



VALDOSTA FIRE DEPARTMENT

A Department Without Limits

Editor:
Sgt. S A Miller

BIRTHDAYS:

SGT DARRIET GORDON 01/04

FF TERRIAL SMALL 01/08

FF MATT COURSON 01/08

LT TROY THOMAS 01/17

FF NICHOLAS KESTER 01/17

CAPT JEFF THIBODEAU 01/23

LT RICHARD ALDERMAN 01/25

LT CARON WRIGHT 01/26

FF FREDERICK JONES 01/27

URSULA ANTLEY-WILLIAMS 01/29

LT CHARLES PHILLIPS 01/30

CHIEF'S TOPIC OF THE MONTH

Each year, we all make a list of resolutions for the New Year that by the end of the week we have either broken or forgotten. This past year, I resolved to not make any resolutions but to try to live and do better by others each day. There were some trying days but I can honestly say that the good outweighed the bad. After the clock struck midnight for 2017, I met a gentleman and we started having a casual conversation. After exchanging pleasantries, he shared that he was in the fire service. It's New Year's and sometimes people want to share with you their life story and this conversation with him was nothing different. He explained that a few years ago he found himself in a very dark place and was not happy at work or at home. His goal

each day was to make his co-workers and wife as miserable as he was.

It was later that he had a revelation and decided that instead of enjoying misery; he would work on finding joy, purpose and reconnecting with others. Taking this into consideration, how can we all find our joy and purpose without finding it at the expense of those around us? Can you reconnect with a co-worker or family member that you have a strained relationship with? "Choosing intentionally to find joy and mend relationships helps us live lives of less stress, anxiety and frustration. We begin to feel more fulfilled, more complete and more alive."- Joshua Becker



Freddie D. Broome, Fire Chief

Perhaps at the end of 2017, you too can share your story of finding your joy, purpose and reconnecting with others. Thank you for the continuous support.

POINT OF INTEREST

- 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

RUMOR MILL



Tangela Rowe was promoted to the rank of Sergeant. **False**, the Public and Life Educator position was reclassified to a civilian position as the result of the Dr. Condray and Associates pay study. The civilian position mean it does not hold any rank. However, prior to accepting the Public and Life Safety position, Tangela was a corporal. Therefore, she will remain eligible for any future promotional opportunities.

Lt. Kennedy lost his Lieutenant bugles when he accepted the Accreditation Manager position. **False**, although the accreditation manager position is classified as a civilian non-ranking position, Bennie will still be eligible to participate in any future Captain or Chief officers positions since he was a Lieutenant.

ATTA BOY—DONE DID GOOD



The Valdosta Fire Department's softball team placed second behind the Georgia State Patrol at the Heroes for Tots Tournament. Great job, guys!



Congratulations to Sergeant Tyshon Reed who was awarded Fire-fighter of the Year by the Omega Psi Phi Fraternity for outstanding accomplishments within his respective body of work and his reflection of the fraternity's cardinal principles of manhood, scholarship, perseverance, and uplift. Sgt. Reed is pictured above with Bobby



Congratulations to Lt. Bennie Kennedy, Tiffany and Whitney Kennedy for winning the Shop with a Firefighter, "Closest to the Dollar Amount" Challenge where they were assisting the Shop with a Firefighter family with spending as much of the gift card limit as possible. They came within a dollar of the gift card limit beating out the next closest competitor by nine cents. Pictured above (above from left to right) is the Shop with a Firefighter family, Miss Georgia Teen USA, Taylor Ward, and the Kennedy family (Whitney, Tiffany, and Bennie).



Congratulations to Miss Taylor Ward (pictured above-right) for winning Miss Georgia Teen USA. Miss Ward is the granddaughter of former Fire Marshal, Captain James Baty. Miss Ward volunteered to assist with this year's Shop with a Firefighter program.

EMPOWERING BUGLES—NOTES ON LEADERSHIP

12 Easy Phrases to Massively Improve Your Leadership

At the heart of great leadership is a desire to serve others, to empower them and foster their success. Here are 12 phrases that every leader should be saying—a lot.

By Lolly Daskal, President and CEO, Lead From Within

Being a leader today is not about having followers who are waiting to be told what to do and how to do it. Successful leadership is about engaging and empowering people to do what they are capable of doing, and building confidence and trust in your team.

