

# THE SECOND ALARM

BRINGING VALUABLE RESOURCES & NEWS  
ONE ALARM AT A TIME

HOLIDAY 2016

THE SECOND ALARM



VALDOSTA FIRE DEPARTMENT

## A Department Without Limits

Editor:  
Sgt. S A Miller



### BIRTHDAYS:

<b>LT JOHN HERPIN</b>	<b>11 / 10</b>
<b>FF JIMMIE BACON</b>	<b>11 / 11</b>
<b>SGT CHRIS SCOTT</b>	<b>11 / 13</b>
<b>SGT TREY COTHRON</b>	<b>11 / 22</b>
<b>FF JEFF KRAUSHAAR</b>	<b>11 / 23</b>
<b>FF MICHAEL PENLAND</b>	<b>11 / 23</b>
<b>LT MICHAEL CRUMP</b>	<b>11 / 28</b>
<b>LT ROBERT MERCER</b>	<b>12 / 07</b>
<b>LT DWIGHT PRIMROSE</b>	<b>12 / 17</b>
<b>SGT JUSTIN SMITH</b>	<b>12 / 17</b>
<b>FF HUNTER YOUNG</b>	<b>12 / 19</b>
<b>FF DAVASIO JOHNSON</b>	<b>12 / 21</b>
<b>LT SCOTT WATSON</b>	<b>12 / 21</b>
<b>CAPT CARL SMITH</b>	<b>12 / 22</b>
<b>LT DERECK WILLIS</b>	<b>12 / 29</b>
<b>FF STEVE WALKER</b>	<b>12 / 31</b>
<b>ROBERT GAINES</b>	<b>12 / 31</b>

### CHIEF'S TOPIC OF THE MONTH

We are truly blessed to be a part of a profession that affords us an opportunity to create life impacting experiences. I know most members in our department do not consider themselves to be a hero, or a person who does heroic things; however, I often beg to differ. "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be" - Patanjali.

Behind my smile there is often tears for your struggles, joy for your happiness, honor for your willingness, respect for your sacrifice and praise for being able to serve as your leader. Maya Angelou once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." To me you are all my heroes not because of your job but because of my astute feelings of emotion and inspiration. Despite our difference in opinions, in some form or another every member in our department has given me hope to dream bigger and inspired me to be greater. If that



Freddie D. Broome, Fire Chief

doesn't define a hero, I'm not sure what does; therefore, it is imperative for me to personally thank everyone in the Valdosta Fire Department for being my HEROES. I wish everyone a blessed and safe Christmas.



### VFD UPCOMING EVENTS

- Recruit School Graduation** - Dec 2 @ Park and Rec Forrest St. (2 PM - 5 PM) - come say hello to the newest recruits
- Firefighters for Christ** - RSVP by Dec 4 6PM for meeting on Dec 9 @ Wooden Nickel (6 PM-) - \$10-15 gift exchange and fellowship
- Mayors Motorcade** - Dec 6 @ Parkwood (10 AM - 11 PM) - help bring some Christmas cheer
- Annual Christmas Party** - Dec 7 @ Park and Rec (6 PM - 9 PM) - bring your family and fellowship with firefighters both current and retired
- Shop with a Firefighter** - Dec 12 @ Norman Dr. (6 PM - 9 PM) - see a child's eyes light up in joy
- Give a Kid a Bike** - Dec 16 @ Station 1 (12 PM - 5 PM) - give back to the community and see how happy you can make a kid
- Promotion Ceremony** - Dec 19 @ City Hall Annex Multi-Purpose Room (9 AM-) - come congratulate our newly promoted Sergeants



## ATTA BOY—DONE DID GOOD

It seems that Debbie White of the Utilities Department enjoyed the Inaugural Firefighter's Ball this past October 15th as evinced from this email to Battalion Chief Ron Skrine: *The Fireman's Ball was an awesome event, the Utilities Department was so excited to be a part. I could see all the hard work and dedication that was inspired by the Department to give their best. Hard work and dedication is always a way to describe a success stories. Your Department has a great story to tell. I am so glad that I was a part of such an awesome event. Keep up the great work, congratulations again and the Utilities Department is already planning for next year's event. I hope that all our future events can elicit such excitement.*

Scott Berry of Young Life Ministries sends his thanks to Chief Broome and Engine 4 for participating in the Young Life Cake Ball event. Over one hundred high school kids took part in the frivolity and Engine 4 assisted with cleaning up the merry-makers. "We are thankful for the many ways you and your team serve our community."

