

THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS
ONE ALARM AT A TIME

MAY 2016

THE SECOND ALARM



VALDOSTA FIRE DEPARTMENT



Editor:
Sgt. S A Miller

A Department Without Limits

CHIEF'S TOPIC OF THE MONTH

BIRTHDAYS:

SGT ALLEN CARTER 5/06

FF DARREN WILLIAMS 5/07

FF MATTHEW DAVIS 5/13

LT TERRY CLARK 5/22

FF KEN TAYLOR 5/29

LT MICHAEL WALDEN 5/29

FF NICHOLAS BISHOP 5/31

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

Repost from January 2015.

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.

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 you the strength, the patience, and the passion to reach for the stars to change the world" - un-



Freddie D. Broome, Fire Chief

known. I ask you again, "What are your dreams for the future of our organization." Thank you for your support and dedication to making the Valdosta Fire Department a "Department without Limits."

WELCOME TO THE FAMILY



Then Firefighter, now Sergeant Travis Detweiler and wife, Erica, welcomed new daughter Kenley, who joined her sister Kyla (not pictured) as part of the Valdosta Fire Department Family on March 23rd. Welcome to the world, Kenley!

On March 11th, FF Jake Lyons married Angel Thornton, nee Thornton. Congratulations FF Lyons, and welcome to the Valdosta Fire Department Family, Angel!



ATTA BOY—DONE DID GOOD



Left to Right: Newly minted Sergeants Tyshon Reed, Travis Detweiler, Ryan Strickland, Justin Smith standing next to Chief Freddie Broome and the newly minted Lieutenants Keith Neihanke, Marcus Haynes, and Caron Wright. 04Apr2016

Congratulations to our new Sergeants and Lieutenants! Even our Chief of Police Brian Childress says, "Great job folks... Proud of our fire department and new supervisors." We're all looking forward to where you all will help to lead our department.

Steven Dancer, Installation Emergency Manager, GA-CEM, sends his thanks for the support and participation of the Valdosta Fire Department's GSAR members in MCLB Albany's full scale exercise, BLACK SWAN 16. He stated that there were some very valuable lessons learned because of our GSAR members' support and participation. Great job, guys!



Valdosta Fire Chief Freddie Broome (left) received one of the first Georgia Association of Fire Chiefs (GAFC) Certifications from Chief Dwayne Jamison, 1st Vice President of GAFC, on April 12, 2016.

Chief Broome had the honor of receiving one of the 13 Certified Georgia Fire Chief Certifications that were awarded by the Georgia Fire Chiefs Association. This is the first time this certification has ever been awarded in the State. The Georgia Fire Chief Certification is a career credentialing certification. Applicants are assessed on a point system reflective of their years of service, higher education achievement, level of fire office certifications, recognition for additional credentials, and the completion of Chief Fire Officer Level 8 hour classes. Congratulations, Chief Broome!

MAY IS BETTER SLEEP MONTH

You may have received the CareHere! email about May being Better Sleep Month and did the same thing I did and just deleted it. However, it was brought back to my attention and I think it's worth a closer look. Here are some excerpts from the email and the handouts it links to:

Better Sleep Leads to Better Health

In today's busy world, sleep might be last on your list of priorities, but did you know the quality and amount of sleep you get each day is just as important as nutrition, physical activity and stress management for healthy living? Better sleep can help prevent high blood pressure, heart attack, cancer and obesity. Learn about quality versus quantity of sleep, sleep hygiene, including tips to get better sleep you can start using today.

Other topics include sleep disorders, medications and when it's time to discuss sleep concerns with your healthcare provider.

The following are excerpts from some of the handouts attached to the CareHere! email:



EMPOWERING BUGLES—NOTES ON LEADERSHIP

How to Redesign Your Life With Just 3 Questions

Tony Jeary

Here's the main problem with the way that most people live their life: *Instead of living the life they want, they live the life they are given.*

Most of the time, we react to situations by following the path of least resistance. It makes sense that this happens. We're only human.

When a job opportunity opens up, and we need the money, we take the job without really considering the long term. The problem is, if you repeat this behavior cycle enough times, one day you wake up wondering how you "got here" and "whose life is this that I'm living?"

To redirect your course, you need to interrupt that pattern of behavior. You can do that by asking yourself the following three questions every single day of your life. The answers to these questions will serve as your roadmap—and with it, you're less likely to be distracted to take a wrong turn by opportunities that don't move you closer to your goals.

Question 1: What do I want?

Have you ever honestly asked yourself that question?

I work with CEOs from all over the world, and I can tell you with confidence that less than 10 percent of them know the honest answer to that question.

What do you want from life?

This is YOUR life for crying out loud! What do you want it to look like? Where do you want to live? Who do you want to be with? What do you want to be doing every day? Do you want to build a legacy?

Do you want to be creative?

Figure this out. It's critical.

Here's the secret: You won't figure this out today. You might not figure it out tomorrow, or next week, or even by the end of this year. That's OK. It isn't even the answer that's important, as much as the active practice of asking yourself this question.

