



CHIEF'S CORNER

Strive For Five - The Benefits of Exercise

Hello all and welcome to the June edition of the Chief's Corner. Things have settled down a little from last month and I hope it stays that way.

We've had enough excitement for awhile and I would just like to see the department handle the "regular calls" and not have to go to the big one. This month I want to talk about a new program the City is involved in called "Strive for Five."

Well, some of you may be asking, "what is "Strive for 5"? It's a new challenge the City of Lynchburg has joined that is sponsored by Live Healthy Lynchburg and it's all about getting fit and staying healthy.



The Strive for 5 challenge states the following:

- 1) Strive for 5 is all about YOU!
- 2) It's simple!
- 3) Spend at least 30 minutes a day 5 times a week doing an activity that gets you moving.
- 4) Log your activity on LiveHealthyLynchburg.com.
- 5) Help yourself and the City win the "large organization" bragging rights for being the most active in the Strive for Five Challenge.

This challenge is about the individual, you the employee. It is designed to encourage everyone to become active and get physically fit. You don't have to become a "gym rat" to be involved in this challenge, you just have to participate in some sort of an activity that gets you up and moving. It is simple, just like it's stated on the flyer.

Most health experts say that to maintain good health we need 2.5 hours of moderate exercise every week. That equates to 30 minutes a day for at least 5 days. Thus, the five in "Strive for 5." If you become involved in any type of activity for 30 minutes every day you can easily meet the challenge and help your body stay fit. "There are virtually no restrictions on eligible activity - if it gets you moving, raises your heart rate and tickles your spirit, it counts." Some examples of activities are: aerobics, basketball, riding your bike, running, walking, lifting weights or almost anything that gets you up and mobile.

This program is open to anyone in the Lynchburg region and costs nothing. All that is required is your registration at <http://www.livehealthylynchburg.com/the-challenge>. This will get you to the website and then you just follow the instructions. (Also don't forget to join the City of Lynchburg as your organization to help out.) While the challenge is designed to be fun and encourage some friendly competition among area

individuals and corporations, the important part of this whole thing is to help people get and stay healthy.

The benefits of regular exercise are extensive and well documented. Regular, moderate exercise helps:

- 1) lower your blood pressure
- 2) lower your resting heart rate
- 3) relieve stress
- 4) lose weight and keep it off
- 5) sleep better and improve your mood...

among many other things. So, if you have been thinking about starting a regular exercise program or just becoming more active, sign-up today and get started. It's easy, it's fun and most of all (important to all firefighters), it's free. I have been doing this for a few weeks and it has motivated me to be more active and I enjoy the exercise as well. So come on, take the challenge, get off your bu** and get moving!

If you are having trouble getting motivated, you might want to try one of the new "activity trackers" now on the market. These devices keep track of your number of steps, the distance traveled (walking/running), the steps you climb, and even how well you sleep. They are fairly inexpensive and let you see your daily progress. Most of them sync with a smart phone and your computer to help track your long-term goals. There are a number of companies like FitBit and Jawbone, as well as Nike, that produce these devices. Take a look at some of them and see what you think.

That's it for this month. I hope everyone gets a chance to enjoy the Spring weather and get outside before it gets too hot. It's a great time to be with family and friends and enjoy life!

Keep up the great work and take care until next month. However, never forget the most important rule: "Everybody goes home safe at the end of the shift."

Chief

RETIREES' SOCIAL

The department's Annual Retirees' Social will be held Friday, June 6, 2014 from 10:00 a.m. to noon at Fire Administration in the Training Room. The following members who are our most recent "retirees" will be recognized at the Social:

- Barney Roakes
- Tom Swisher
- Bryan Barber

Make plans to stop by and reminisce with the department's retirees!

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ANNIVERSARIES

Congratulations to the following members who celebrate anniversaries with the department in June.