Communication is key; written or spoken, your words carry tremendous weight. These 12 phrases are small but powerful. Use them daily and you can be sure your leadership is moving in the right direction.

1. "Please"

It may seem basic, but treating others with respect goes a long way. Especially in times of stress, it's easy to overlook a courtesy as simple as saying "please," but to the person on the other end it can make the difference between a barked order and a respectful request.

2. "Thank you"

Appreciation is both motivating and uplifting, and saying "thank you" is a simple, no-cost way to show appreciation. Taking care to recognize the contributions of others increases their confidence and your team's morale, and it sets a good example.

3. "Tell me more"

Successful leadership means being interested and inquisitive, always wanting to know more and seeking out the ideas and opinions of others.

4. "I'm proud of you"

The leaders we admire tend to be generous with praise. When you notice and acknowledge the hard work and achievements of your team, everyone wins.

5. "What do you think?"

As the old saying goes, listening is among the greatest of favors. When you sincerely ask people for their input, they feel valued and more committed. It also communicates that you're open to the ideas of others.

6. "It's your call"

When you empower others with decision making, you encourage them to build their own leadership and foster trust and independ-

ent thinking. Delegating decisions is the cure for micromanagement.

7. "You're doing great"

The best way to help people reach their full potential is by offering them encouragement. Treat people like they make a difference and they will.

8. "We're all in this together"

The best leaders are collaborators. They thrive on building teams and creating synergy; they know that it takes a community of dedicated, loyal people to cultivate winning results. Building collective pride and accountability keeps egos in check and gives better results.

"...you model humility, candor, and confidence for your team."

9. "I trust you"

The best way to cultivate trust is by giving trust to others. If those around you feel confident that you trust them, they have the confidence to excel and are motivated to keep your opinion of them high.

10. "I'm sorry"

There is nothing that feels more humbling to a leader than saying "I'm sorry." But it's actually a sign of great strength and accountability, and wise to practice. Acknowledging your mistakes inspires people to do the same.

11. "I don't know"

Everybody has strengths and weaknesses, including leaders. When you admit the limitations of your knowledge, you model humility, candor, and confidence for your team. And when you seek out the answer, you model problem solving and open-minded inquiry.

12. "How can I serve you?"

If you really want your leadership to stand apart, this simple phrase can be a game changer. Servant leadership is the most powerful force you can bring to your team. If you're looking for ways you can help and serve others, the best way is to ask.

What are your go-to leadership phrases? What do they communicate? How well are they working for you?

Lolly Daskal is the president and CEO of Lead From Within, a global consultancy that specializes in leadership and entrepreneurial development. Daskal's programs galvanize clients into achieving their best, helping them accelerate and deliver on their professional goals and business objectives. Lead From Within is a consultancy with global scope, and Daskal's clients value her exceptional commitment to excellence, integrity, and results.

Reprinted from: <http://www.inc.com/lolly-daskal/12-easy-phrases-to-massively-improve-your-leadership.html>

"Communication is key..."

ATTABOY—CONTINUED



Thanks to Chief Freddie Broome for fearlessly increasing the festivity levels by bravely displaying his Christmas Spirit during the Salvation Army Drive, the Mayor’s Motorcade, and the Valdosta Fire Department’s Annual Christmas Party. He is pictured above (left to right) with City Manager, Larry Hanson, District 4 Councilman, Alvin Payton, Jr., Parkwood Development Center Administrator, Sandra Rathel, Mayor John Gayle, and a Christmas Tree.



A special thanks to the members of the Citizen Fire Academy for constructing and decorating the awesome float for Valdosta’s annual Christmas Parade. Thank you for your dedication and continuous support of the Valdosta Fire Department. (pictured left to right - Sgt. Darren Williams and family, and the Chavez family

The Family of J.C. Brooks sends their thanks for the Valdosta Fire Department for our donation to the Georgia Firefighters Burn Foundation. “It meant a lot to us.” - Betty Brooks & Family

RUMOR MILL—CONTINUED

Captain Clinkscales was promoted to a Battalion Chief. Kind Sorta, as the result of the Dr. Condray and Associates pay study, the Fire Marshal position was reclassified to the rank of Battalion Chief. So yes, Clinkscales now falls into the Battalion Chief rank structure and is considered a Battalion Chief/ Fire Marshal.

