



PROFESSIONAL GROWTH AND DEVELOPMENT COACHING FOR PUBLIC SAFETY LEADERS

Issue 27-June 2025

### Tip o' the Hat

This month's "Tip o' the Hat" goes out to James Mayor, Fort Lupton Fire Department. James was promoted into the Training Division with a provisional rank of Captain in October of 2024.

James began his career volunteering in Hudson in 2006, moved to Fort Lupton Fire Department in 2006, and hired on in 2012. He promoted to engineer in 2016, to Lieutenant in 2019 and now finds himself busier than ever working in Training.

While his current role is busy, he has kept himself occupied and engaged across his entire career with assignments such as leading the SCBA maintenance program, coordinating nozzle testing and maintenance or teaching at the Aims Community College Fire Academy.

Captain Mayor is currently enrolled at Aims, working towards his Associate of Arts Degree in Fire Science. Upon completion, he will jump right back in and begin his Bachelor degree and looks forward to an opportunity to attend the National Fire Academy.

Outside of work, James enjoys fishing, hunting, time with his kids and especially coaching kids football.

Words of Wisdom from Captain Mayor? That's easy; "Push yourself to the limit and then take a few more steps."

Congratulations James on your new role! Now get back to work!!

## "MayDay....THIS is What Matters!!"

The end of April, I sent an "optional" assignment to my current mentees for May Day, wherein you perform a random act of kindness for another person, anonymously. The intent is to conscientiously practice servant leadership, as defined by myself, "doing for

others with no expectation of anything in return." One of the people on the assignment string sent me their act, which was actually performed prior to my assignment. I believe it is a great exemplification of being servant and the outcome was too good to not share. The story, as written by the leader, is below, slightly edited to protect privacy.

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For this mayday assignment of random Kindness I want to share a story about sports, hockey and karma.... I am a HUGE hockey fan, specifically an avalanche fan. I went to a playoff game this year, April 23rd. It was game one

of the first round of the playoffs and the return of our beloved captain Gabe Landeskog! Well, the row behind me was an awesome family of a dad, and three girls. It made me so happy because I dream of the day I can take my infant daughter to see my favorite team play! Anyways, all of the family had hockey jerseys except the young one! They were all there because they love Landeskog, he's their favorite player! I took note of this and when I just happened to come across the team store, there is was.... A #92 home jersey with "LANDESKOG"

draped across the back like the Batman symbol shining in Gotham. I knew

"The best portion of a good man's life is his little, nameless unremembered acts of kindness and love."

—William Wordsworth

what to do. I bought the jersey..... not in my size, but a size just too big for the little girl, so she can wear it for years to come. I went back and explained to the dad that I hope this isn't taken as any disrespect but I noticed that all of them had the appropriate attire except one and I would like the change that.

"MayDay" Continued next page..

#### "MayDay!" (cont.)

I explained to the girl that I have a very young daughter at home and that I cannot wait to bring her here and get her, her very own jersey. "But for now, I have this one for you!" I gave her the jersey and loved every centimeter of that girl's smile when she put it on! A few moments later, a puck come flying into the stand, right at me... a shot from Landeskog gone astray and it's headed right for us!

The father of the girls caught the puck and immediately offered it to me in good faith for the Jersey.... I took the puck and reveled in how cool the moment was and how crazy karma is. I then turned around and handed the puck to the girl and told her no hockey experience is complete without getting a puck from their favorite player! It truly was one of the best hockey games I have been to! Even though the result of the game wasn't what I hoped, I left feeling extremely fulfilled and ready for game 4!



# "Some Days are Amazing.... .....If You Know Where to Look!"

What a day! One morning, while in Colorado for family, I felt like I wanted to do something creative, so I decided to walk to Left Hand Brewing, 2 miles away, to set up shop. I arrived at Left Hand and had a great conversation, and horrible miscommunication, with the beertender. From that point on, the beer guy and I had great interactions to the point I would even call it a relationship.

A bit later, while sitting at my "desk", I had a great interaction with a gal who is arranging flowers for a wedding reception being held at my location. She told me about her daughter that wants to move to Montana. From that,

I was allowed to have a great conversation with her daughter, who is planning retirement and may relocate as my wife and I have. Both interactions were very engaging.

A bit later, a cycling couple walked in and immediately they reminded me of some dear friends of mine, who were (at the time) cycling route 66. Here I sat with them,

shared a little bit, took a little bit, and we had a great conversation.

"Amazing" continued port solumn

## "Amazing..." (cont.)

As I was walking home, I crossed paths with a motorist that blocked the sidewalk in front of me, requiring I trek around his vehicle. I gave him a smile, a little nod of my head and a slight laugh. He replied with a giant smile, nod of his head and a silent acknowledgement that he was in the pathway.

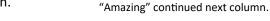
None of these interactions would have occurred had I not been open to accepting somebody else at whatever level they wished, had I not been "available" to engage. I could have even been frustrated or angry as the driver blocked my way. But instead, we connected, aware of each other, accepting each other on our imperfect journey. All these

engagements exemplify the value of connections and "putting it out there", being curious and acceptance. So, don't mind me. I'm just out here looking, noticing how amazing this day was!

### May is Mental Health Awareness Month...

...has been observed since 1949, focused on educating the public about mental health conditions and the importance of mental wellness.

The 2025 theme is "Turn Awareness into Action. If you think someone is struggling, invest! Reach out, ask, listen, support.



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