That way, the next time a bright shiny opportunity comes your way that will require a great deal of your time, you can ask yourself, *Is this really what I want?* If it isn't, you move on. If it is, then you take it by the horns and make the most of it. You'll be armed with

"To redirect your course, you need to interrupt that pattern of behavior."

the most powerful tool of all: *the ability to say no.*

This question offers unparalleled clarity and direction.

Question 2: Who can I serve?

Here's the secret to getting everything you want in life: *Find people who are hurting, and help them.* In the world of business we call this "adding value."

"...you'll discover an endless supply of opportunity to add value."

I call it common sense and being a decent human being. Every successful business, every successful career and every successful organization exists only because it serves others.

Here's how to figure out who to serve: Look at the people you love to be around. The people who energize you and fulfill you. Ask them what keeps them up at night. Ask them

what hurts in their life. Ask them how you could help.

If you make a practice of doing this, asking people how you can help, you'll discover an endless supply of opportunity to add value. It really will be limitless.

If you can take action on even a small portion of this unlimited supply of opportunity, you'll give yourself the leverage to live whatever life you desire.

That's a sincere and honest promise from me to you. I've seen it happen in the lives of countless successful individuals. I know it works.

Question 3: Why not now?

Don't ignore asking yourself this question every single day.

Here's why: When your brain sees a long list of "to do" items, it is asking the opposite of this question. It wants to know, "Why not tomorrow?" And because you are only human, you respond with, "Yeah, why not tomorrow?"

Some people label this procrastination.

I've worked with enough high-level CEOs, high achievers, and the ultra-successful to know that *it's really just your brain asking the wrong question.*

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EMPOWERING BUGLES—CONTINUED

Try it out for yourself right now.

You've just spent the past few moments thinking about the life you want to live. Then you thought about the people you might be able to serve that will allow you to live that life.

So, *why not now?*

If your brain spits back a list of reasons, write them down. Stick that paper on your desk and revisit it tomorrow. When you wake up in the morning, look at that piece of paper and laugh.

It's amazing what a good night's sleep can do to show you how silly and hurtful and useless your excuses are. Seeing them on paper, disconnected from the chatter in your brain, will prove to you that you can and should pursue your dreams.

The Five-Minute Exercise That Empowers You to Design Your Life

This didn't take long did it?

I bet your mind is firing with ideas. Good.

MAY IS BETTER SLEEP MONTH—CONTINUED FROM PAGE 2

Anxiety Affecting Your Sleep?

Do you find yourself tossing and turning all night and unable to get a good night rest? Do you feel it's related to stress, anxiety or another emotional disturbance? The National Sleep Foundation states, "When the body is overstimulated, the brain is flooded with neurochemicals that keep us awake, such as epinephrine and adrenaline, making it difficult to wind down at the end of the day. The neurochemicals remain present in the brain and can interrupt your normal sleep cycle. The result can be insomnia, bad dreams, and daytime fatigue caused by sleep disturbance." In addition, not getting enough sleep can actually impact your mental health, as well. According to WebMD, lack of sleep slows down your thought process, impairs memory, increases depression, irritability and anger.

Steps You Can Take to Calm Your Mind:

- Journal your thoughts.
- Leave your room if you are feeling restless.
- Engage in a deep breathing technique or meditation.
- Consider herbal aids, hot teas and natural medications.
- Engage in thought stopping. If your mind is racing, develop an affirmation statement that will interrupt your racing thoughts and focus on mentally repeating your positive affirmation.

Do this activity every single day. Monday through Sunday.

At first, your actions will be small. Maybe you'll send an email to a friend to find out what's hurting them. Or maybe you'll find some online training that will show you how to achieve more. But over time, this simple exercise will etch away the stone and reveal the singular roadmap for your success.

It's the most simple way I know to strategically design your dream lifestyle.

Now get out there and do it!

Tony Jeary is an author, executive coach and presentation strategist. Jeary has published more than three dozen books about making presentations and strategic effectiveness. He coaches the world's top executives from companies such as Wal-Mart, Ford, New York Life and Texaco.

Reprinted from: <http://www.success.com/blog/how-to-redesign-your-life-with-just-3-questions>

Not Getting Enough Sleep?

If you lack sleep or are getting poor quality sleep on a regular basis, you are not just affecting energy, mood, and productivity. There are health risks involved as well, including greater risk for high blood pressure, heart disease, obesity, and diabetes. Helpful hormones produced during sleep also serve to promote healthy growth, build muscle, fight infections and repair cells.

Steps You Can Take Now!

- Avoid tobacco products. Nicotine acts as a stimulant and can prevent you from falling asleep.
- Review medications with your medical provider as needed. Some (i.e., beta blockers used for high blood pressure or SSRIs, a class of antidepressants) may cause insomnia.
- Limit exercise just before bed. A rise in body temperature can interrupt those first few hours of sleep.
- Reduce your caffeine (coffee, tea, soda, etc.).
- Limit alcohol before bedtime and avoid larger meals at night.
- Is your space inviting for sleep? Move out noisy distractions, power off electronics, and eliminate lights.
- Consider some "white noise" such as a tape or CD with nature sounds or relaxing music, a fan in your room, or another soothing low-volume sound.