Mac Anderson, authors of [212° The Extra Degree](#) offer this inspiring metaphor about making an unwavering effort in every task we undertake:

“At 211 degrees, water is hot. At 212 degrees, it boils. And with

boiling water, comes steam. And steam can power a locomotive.”
The *third Pillar of Do One More* is about the daily grind. It reminds us that seemingly small things can make the difference between competing and winning. When we’re tired, up against a wall, out of time, or out of ideas, that’s when we dig deep and find a way to *just do one more*. Vince Lombardi, hall of fame football coach, said:
“Inches make champions.”

“... it’s not how many times we fail that matters.”

Get Up

Thomas Edison clocked exponentially more failures than successes. But in his own words:

“I haven’t failed. I’ve just found 10,000 ways that won’t work.”
The *fourth* and final *Pillar of Get Up* reminds us that on our way to the finish line, we may trip and fall, and sometimes we just won’t be fast enough.

But it is not how many times we fail that matters. Rather it is how many times we embrace the failure and then get up and get going that truly counts.

Once again from John Maxwell:

“You will not succeed unless you are willing to fail.”

In summary, do, fail, learn, and do again.

Final Thoughts

The harsh reality of leadership is that people choose who to follow, despite hierarchy and formal authority. Therefore, follow-worthy leaders have earned the right to lead others by first showing strength in the daily leadership of themselves. Doing so allows them to offer their very best while leading everyone to success.

Alan Utley is a Regional HR Director for one of the world’s largest vacation businesses. By night he dabbles in executive coaching, blogging, and public speaking and is proud to serve on the management faculty at a major university. In his own words, Alan is a “world-class wannabe expert in all things leadership and careers.” Connect with Alan at www.alanderekutley.com and on Twitter @AlanDUtley.

Reprinted from: <http://leadchange.org/four-pillars-of-self-leadership/>

“Be ready to adapt to changing, unplanned circumstances...”