



Chief's Corner

Learning to Talk to Yourself

Hello, and welcome to the June edition of the Chief's Corner. I hope you are doing well and enjoying the warm weather we have been experiencing over the last several weeks. The flowers are looking good, the trees have sprouted their leaves, and we are ready for summer.

The department has been unusually busy with structure fires in the last week and I hope it is not a sign of things to come for the remainder of the summer. Let's hope the rest of the hot weather is a bit calmer.

For this month's Chief's Corner, I want to discuss the subject of learning to talk to yourself and the positive aspects of self-speak. Now I don't mean talking to yourself like manifestation of mental illness, but rather having a conversation with your inner self and the benefits of such a discussion. Let me explain.

When you discuss issues with yourself there are a lot of positives derived from the conversation. In the last several years, there has been a lot of research in this area and the results show that talking to yourself has numerous benefits. "When you talk to yourself, out loud, you start to pay attention to someone who often gets short-changed in your life, you," says Linda Carbone, author of *9 Surprising Benefits of Talking to Yourself*. In her book, she lists the following things that self-talk can do for you:

1. **Give yourself a shoutout.** Even if no one else seems to be appreciating you at the moment, compliment yourself on the way you handled a difficult situation, left your comfort zone for a new adventure, or just got through a busy day.
2. **Give yourself a pep talk.** We could all use a motivational speaker from time to time, but we don't always have one handy. Self-talk can help you motivate yourself to achieve a goal at work, in a relationship, or in your personal behavior.
3. **Debate both sides of a difficult decision.** Saying your options out loud and elaborating on the pros and cons can help bring the right choice to light, and you might be surprised at the unexpected direction your thoughts take when they're audible.
4. **Blow off steam.** If you're not the type to confront people who tick you off, talk to yourself about how they bother you or how unfair a situation is. Introverts are especially prone to missing opportunities to assert themselves. Put the "self" back in self-assertion.
5. **Understand your thoughts better.** Sometimes we're sure we think one way, but our psyche tells us differently. Have you ever found yourself crying when you didn't think anything was wrong? That's your subconscious letting you know. Invite it to join your conversation to bring you to new levels of self-awareness.
6. **Rehearse a difficult conversation.** Practicing what you need to say to get your points across clearly and without anger will put you in a much better position when it comes time to communicate about a tough issue.
7. **Boost your memory.** Research shows that saying the location out loud when you place an object will help you remember where you put it.
8. **Shake off stress and anxiety.** Who couldn't use one more way to get rid of stress? Work it through with a monologue.
9. **Improve attention span and concentration.** Indeed, many people with Attention Deficit Disorder (ADD) talk to themselves to help bring a tangle of thoughts into focus. Notice how often you see athletes muttering under their breath before an event; they're calming themselves down (#8) and pumping themselves up (#2).

As you can see, there are numerous benefits derived from self-talk. It can help you concentrate your thoughts and improve your mood. It is also free and you don't have to spend anytime on someone else's couch. So, the next time you have to make a big decision or just need some encouragement, take a walk and talk to the one person who is always with you, yourself.

That wraps it up for this month. I hope you have a great summer. Get out there and enjoy the time with friends and family. Keep up the good work and stay safe. However, never forget the most important rule: "Everyone goes home safe at the end of the shift."

Chief

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LFD Years of Service

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

39 Years

Brad Ferguson

35 Years

Anthony Smith

21 Years

Jonathan Wright
Thomas Goode
Mike Reeves

20 Years

Stewart Barney

19 Years

Jonathan Simms

17 Years

Bob Mays

16 Years

Diron Martin
Todd Styles

14 Years

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

12 Years

Anthony Andrews
Will Copes

10 Years

John Cruise
Stephanie McLane
Joey Kilgore
David Kidd

5 Years

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

Congratulations & Best Wishes!

- Congratulations to Brandon & Dara Brown on the birth of their son, Dawson Scott Brown. He was born May 19, 2015, and weighed 7 lbs 1 oz.
- Best wishes to Brandon Brown whose last day will be June 25th. We wish Brandon well and thank him for his years of service to the department and the citizens.

New Air Compressor and Fill Station at Training Center

By: Captain Allen Carwile

In a partnership with the Central Virginia Fire Fighters Association and the Lynchburg Fire Department, a new air compressor and fill station has been purchased for the Lynchburg Regional Training Center.

The new compressor/fill station is a Centaur 3, sold, installed and serviced by Stallion Air, Inc. from North Carolina. The new compressor is rated at 6,000 psi and will deliver 12.5 cubic feet of air per minute. It has a three bottle fill station and an eight bottle cascade system.



After final installation and air quality testing, training will be provided for personnel on the new system.

I would like to thank Chief Ferguson and Kenny Kirby, President of the CVFFA, for their efforts in securing this much needed update to the Training Center.

Certifications

Rescue Diver

Ruth Anne Phillips

Trench Rescue – Level II

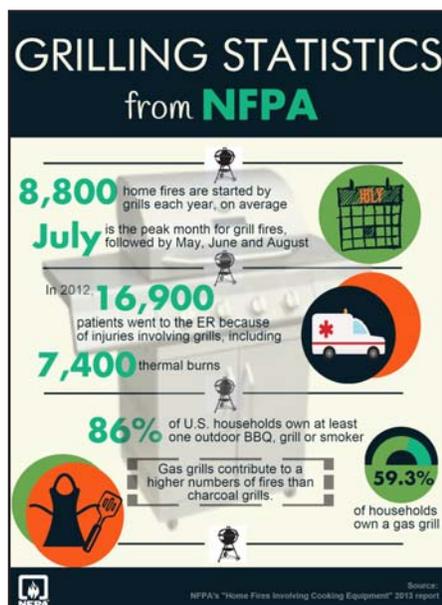
Adam Wagner

Vehicle Rescue – Level I

Tucker Driskill

Fire Instructor II – NFPA 1041-12

Danny Williams



For grilling safety tips, visit www.nfpa.org

Reminders

Communications Meeting

Date: June 4, 2015
Time: 8:30 a.m.
Place: Fire Administration Training Room

Retirees' Social

Date: June 5, 2015
Time: 10:00 a.m. to noon
Place: Fire Administration Training Room

2015 Virginia Fallen Firefighters and EMS Memorial Service

Date: June 6, 2015
Place: Richmond International Raceway Complex's Main Exhibition Hall

Take Your Daughters/Sons to Work Day

Date: June 9, 2015
Time: 9:30 a.m. - 11:30 a.m.
Place: Miller Center

This is an 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.

Annual Performance Evaluations

All Fire Department evaluations (including the employee's Personal Learning Plan (PLP)) are to be submitted to Tammy Sage by Monday, June 15th.

BREMS Awards Dinner

Date: June 18, 2015
Time: 6:30 p.m.
Place: Peakland United Methodist Church

Health Assessments

Employees must complete Health Assessments by June 30, 2015 in order to continue to take advantage of the benefits of the Health Management Plan which provides access to the clinic, vision coverage, and a rebate on your health insurance premium. If you need to schedule your assessment, contact Karen Thompson (HR) at 455-4201 to schedule your appointment (off-duty).

60 Second Safety

By: Battalion Chief Ricky Bomar
Don't forget to adhere to simple safety precautions: Eye protection, hearing protection, and safety shoes.

These measures should not be overlooked for daily station tasks such as power equipment checks, grass cutting, and weed eating.