

THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS
ONE ALARM AT A TIME

SEPTEMBER 2016

THE SECOND ALARM



VALDOSTA FIRE
DEPARTMENT



Editor:
Sgt. S A Miller

A Department Without Limits

BIRTHDAYS:

CAPT JAMES CLINKSCALES	09/02
LT MICHAEL NIEHANKE	09/11
SGT ISAAC HARRIS	09/13
FF LAMAR BERRIAN	09/14
FF TRAVARUS SANDERS	09/27
BC FRANK MCMILLAN	09/29

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

Repost from March 2015:

Every time I watch the movie Coach Carter it reminds me of enlightening words from Marianne Williamson: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Playing small doesn't serve the world. There's nothing enlightening about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. We are born to manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated

from our own fear, our presence automatically liberates others."

I must admit it is often bothersome to see members in our department afraid to shine because of their fear of being unaccepted or making someone feel insecure. One of my proudest moments was being announced as the Valdosta Fire Chief; however, I would have never been afforded the opportunity if I had let my fears of acceptance or individual insecurities stop me from traveling the path that was paved for me. This month's topic is "Conquering Your Fears." I challenge you to be the person you were meant to be, because at the end of the day, "What matters most is how you see yourself." I seldom make promises, but I can promise if we conquer our



Freddie D. Broome, Fire Chief

fears as individuals and as a department, there is nothing that we cannot achieve as an organization. We are a department of 107 members. Can you imagine how bright the light would be if we had 107 lights burning? It's time to conquer our fears and allow our lights to shine bright!

AC BOUTWELL RECEIVES GAFC CERTIFICATION

On Aug. 13, 2016, City of Valdosta Assistant Fire Chief Brian Boutwell joined 21 fellow chiefs in being certified by the Georgia Association of Fire Chiefs (GAFC) during the 2016 Fires Service Conference held in Augusta.

Certification applicants must meet four prerequisites, including holding a Georgia Firefighter Standards and Training Council (GFSTC) State Certification in at least one of the current Fire

Service Certifications and serving as a minimum of a Battalion Chief or Division Supervisor.

Chief Boutwell's certification comes only a few months after Valdosta Fire Chief Freddie Broome received his certification at a training session in Savannah.

"Chief Boutwell is an outstanding example of a

-Continued Page 2-

ATTA BOY—DONE DID GOOD



Many thanks to the Valdosta Fire Department from Beverly Richardson-Blake on behalf of the Mae McMullen-Wisenbaker Southside Library Boosters' "2016 Juneteenth Planning Committee" for our support of and participation in the Juneteenth Celebration. They also wish us to mark our calendars for next year's Juneteenth Celebration beginning June 13, 2017.

Mrs. Shahogony Golden wanted to personally thank Engine 2's personnel that responded to an incident involving a child's hand being stuck in a door on June 25, 2016. VFD employees were professional and did a great job working with the patient and family.

A big thank you to the Valdosta Fire Department from DEFY 2016-2017



Congrats—August 2016 Employees of the Month

On July 4, Engine 6 responded to a cardiac arrest call in the Lowe's parking lot. Once there, Lt. Mercer, Sgt. Miller and Firefighter Williams began CPR and utilized an AED. Once EMS arrived, the patient had a pulse, was breathing on her own, and was transported to the ER.

IN PHOTO, L-R: Sgt. Shelley Miller, FF Austin Williams, Mayor John Gayle, and Battalion Chief Ron Skrine (Not present in photo is Lt. Robert Mercer.)



Congrats—July 2016 Employees of the Month

In early May of this year, these three fire service professionals were part of the Fire and EMS units dispatched to Lowe's Home Improvement regarding a patient in possible cardiac arrest. On arrival with EMS, it was determined that the patient was pulseless. Lt. Talley, Sgt. Briggs, and FF Matheny quickly assisted EMS with advanced life support and CPR resulting in the patient having a return of spontaneous circulation and breathing on scene.

IN PHOTO, L-R: Lt. Jeff Talley, Firefighter Brandon Matheny, Fire Chief Freddie Broome and Mayor Pro Tem Alvin Payton, Jr. (Not present in photo is Sgt. Wade Briggs.)

AC BOUTWELL -CONTINUED

capable and hardworking chief, and this certification is a reflection of his skill, diligence and leadership ability," Chief Broome said. "I am proud to welcome him as the second VFD chief to receive the GAFC Certification, an achievement that proves the VFD is truly a 'Department without Limits.'"

Applicants were also 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 the Chief Fire Officer Level eight-hour classes.

"We developed this program to ensure that the fire departments in the state of Georgia have qualified, credentialed, and professional leaders and managers overseeing their departments and personnel," said 1st Vice President of GAFC Dwayne Jamison.



EMPOWERING BUGLES—NOTES ON LEADERSHIP

13 Skills That Are Hard to Learn but Will Pay Off Forever

By Rachel Gillett

The best things in life may be free, but that doesn't mean they won't take time, sweat, and perseverance to acquire.

That's especially the case when it comes to learning important life skills.

To ascertain which talents are worth the investment, one Quora reader posed the question: "What are the hardest and most useful skills to learn?"

We've highlighted our favorite takeaways, as well as a few other skills we thought were important.

Mastering your sleep

There are so many prescribed sleep hacks out there it's often hard to keep track. But regardless of what you choose, establishing a ritual can help ensure you have restful nights.

Numerous studies show that being consistent with your sleep schedule makes it easier to fall asleep and wake up, and it helps promote better sleep in general.

