

THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS
ONE ALARM AT A TIME

JANUARY 2016

THE SECOND ALARM



VALDOSTA FIRE
DEPARTMENT

A Department Without Limits

Editor:
Sgt. S A Miller



BIRTHDAYS:

FF DARRIET GORDON	01/04
FF MATT COURSON	01/08
LT TROY THOMAS	01/17
FF NICHOLAS KESTER	01/17
LT JEFF THIBODEAU	01/23
SGT RICHARD ALDERMAN	01/25
SGT CARON WRIGHT	01/26
URSULA ANTLEY-WILLIAMS	01/29
SGT CHARLES PHILLIPS	01/30

POINTS OF INTEREST

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

I was watching the ESPN 30 for 30 about Jimmy V. and the 1983 NC State Championship team. The show not only highlighted their win but also provided a glimpse of the man Jimmy V. was. As he battled cancer he mentioned having "a complete day." In his words a complete day is one in which you have taken time to laugh, think and cry.

My wife often laughs and comments about how my eyes light up and dance as I reminisce about the days spent at the station and time fighting fires. She often mentions that I could go on and on and I know sometimes she tunes me out. But as I sat listening to Jimmy V., I am reminded of the time spent laughing at the station and the camaraderie. The time spent alone or after a call thinking about how I can be a better man and a servant to others. The time spent crying about not only what I experienced/witnessed on the

job but also about the family sacrifices I've made due to my chosen profession.

As I had these thoughts I think that expressing all of these emotions every day would be tiring but in actuality it's actually what Jimmy V. said, "It's a complete day." As we go about each day this year let's take time to laugh, think and cry. Let's be valiant about improving comradery. Let's take time to think not only about the negatives but the positives and possible solutions to help us become a "Department without Limits."

Finally, take time to cry. Cry about the things we've witnessed, cry tears of joy and laugh until you cry. Perhaps if we do these three things as Jimmy V. mentioned and when we close our eyes at



Freddie D. Broome, Fire Chief

the end of the day, "we can smile, say well done and exclaim what a day!"

I am hopeful for our year ahead and look forward to laughing, thinking and crying with all of you. Thank you for your support, hard work and dedication to our department.

HAPPENINGS AND GOINGS-ON

I did not receive any 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 or 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

HAPPY NEW YEAR!

from your newsletter staff

ATTA BOY—DONE DID GOOD

Chief Danny D. Bowman of the Forsyth County Fire Department sends his thanks to Battalion Chief Johnny Henry for serving as an assessor in their formal examination process for battalion chief. Chief Bowman states that BC Henry's "professionalism reflects great credit on himself, the city of Valdosta, and [Chief Broome] as Chief of Department, and is in keeping with the highest traditions of the fire service."

Captain Jonathan Windham of Crisp county Fire Rescue sends his gratitude to Lieutenant Dereck Willis and our Color

Guard for their presence, assistance, and expertise in honoring Chief Lunsford during his funeral. Capt. Windham states that Lt. Willis' and our Color Guard's "attention to detail was amazing" and that "there have been nothing but compliments on the funeral." "This process would not have come off as well as it did without you and the rest of the crew."

City of Birmingham Mayor William A. Bell, Sr., sends his thanks to Sergeant Marcus Haynes for serving as an assessor during their Fire Apparatus Operator promotional assessment. "The dedication, effort, and

professionalism [Sgt. Marcus Haynes] displayed in partnering with the City of Birmingham to promote the best qualities from within the Birmingham Fire and Rescue Service is appreciated."

Kudos to the Valdosta Fire Department for helping to raise almost \$700,000 for the Georgia Firefighters' Burn Foundation during the 2015 Give Burns the Boot Drive. We raised over \$10,000 which put us in 18th place out of 53 reporting agencies (17 have yet to report as of 12/4/15).

EXERCISE & WELLNESS—BC JOHNNY HENRY

Stress management often takes a backseat to the responsibilities of daily life, and many regard alone time as an opportunity that can only take place after everything else is 'complete.' However, it sometimes seems that when one task is done there are many more that's added or have to be completed. The list seems endless. This is why it's important to integrate stress relief activities into your daily grind if not done already. – like breathing and sleeping.

You don't have to devote hours to stress relief every day. Instead, you'll find that activities you already do can work wonders for calming your nerves, especially if you make a commitment to doing them on most days of the week. Try...

Exercise Running, lifting weights, cross-fit, and outside activities guard against the physical effects of stress producing an antidepressant-like effect on your brain and relieves muscle tension.

Talking to someone It is not good for one to handle stress alone. Loneliness can be a major source of stress, so make a point to connect with those around you. Volunteering, attending community events, meeting acquaint-

ances for coffee or taking a class to meet others with like interests are good ways to get things off of your chest. Besides you may be surprised to find about others that are or have experienced similar circumstances that may be of help.

