



2008 VSFA President's Challenge

As I begin my term as your VSFA President, I would like to offer a three part challenge to the membership. The three parts will be in the areas of mentoring, health, safety and fitness, and weight loss. The specifics for each of the challenges are outlined below. While there is certainly no requirement for departments or individuals to participate, I encourage everyone to do so in order that our organization as a whole can benefit! To take part in any of the three challenges, please pick a department contact and have him or her send an e-mail to the addresses listed below and I'll advise you how and when to report your progress.

Kristy

Kristy Oxholm
President

Mentoring

Each and every member has knowledge and information to share. What does your department do to foster this attitude? Do you have a formal mentoring program? Do you have a senior member who has become the unofficial department mentor without a formal program?

I challenge you to start a program if you don't have one. If you have a program, please share it so that other departments can learn from you. Results will be shared via the Green Mountain Responder and at a display at the 2009 Conference.

VSFAMentor@verizon.net

Health, Safety & Fitness

We all know that our number one goal is to bring each of our members home safely at the end of each call or activity. What does your department do to ensure that "Everyone Goes Home"? Do you have a formal or informal program? Do you have ideas for one?

I challenge you to get involved in making sure that your brothers and sisters are safe in their emergency response activities. Share your ideas and successes with your emergency services family around the state.

VSFASafety@verizon.net

Lose a Ton

One does not have to do a lot of research to determine that the extra pounds that many of us carry are a large contributor to some of the health problems that can cause cardiac events when we are in high stress situations. Let's see what we can do, as a group, to minimize that risk.

I challenge you to lose a ton of extra weight. Those of you who don't have extra to lose can help by encouraging those who do. Please get advice from your health care professional and let's lose a ton (2000 pounds) together!

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