Empathy

"You can be the most disciplined, brilliant, and even wealthy individual in the world, but if you don't care for or empathize with other people, then you are basically nothing but a sociopath," writes Kamia Taylor.

Empathy, as business owner Jane Wurdwand explains, is a fundamental human ability that has too readily been forsworn by modern business.

"Empathy — the ability to feel what others feel — is what makes good sales and service people truly great. Empathy as in team spirit — esprit d'corps — motivates people to try harder. Empathy drives employees to push beyond their own apathy, to go bigger, because they feel something bigger than just a paycheck," she writes.

Time management

Effective time management is one of the most highly valued skills by employers. While there is no one right way, it's important to find a system that works for you and stick to it, Alina Grzegorzewska explains.

"The hardest thing to learn for me was how to plan," she writes. "Not to execute what I have planned, but to make so epic a to-do list and to schedule it so thoroughly that I'm really capable of completing all the tasks on the scheduled date."

Asking for help

"I once was told in a job interview, 'You can't have this job if you can't ask for help when you need it,'" Louise Christy writes. "Naturally, I said I could. Later, I found out that the

"What are the hardest and most useful skills to learn?"

previous person with that job had screwed up big-time because he was in over his head but couldn't admit it and didn't ask for help."

She explains that knowing when you need help and then asking for it is surprisingly difficult to learn and do because no one wants to be perceived as weak or incompetent.

But a recent study from the Harvard Business School suggests doing so makes you look more, not less, capa-

ble. According to the study authors, when you ask people for advice, you validate their intelligence or expertise, which makes you more likely to win them over.

Consistency

Whether you're trying a new exercise routine, studying for the LSATs, or working on an important project, Khaleel Syed writes, consistency is vital to maintaining any kind of success.

People often stop working hard when they reach the top, he says, but to maintain that top position, they have to work harder and be more consistent in their work.

Positive self-talk

"Ultimately it doesn't matter what others think of you," Shobhit Singhal writes, "but what you think of yourself certainly does, and it takes time to build that level of confidence and ability to believe in yourself when nobody else does."

On the other side of positive self-talk is negative self-talk, which Betsy Myers, founding director of The Center for Women and Business at Bentley University, believes can slowly chip away at your confidence.

Knowing when to shut up — and actually doing it

"You can't go around whining about every other thing that seems not-so-right to you in this world," writes Roshna Nazir. "Sometimes you just need to shut up."

There are many instances when keeping to yourself is the best course. "When we are angry, upset, agitated, or vexed,"

EMPOWERING BUGLES—CONTINUED

Anwasha Jana writes, "we blurt out anything and everything that comes to our mind." And later, you tend to regret it.

Keeping your mouth shut when you're agitated is one of the most valuable skills to learn, and of course, one of the most difficult.

Listening

Along with shutting up comes listening, Richard Careaga says.

"Most of us in the workplace are so overwhelmed with things to do — instant messaging, phones ringing. I mean, our brain can only tolerate so much information before it snaps," Nicole Lipkin, author of "What Keeps Leaders Up At Night," previously told Business Insider.

One tip for active listening is repeating back what you heard to the other person. "It makes things so much easier when everyone is on the same page," she said.

Minding your business

"It takes ages to learn and master this," Aarushi Sharma writes.

Sticking your nose into other people's work isn't helpful and wastes time and resources, she says. "You have no right to put forth your two or four cents, even if you are the last righteous person standing."

Resisting gossip

"The most important thing in life to me is relationships," Jason T Widjaja writes. "And the most important thing about building and keeping good relationships is trust."

One of the easiest ways to lose trust, he says, is to gossip about people behind their back.

Widjaja says learning not to gossip was hard to do because it meant missing out on possibly important conversations, distancing himself from influential people, and awkwardly having to tell people, "Hey, sorry to interrupt but I really don't need to know that, could we talk about something else?"

"But press on and you will get your priceless reward. Trust," he writes.

Mastering your thoughts

"One of the easiest ways to lose trust... is to gossip..."

To do what you want to do and accomplish what you want to accomplish, you need to consciously direct your thinking, Mark Givert writes.

"The challenge is that we are the product of our past experience and all of our thinking is the result of this," he says. "However, the past does not equal the future."

Staying present in the moment

According to happiness researcher Matt Killingsworth, we tend not to be very good at staying present in the moment: he says that 47% of the time, people are thinking about something other than what they're currently doing. And this is hurting our happiness, he says:

"People are less happy when they're mind-wandering no matter what they're doing. For example, people don't really like commuting to work very much. It's one of their least enjoyable activities, and yet they are substantially happier when they're focused only on their commute than when their mind is going off to something else. It's amazing."

"The challenge is that we are the product of our past experience..."

Speaking up

Speaking up in public can be so hard for many of us to do. Even the American business magnate Warren Buffett said that he was once so terrified of speaking in public that he would throw up. "In fact, I arranged my life so that I never had to get up in front of anybody," he told his biographer Alice Schroeder in "The Snowball: Warren Buffett and the Business of Life."

It took practicing giving speeches numerous times in front of his Dale Carnegie speaking course classmates to finally conquer his fear.

"Some of it is just practice — just doing it and practicing," Buffett said. "And it worked. That's the most important degree I have."

Rachel Gillett is a careers reporter at Business Insider. She previously wrote and edited for Fast Company's Leadership section. Her work as a multimedia journalist has been featured on PopPhoto.com, AOL.com, The Huffington Post, and elsewhere.

She graduated from Rutgers University with a double major in journalism and media studies and German studies.

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