38 Years

Brad Ferguson

34 Years

Anthony Smith

20 Years

Mike Reeves Thomas Goode
Jonathan Wright

19 Years

Stewart Barney

18 Years

Jon Simms

16 Years

Bob Mays

15 Years

Todd Styles Diron Martin

13 Years

Tony Peeler Carey Orange
Matt O'Daniel Scott Hudson
Darryl DuBose Todd Davis
Jennifer Collins

11 Years

Will Copes Anthony Andrews

9 Years

Joey Kilgore Stephanie McLane
John Cruise

4 Years

Greg Pyton Eric Mendel
Patrick Madigan Andrew Jenks
Chris Harris Chris Hiner

CERTIFICATIONS

Paramedic

Philip Thomas

TAKE OUR DAUGHTERS AND SONS TO WORK

Take Our Daughters and Sons To Work Day will be held on June 10, 2014. This is a wonderful opportunity for your child to see what you do at work, to meet your coworkers, and to discover the wide range of career opportunities available with the City of Lynchburg. All children aged eight to eighteen are welcome to participate.

This year's event will also include activities at Ivy Creek Park from 11:30 a.m. to 1:30 p.m. A hotdog lunch will also be provided.



BURN CAMP

By: Carey Orange, Local 1146 President

The Central Virginia Burn Camp will be held June 8-14, 2014 at Camp Holiday Trails in Charlottesville, VA. This year's theme is "Reality Burn Camp." The residential camp is designed to meet the social, physical, and psychological needs of young burn survivors. It also allows firefighters the opportunity to share experiences with these children, most of whom, much like a firefighter, possess a first-hand understanding of fire and its devastating effects. The camp is free to children between the ages of 7 & 17, and is staffed by firefighters, occupational therapists, nurses, adult burn survivors, and other volunteers.

Local 1146 will once again provide, prepare, and serve dinner at the Burn Camp. For many years, it has been Local 1146's privilege to prepare and serve a Thanksgiving style dinner one night during the week for the children. Many look forward to our meal all week, as it is their favorite! We will also be serving a quick breakfast for the campers the morning following our dinner.

The Lynchburg Fire Fighters Association will be serving dinner for the campers on June 12th (C Shift). If you haven't had the experience of burn camp, I encourage you to join us. If you have helped in the past I encourage you to join us again. The kids really love seeing firefighters from different departments come to help and it is an experience that you will never forget. For more information contact Captain Abbey Johnston at 455-6361. You can also visit the website at vaburncamp.org. We hope to see you on June 12th.

RETIREE RECONNECT

Sheffie Lewis Brizendine ("Foots") Commander I

28 Years of Service

(February 4, 1970 to June 30, 1998)



Commander I
Sheffie Brizendine

Share a fond memory or experience that you were a part of during your service with the department.

- Station 6 adopted a family in need and gave them a good Christmas.
- Myself, James Cothran, and James Scott responded to a fire call where we saved three children and the babysitter.

What do you miss the most about the department?

I miss the togetherness.

What advice would you give to someone just starting their career with the department?

Be careful. Also, stand up and help your fellow workers.

60 SECOND SAFETY

The Scene Size-Up

By: Battalion Chief Ricky Bomar

The Scene Size-up and the 360 evaluation are two important areas addressed when developing an incident action plan. When completing these tasks, it is imperative to recognize safety related issues that could harm us or the public. While a complete list would be near impossible to develop, below are a few thoughts.

Relative floor references due to topography changes, possibly energized fence or gate, façade, unstable chimney, slate shingles, propane tanks above and below ground, hybrid automobiles, propane powered vehicles, lightweight construction, placards, oil or gas tanks, electrical service drop, natural gas, collapse zones, traffic, electrical service, fire location, flow path, weather conditions, hazardous materials, unstable conditions, roof loads, sky lights, unrestrained animals, staffing, trip or fall hazards, unruly occupants, fire load, working machinery, exposures, water supply, and many more.....

As you can see, there are many things that can potentially harm us. Safety is a continuous process that is every firefighter's job 100 percent of the time.