Chief Broome is switching to ImageTrend because Winston-Salem Fire Department uses ImageTrend. False. The Winston-Salem Fire Department currently uses Visual Fire records management system. Chief Broome decided to switch to ImageTrend because the system

was purchased by the State of Georgia's Fire Marshal Office and it is free to all fire departments in the State. In addition, ImageTrend is web based, which allows personnel immediate access to input hydrants information and complete run reports while away from the station. This is a feature that was no longer available with Firehouse. Also, there is no limit to how many users can work on the system at one-time. We are all aware of the “maximum number of users” messages we frequently received while attempting to access Firehouse.

HEALTH AND WELLNESS

The Four Components of Firefighter Fitness

By BECKY SHEREK

Coaches and athletes have long appreciated the role exercise plays in the enhancement and prevention of injury. But the power of exercise isn't limited to gymnasiums and playing fields. The same benefits need to be applied to the fire stations.

It has been said that firefighters expend as much energy during a major emergency as the players in a football game, if not more. This assertion is supported by many studies that demonstrate the need for and benefits of high levels of physical fitness in the fire service.

The sedentary hours firefighters may spend in the fire station may be as hazardous for them as fighting a fire. A major reason for firefighters high risk of heart attacks may be that they get little or no exercise while on-duty or neglect to perform while at home. The sudden, intense energy demand that is needed to fight a fire is what puts the firefighter who is not in good physical condition in grave danger. A firefighter's lack of physical fitness can be viewed as a matter of public safety as well as one's individual health.

A firefighter is just like an athlete being they must be properly equipped, skilled at what they do, and fit for the demands of their jobs. Optimal fitness is a combination of lifestyle, nutrition and habits, but it cannot be reached without an appropriate level of physical fitness.

Let's look at what is considered the major components of being physical fit and to understand their benefits and how they play a part in building a firefighter's body to the ultimate.

Cardiorespiratory Endurance

Nothing is more important to overall health and fitness than cardiovascular or aerobic training. Cardiovascular exercise improves the ability of the lungs to provide oxygen and the heart and vessels to supply blood to the tissues. This type of fitness largely determines your ability to participate in vigorous physical activities for extended periods of time. Firefighting is a physically demanding occupation because they have to perform heavy physical labor under extreme environmental conditions. Unlike manual jobs where most of the effort has been engineered out of manual handling tasks, firefighters must respond to an ever-changing set of environmental conditions for extended periods.

The heart rate response to hard physical work has been demonstrated to be a reliable and a valuable tool for establishing the intensity and arduousness of work being performed. As the rate

increases, the amount of oxygen consumed by the body increases. In fact, it is the demand for the increased amount of oxygen that triggers the increase in heart rate.

The maximal heart rate declines with age, (220 - your age = your maximum heart rate) is generally accepted as the basis for establishing the "red line" for people who are exercising or working in arduous settings. Most people can only sustain high percentages (90 percent) of their heart rate for a short duration.

The studies pretty much shows that aerobic capacity is so important to a firefighter's performance that it provides an independent and necessary indicator of the physical fitness of firefighters to perform the more critical elements of their job. In other words, without cardiovascular fitness, you can't do your job safely or well.

To increase your cardiovascular fitness, you must undertake a regular program of sustained aerobic exercise. Criteria must be met with frequency, intensity, time, and type to be effective. The most effective exercises for producing an improvement in cardio-

vascular fitness are those that are performed continuously while using large muscle groups. Activities that meet these criteria include jogging, brisk walking, cycling, stair climbing, rope skipping, aerobics, cross country skiing, swimming, rowing, etc.

Firefighters perform their job under the

most arduous conditions, enduring high heat and oxygen-deficient environments. Compound this with an intense level of mental stress and you can see the importance of keeping the cardiovascular system in tip-top shape. A cardiovascular workout also lowers serum cholesterol levels, triglyceride levels, and blood pressure, thereby reducing the risk of heart disease, diabetes, and osteoporosis, as well as many other ailments.

The way I look at it in this modern high-pressure world, you cannot afford not to work out. Back to square one with the leading cause of line-of-duty death for firefighters across the country is heart attack, it then seems logical for all fire departments to implement some type of fitness and wellness program.

Flexibility

Flexibility and balance are critical factors in achieving your peak physical potential, but they are overlooked many times. It seems all you hear is "pumping iron" is what you need to do. Not!