On October 7th Mrs. Ursula Antley-Williams sent this citizen compliment to Chief Broome: Mr. Art and Mrs. Trish DeThomas called station 1 this morning wanting to thank all the members of the Valdosta Fire Department for all of their hard work and dedication. They expressed that they are long time members in the community and they appreciate the service. They also expressed that they will be praying for the Valdosta Fire Department during this storm.

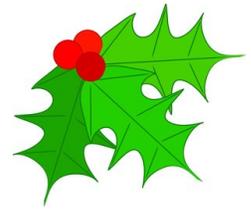


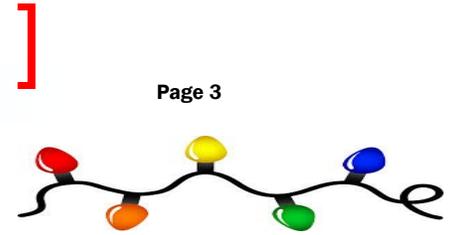
Congratulations to Mrs. Rejeana Wright, wife of Lieutenant Caron Wright, for being voted the 2016 Teacher of the Year for JL Lomax Elementary School. Congratulations, again, with a special thanks for teaching the future leaders of tomorrow.

Lieutenant Justin Ply sends a "Good job guys!!!!" to two members of the Valdosta Fire Department Honor Guard, Lieutenant Derek Willis and Sergeant Eddie Coppage, for representing our department "in the most professional manner during this time of need... There were numerous members of the family that came up to me after the service to commend [Lt. Willis and Sgt. Coppage]... Many members of the Berrien County Fire Department sent their thanks also for the services provided."



A big shout out to these local restaurants for feeding our now graduated 2016 Citizen's Fire Academy attendees: KFC, Sam's Club, Jessie's Restaurant & Catering, Austin's Cattle Company, Buffalo Wild Wings, Big Nick's, Chick-fil-A and Covington's. Also, congratulations to the graduates of the 2016 Valdosta Fire Department Citizen's Fire Academy: Alvaro Angel, Courtney Haggard, Daniel Joseph Jansen, Diana Angel, Evangelio Cintron, Genevieve Chavez, Genna Kasun, Jacqueline Cintron, Joey Dulanto, Kamil Cook, Rusty Wetherington, Sally Turner Querin, Bob Cornelius, Sarah Lowe, Susan A. Barden, Viola H. Coston, Wanda Halter and Gerald Martin [pictured above with Fire Chief Freddie Broome].





## EMPOWERING BUGLES—NOTES ON LEADERSHIP

### How To Train Your Brain To Be More Patient

*When it comes to motivation, your brain is a little like a traffic light. Here's how to rewire it.*

By Art Markman

Are you a patient person? Are you sure?

Most of think we're pretty good at waiting for the things we want. But in reality, you're probably more impatient than you'd like to admit. It's hard not to get what you want right now—that's just how humans are built.

The good news is that there are a few things you can do to improve your patience. The bad news is that before you can implement them, you first need to understand where your impatience comes from. Here's how.

#### HOW YOUR BRAIN'S TRAFFIC LIGHTS ARE WIRED

Your brain has two distinct systems that work in tandem to help you achieve your goals.

You can think of one as the "go system," which involves structures deep in the brain. It engages your goals, gives them energy, and directs you to focus on information related to achieving them. This system is extraordinarily efficient. On occasion, though, it engages goals you no longer want to pursue—or least don't want to pursue at that moment.

**"Are you a patient person? Are you sure?"**

When this happens, the second system in your brain kicks in. It involves your brain's frontal lobes inhibits actions the "go system" is suggesting. You can think of this one as the "stop system," and it's generally much less effective by comparison. It's impaired by stress, drugs and alcohol, and even overuse.