Stay positive This can help lead to a more joyful life and more than likely, improve health. Remember all of the things that you are grateful for and stay optimistic.

Integrate healthy food choices Proper diet can counteract the impact of stress by strengthening the immune system, increasing better moods, and reducing blood pressure. According to therapeutic experts of Stress Management, foods that are moderate to high in Vitamin C, complex carbohydrates, and Omega 3 fatty acids improve protection against heart disease and depression.

Meditate, Pray, Take a Break, and Breathe Although handling stress alone is not advised, having a little bit of 'me time' to shut out everything around you decreases the feelings of stress and anxiety. Breathing exercises help oxygenate your body from anxiety buildup and proves to be a useful tool for achieving a relaxed and clear state of mind according to drweil.com.

EDITOR'S NOTE: BC Henry included a terrific workout he had gotten from neilarey.COM (redirects to darebee.com), Sofa Workout, which I recommend at least looking at. Peruse the website and see if there's a workout that especially interests you.

EMPOWERING BUGLES—NOTES ON LEADERSHIP

How To Create A Positive and Contagious Culture

You're contagious.

No, I'm not talking about a virus. But I am talking about the fact that you influence people in a way that you may not realize.

Anese Cavanaugh's new book, [Contagious Culture: Show Up, Set the Tone, and Intentionally Create an Organization that Thrives](#), is one of the best guides to understanding this influence and showing up in a way that generates positive energy. When a leader creates this positive presence, everything changes.

You can be that leader. You can be positively contagious.

Anese is a speaker, advisor, teacher, and thinking partner to some of today's most innovative organizations. We recently talked about her book on creating a contagious culture.

Leaders Are Contagious

Let's start with the first word in the title of your book, Contagious Culture. How are leaders contagious?

In so many ways: our mindset, our regard for others, our attitude, our energy – it's all contagious. Going a bit deeper, I look at "contagious" in two ways: 1) how a leader makes others feel, and 2) how he or she influences how others show up by how he or she shows up.

A leader's intention, energy, and presence has a big impact and huge influence on the people around her. It's felt in her presence, how she shows up in a room, how she regards others. People respond to that and are either inspired and uplifted by it or demotivated and deflated by it. The minute a leader walks into a room he or she is setting the tone – if they're in a good mood, people feel it. If they're in a bad mood, people feel it. If they're optimistic, people feel it. If they're worried, people feel it. We are always having an impact with our presence and how we show up. This impact is felt by those around us and is often paid forward.

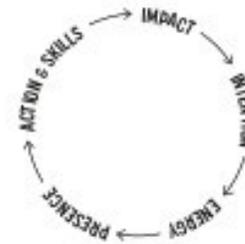
Just At the end of the day when you want to look at how you feel walking away or walking into something (a conversation, a meeting, a room) – do you feel good, big, fuller, awake, expansive? Or do you feel exhausted, small, drained, yucky, constrictive? That's energy – and it's contagious. It works for the positive (it's a super power) and it also works for the negative. Gossip, complaining, making stories up, regarding other people poorly, negative energy, these are all contagious and highly influential. Fortunately it works the other way too: accountability, seeing the good in people, optimism, and positive energy. We can choose which way we want it to go and that takes leadership.

"We can choose which way we want it to go..."

5 Components of Showing Up With Intentional Energetic Presence (IEP)

You developed the 5 Components of Showing Up With Intentional Energetic Presence. How'd you develop this model?

This came from experiencing for myself and watching over and over again with clients and our program participants the cycle of how I notice "impact" and "showing up" really happens – and what's necessary to make it sustainable and effective. When I broke it down, I could see these 5 components forming a cycle. You can enter at any point, but you need all five. Some days, depending on where you're at and what you need (and what the room, project, your team, or the other person needs), the entry point might be different.



I find that intention and impact are really good book ends or anchors – what's your intention for the impact you want to create? Your energy, your presence, and your actions & skills are going to help make it so. I noticed years ago that people often

would go really heavy on one or two of these components, but they'd leave out the others and it would cost them – impact, relationships, peace, results – so I put them all together. These work with the IEP Leadership Model shared in the book, in that each level of the model helps strengthen and nourish these 5 components.

Choose Your Impact

You start by saying that you need to "choose your impact and how you want to show up." Most of us don't think about this consciously. Why is this the beginning and so important? Do some of your clients resist this?

This is important because the ability to choose how we want to show up is a super power (and it's free with exquisitely high ROI). We're all walking around with these amazing super powers and the ability to create impact. We're having impact all the time – it's either positive, negative, or beige, and we're either contributing to helping things go better or worse (for ourselves and others) so why not be intentional about it?