A good dose of stretching which is what many people refer to as flexibility now should precede and follow just about any exercise routine the American Council on Exercise says. Flexibility, the ability



HEALTH AND WELLNESS—CONTINUED

of a joint to move through its full range of motion, is extremely important for general fitness and wellness. What you achieve by stretching your tight muscles, tendons and ligaments are balance. Balance from all the stresses and strains of everyday life as well as balance in training.

These aspects of fitness is very important to firefighters whose work involves strenuous physical activity, restrictive areas, slippery or otherwise unsafe conditions, awkward and/or heavy loads, requirements for rapid movement, etc.

Flexibility just doesn't help firefighters work with less risk of injury but can also contribute to the following:

- Increased physical efficiency and performance.
- Increased circulation.
- Increased neuromuscular coordination.
- Improved balance and posture.
- Reduced stress and tension.
- Personal enjoyment.

Sounds too good to be true from just doing a few stretches, ha.

Muscular Fitness

For the firefighters, the benefits here are obvious I would think. Carrying heavy equipment to the scene or up many flights of stairs while clad in suffocating, insulated clothing and then being required to perform at full capacity puts tremendous demands of strength and endurance on the human body. Firefighting and rescue work frequently involves moving your body into different positions; therefore, all your muscles need to be strong at every position within their normal range of motion. When we look at muscular fitness it encompasses three properties of muscle tissue:

- **Strength**- the maximum amount of force a muscle can generate during a single contraction.
- **Power**- the rapid generation of force, or the ability to move loads quickly.
- **Endurance**- the ability of a muscle to perform repeated contractions for a prolonged period of time.

Muscular fitness is an entirely separate and unique component of physical fitness, different from flexibility and cardiovascular fitness. The high demands of firefighting require a high degree of muscular fitness. Strength training produces new muscle tissue, which is then available to contract and generate force allowing the job to be done better and safer.

Body Composition

The fourth component of physical fitness is body composition. This is the makeup of the body in terms of relative percentages of body fat to fat-free mass (muscle and bone). A minimum amount of body fat is necessary to cushion and protect body organs from injury. These adipose tissues serve the important function of storing and releasing energy in response to metabolic demands.

If your body's energy intake from eating exceeds your normal ener-

gy for daily activities including exercise, the excess energy is stored as body fat. Storage of excess fat enlarges cell size and can increase the number of fat cells in the body (commonly, known as the chubbies). Attaining a healthy body weight and maintaining it over your lifetime should be a goal of every member of the fire service.

Functional Exercises

In closing of this very important topic I wanted to show you several examples of functional exercises and how they relate to preparing for the rigors of the firefighting:

Functional Exercise.....Related Firefighting Skill

Squat.....Stair and ladder climb, hose line operation, Overall strength in transporting heavy equip.

Lunge.....Stair and ladder climb, balance, coordination

Bench Press.....Hose line operation, hand tool operation, and forcible entry

Standing Curl.....Climbing, pulling yourself through tight places

Shoulder Press.....Hose line operation, hand tool operation, pulling ceilings

Rowing.....Hose line operation, heavy power tool operation and roof sawing.

Sit-up.....Hose line operation, heavy power tool and overall strength in transport of heavy equipment

Push-ups.....Hose line operation, hand tool operation.

You can see how important these exercises can make your life as a firefighter safer and healthier if performed in the proper way. As they say knowledge is power. The importance of physical fitness and conditioning for firefighters and emergency responders is beyond any doubt. But just being fit is not enough for this dangerous occupation.

To minimize risks, each firefighter of the department needs to take an active role in managing their health in areas as diverse in nutrition, weight control, stress management, substance abuse prevention, and personal safety. A healthy low-fat eating plan, combined with regular physical activity is the key. But remember, who is a firefighters best friend...water.

BECKY SHEREK is a registered nurse and paramedic program coordinator for the Mesabi Range Community and Technical College in Minnesota. Becky holds two masters degrees, one in Community Health Administration and the other in Wellness Promotion and is a contributor to Minnesota Fire Chief Magazine. She started Northern Health & Fitness Plus, a company that provides on-site medical evaluations and respiratory fit testing, among other services, for fire departments in Minnesota. You can contact Becky at nhfplus@yahoo.com.

Reprinted from: <http://www.firehouse.com/article/10473909/the-four-components-of-firefighter-fitness>