So when you're impatient to get something done, it means that your "go system" has you strongly fired up to do it right now, and your "stop system" is having a hard time holding you back. The problem is that even if you successfully keep that urge at bay, you're still going to feel the discomfort of impatience—unless you find a way to disengage the go system from its dogged pursuit of the goal.

Got it? Great! Now it's time to look at a few ways of doing that . . . thanks for your patience!

#### 1. GET SOME DISTANCE

The go system focuses on goals that can be achieved in the world as your brain perceives it to be. The more distant a goal is from you, the less that it motivates you. So if you can create distance between yourself and the goal, you can decrease the energy your brain's go system puts behind it.

And luckily, there are lots of ways to create distance. Obviously, physical distance can help; the adage "out of sight, out of mind"

really does work. Mental distance can help move yourself out of the direct path of temptation, too. It's no secret that humans enjoy savoring the experience of being tempted, and that can put a lot of pressure on our capacity for patience. You think about all of the juicy details, which increases your desire, making you impatient.

But you don't need to become an ascetic who tries to eliminate temptation altogether. Instead, think about those temptations more abstractly. If you're lusting after a new car that you can't quite afford right now, don't obsess over its wood trim and efficient engine. It's okay to keep thinking about it, but think about it only as a vehicle or mode of transportation. Your go system will soon start to latch on to something else.

#### 2. DISTRACT YOURSELF

In order to help you with goal achievement, your go system also tends to focus you on just one goal at a time. That's why you get impatient. Everything else gets less important when your go system engages a particular goal strongly. That means that if you can compel your brain to fixate on a different goal, the temptation you're fighting will get less strong.

So find something else you also enjoy and immerse yourself in it. While you're pursuing that other goal, you won't feel the strong pull of impatience as badly as you did before.

#### 3. PHONE A FRIEND

It can be hard to disengage the go system all by yourself. Your natural cycle of thoughts will often bring you back to the desirable aspects of whatever you're struggling to stay patient about. Your mind creates its own vicious cycle that strengthens the go system's grip on the goal, making it harder and harder for you to avoid acting on it.

**"...you won't feel the strong pull of impatience as badly as you did before."**

When this happens, you quite literally need help—from someone else. Humans are a social species. We're wired to give our attention to the people around us and to share their goals. When you find another person (a friend, family member, or colleague) who doesn't share your obsession, your interactions with them will lead your go system to pick up on what they want, which creates an opening for your brain's stop system to pump the brakes.

While you're with that person, you won't be the same impatient soul you were when you were alone. In this sense, anyway, training your brain to be more patient may have an unexpected side effect: it can bring people together.

Reprinted from: <https://www.fastcompany.com/3064255/your-most-productive-self/how-to-train-your-brain-to-be-more-patient>

Art Markman, PhD is a professor of Psychology and Marketing at the University of Texas at Austin and Founding Director of the Program in the Human Dimensions of Organizations.



**ATTA BOY—CONTINUED**



VFD & Public Works Recipients Photo (from left): VFD Fire Chief Freddie Broome, VFD Firefighter Darren Williams, Mayor John Gayle, Public Works Director Richard Hardy, Public Works Superintendent DeMarcus Marshall and Public Works Coordinator Tonja Shackelford. Public Works received the award for Service of the Year.

Kudos to Firefighter Darren Williams for being selected Employee of the Year by the Mayor’s Council for Persons with Disabilities during the 21st Annual Awards and Recognition Banquet . FF Williams was picked as Employee of the Year for his work where he finished extending the handicap accessible ramp to the Valdosta Regional Training Center. Great work and congratulations!



Firefighter Carl “Steve” and Mrs. Angie Walker’s son, Sully, came in first place for his age division at the Hahira Middle School Archery Tournament on September 10th. He scored a 244 in 3D and a 261 in Bullseye. Way to go, Sully!



Langboard OSB and the Langdale Company sends their thanks to Chief Broome and the Valdosta Fire Department for our “quick [mutual aid] response and assistance during the recent fire at Langboard [Quitman]. Your outstanding services protected our employees and minimized damage. Thank you for being a blessing to our employees, company and community.”