We can choose how we want to show up before we walk into a room. We can choose how we want to handle something or respond to it and how we want to show up with it (even in the most difficult, unfortunate, unfair and painful of situations). We can choose how we want to impact another person (doesn't mean we'll be spot on – after all we can't control how others respond to us – but giving it intention sets us up to be more likely to have that emotional impact).

Resistance? Absolutely. Sometimes people will resist it, but I find that more often it's not resistance as much as a lack of awareness – they may not have been aware of their impact and that they had this choice to begin with. When there is resistance, it's often because choosing our impact, and taking

Continued next page.

EMPOWERING BUGLES—NOTES ON LEADERSHIP

responsibility for how we show up, can be daunting. It can also be a lot easier to blame others for situations or to think that life is happening to us, or somebody is happening to us, or the life I'm unhappy about is happening to me. It's way easier to point the finger outward as opposed to looking inward at how I might be contributing to my situation (in even the littlest way) by how I'm showing up. Or what hard decisions I may need to make now moving forward. It takes courage to pause and really look at that. Courage to own that I have choice in my life and that no matter how horrible [this relationship] is or [this situation], even if it was not my fault and is truly out of my control, I can still make choices about how I want to be with it, how I'm going to show up, what I'll need to do, what I might need to complete, what I'll learn from it, and how I'll move forward.

People often think it's easier to blame or live in a place of it's not my fault, it's happening to me, they're just bad to work with, life sucks... but really it's not – it's not easier – it can be pretty exhausting and hopeless. There's huge power in honoring the present moment of what's happening, being honest with yourself, claiming your choices, and being intentional about how you want to show up moving forward.

How to Increase Positive Energy

Energy. What steps can we take to improve how we show up and increase positive energy?

This requires an inside out approach. First, we have to be aware of how we're feeling and how we're showing up. Then it's about setting ourselves up for success to show up well consistently and being able to reboot in the moment when we're not. In the book I offer three frameworks to consider: 1) Presence Reboot, 2) 5-Steps to Impact, and 3) Your IEP Foundation. The Presence Reboot is about showing up in the moment and intentionally shifting your state when you have to be "on." The 5-Steps to Intentional Impact is about setting yourself (and your team) up for success by being proactive and intentional about the impact, energy, and outcomes you're going to create in a meeting. And then there's the bigger picture – which is always happening, every day and every minute (or not) – which is about building a strong IEP foundation and setting yourself up for success by the way you take care of yourself, the food you eat, the people you surround yourself with, the way you manage your mindset and talk to yourself, etc. When we put these three together, we have a more holistic and sustainable approach to showing up more powerfully and creating more positive energy in our world.

"There's huge power in honoring the present moment..."

Quickly Change Your Energy

If you notice low or negative energy in a meeting, what can you do to change it quickly?

There are all sorts of ways; really it depends on the group and the

context of what's happening (which, if you're a present leader and in tune, you'll be able to identify more accurately). Here are a couple of common places to look/play with. First, just notice it. Don't judge it – just get curious. What's going on in the room? Sometimes just you noticing it and getting curious (even just internally) is enough to shift the energy in the room. If that doesn't work, hold your state (so you're not going to go low or "match" their energy in order to "go get them") and check in with the group. How's it going? Where's everyone at? How are they feeling about [whatever you're working on]? If that doesn't work, name it... Hey I'm noticing we seem to be bumping up against this... or we feel a bit off

"People often think it's easier to blame or live in a place of it's not my fault..."

here... or... George, do you need anything? And if that doesn't work, take a break, invite the person in question aside, and get curious. Sometimes they're not even aware of their impact; sometimes they're not aware they're the lowest energy in the room, and sometimes they are and there's value in exploring it.

These "steps" can all happen in order or blended or whatever you intuitively sense is needed in the room. The

number one rule is don't get hooked, stay curious, stay in service of, and hold your state. Often negative energy will get "handled" when you hold your space and don't "match" it; the person with negative energy will shift on their own. And if not, a curious non-confrontational conversation will not only often shift the energy but sometimes will unearth bigger issues that are percolating through the team.

Improve Your Leadership Presence

What improves leadership presence?

Regard, awareness, physicality, and intention. These four to me are fundamental because if you can get these, then it becomes easier to address things like physical presence, commanding a room, and having awesome leadership skills. Regard is how you see people – truly see and think of them. Awareness is simply having the awareness of how you're showing up and that you DO have impact with your presence. Physicality is about being IN the body, breathing, using your body to support you – your ribcage, your feet, your spine, your breath, your posture, how you FEEL in your body – all of it – even thinking about all this brings you to a new level of presence. And intention is about deciding what you want to have happen. How you want to show up. And the intent you hold for your people and for those around you, for the project, the company, the client, etc.... these four things are always operating under the surface and speak volumes. Get these handled, and any other skills you'd use to amplify leadership presence will be easier and more powerful.

Excerpted from: <http://www.skipprichard.com/how-to-create-a-positive-and-contagious-culture/>