Not only demonstrating excellence while on duty, Lieutenant Charles Phillips has been recognized as the City of Valdosta Employee of the Month for November 2016 for serving his fellow citizens off duty as well. From the press release: *Lt. Phillips is the neighbor of an elderly lady who cares for her 93-year-old mother. Since her mother requires constant supervision, she is no longer able to perform routine outside chores. Without being asked, Lt. Phillips performs duties around her home including maintaining the lawn, pressure washing her home, and regularly visiting the two of them. Although she offered to pay Lt. Phillips for his services, he declined. Recently, the citizen had to make several emergency trips out of town to visit her son who has cancer, and Lt. Phillips once again volunteered to assist his neighbor by watching her home and pets. Congratulations and thanks for all that you do, Lt. Phillips!* (Pictured above: Mayor John Gayle congratulates Lt. Phillips)



## Learn to love exercise

You know exercise is good for you. It can help you lose weight, relieve stress, and boost your mood. You also know it helps prevent heart disease and other health problems. But despite knowing these facts, you may still struggle to get regular exercise.

Improve your perception of exercise. DO NOT see it as just something you should do, but as something you want to do. Tailor your exercise routine, so it becomes something you actually look forward to doing.

### Do Activities You Enjoy

With so many options for exercise, there is no need to suffer through a workout you do not like.

**Be true to yourself.** Look for activities that suit your personality. If you are a social butterfly, try group activities, such as dance classes, a cycling club, or a walking group. Many groups welcome new members at all levels. If competition is what drives you, take up softball or join a rowing club. If you prefer solo exercise, consider jogging or swimming.

**Try something new.** There is a whole world of exercise possibilities out there, from salsa classes, to kayaking, to rock climbing. You never know what activities you might enjoy until you try them. So see what is available in your area and go for it. Whether it is horseback riding, belly dancing, or water polo, find an activity or sport that interests you and sign-up. If you find it hard to go alone, bring a friend or family member.

**Channel your inner child.** Think about activities you enjoyed as a child, and try them again. Was it roller skating, dance, maybe basketball? You may be surprised at how much you still enjoy your childhood pastimes. Many communities have adult leagues and classes you can join.

**Choose your sweet spot.** Do you love being outdoors? Choose activities that get you outside, such as walking, hiking, or gardening. If you prefer to exercise indoors, think about swimming, active video games, or yoga.

**Mix it up.** Even the most fun activity can get boring if you do it

day after day. Find a few things you like and mix it up. For example, you might play golf on a Saturdays, take tango classes on Mondays, and swim laps on Wednesdays.

**Add a soundtrack.** Listening to music helps the time pass and keeps your pace up. Or you might try listening to audio books while you walk or ride a stationary bike. Just be sure the volume is low enough for you to hear what is going on around you.

### Stay Motivated

Getting started with a routine is just the first step. You will also need help staying motivated so that you keep up your new habits.

**Remind yourself how much you like exercising.** Most people feel really good after exercising. But for some reason, it's hard to remember that feeling before your next workout. As a reminder, make a few notes about how good you feel after a workout. Or

take a photo of yourself after a workout and stick it on the fridge for inspiration.

**Share your progress online.** Social media offers a number of ways to share your progress and get positive feedback from friends. Look for websites where you can track your daily walk or run. If you like to write, start a blog about your adventures.

**Sign up for a charity event.** Charity events offer you the chance to walk, ski, run, or bike for

a good cause. Not only are these events fun, but training for them can help keep your motivation up. Many charities help participants by arranging training runs or bikes. You'll get fit while meeting new friends. Or, boost your motivation by signing up for the event with family, friends, or coworkers.

**Reward yourself.** Treat yourself for hitting your goals. Think about rewards that support your efforts, such as new walking shoes, a heart rate monitor, or a GPS watch you can use to track your workouts. Small rewards work as well, such as tickets to a concert or movie.

### Alternative Names

Prevention - learn to love exercise; Wellness - learn to love exercise

Reprinted from: <https://medlineplus.gov/ency/patientinstructions/000764.htm>

