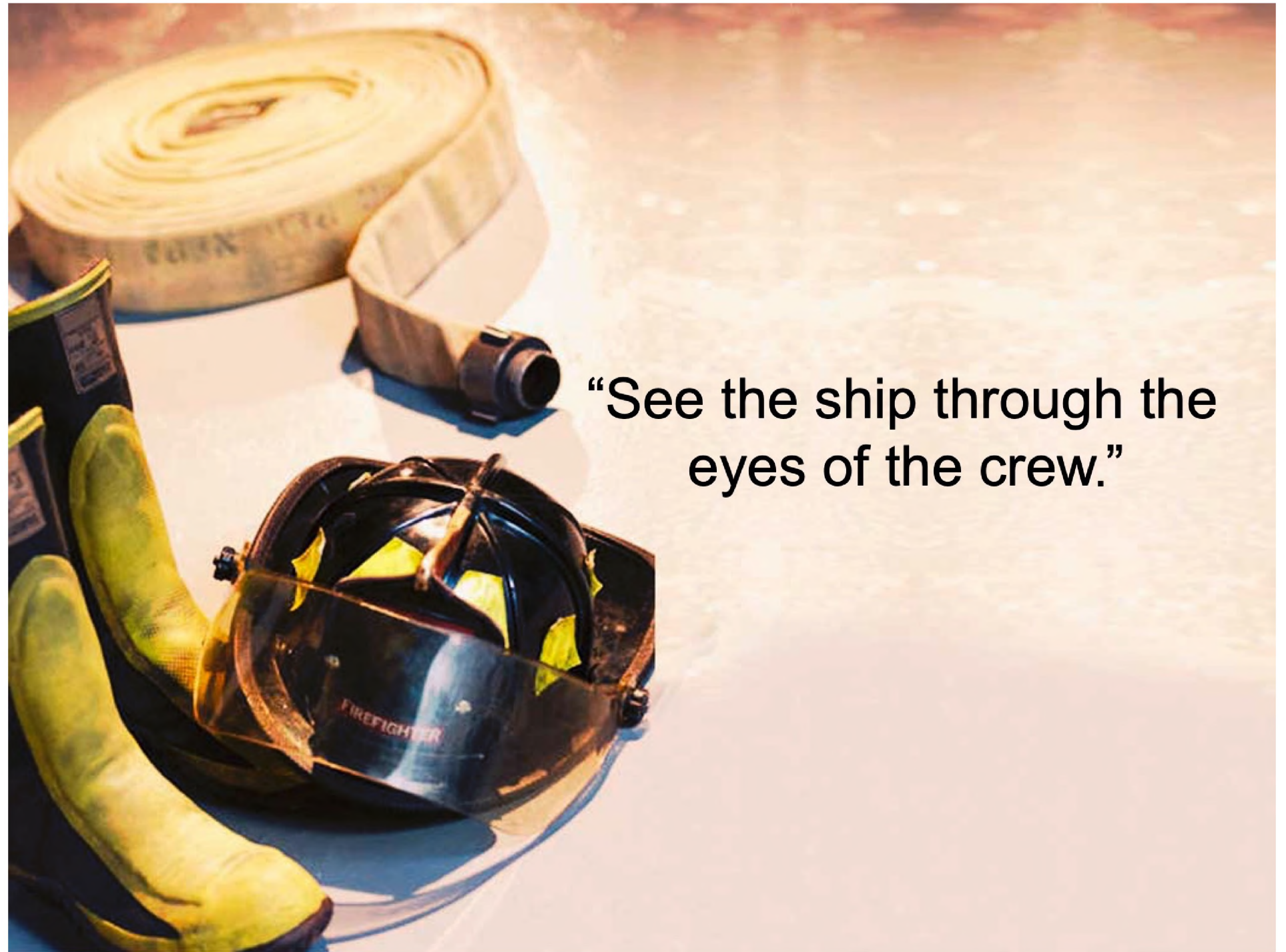


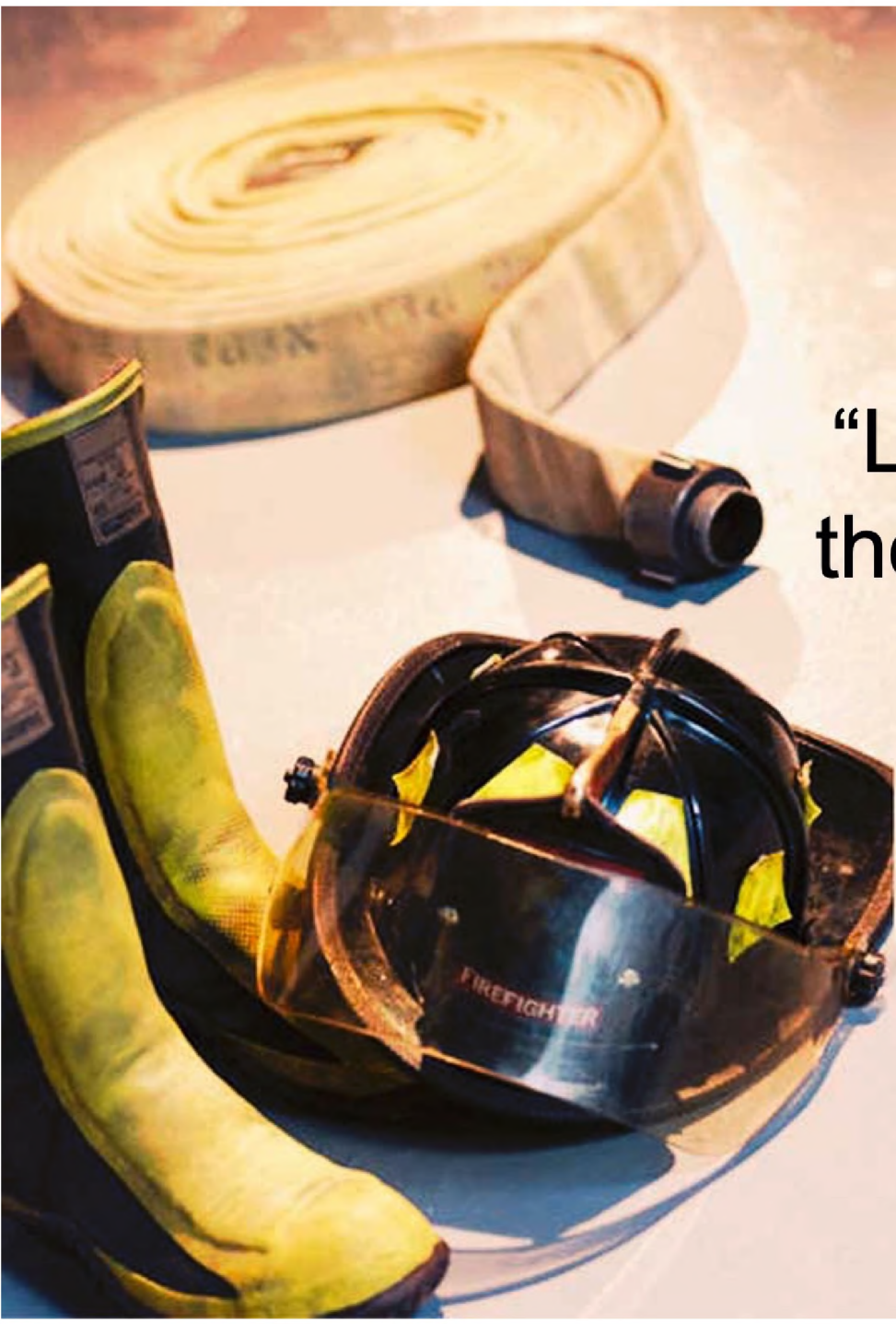
A photograph of firefighting equipment. In the foreground, a black firefighter's helmet with a yellow face shield and the word "FIREFIGHTER" in red is visible. To its left are yellow and black gloves. In the background, a coiled white fire hose with a metal nozzle is shown. The scene is lit with a warm, orange glow, suggesting fire or emergency lights.

Captain D. Michael Abrashoff “Thoughts on Leadership”

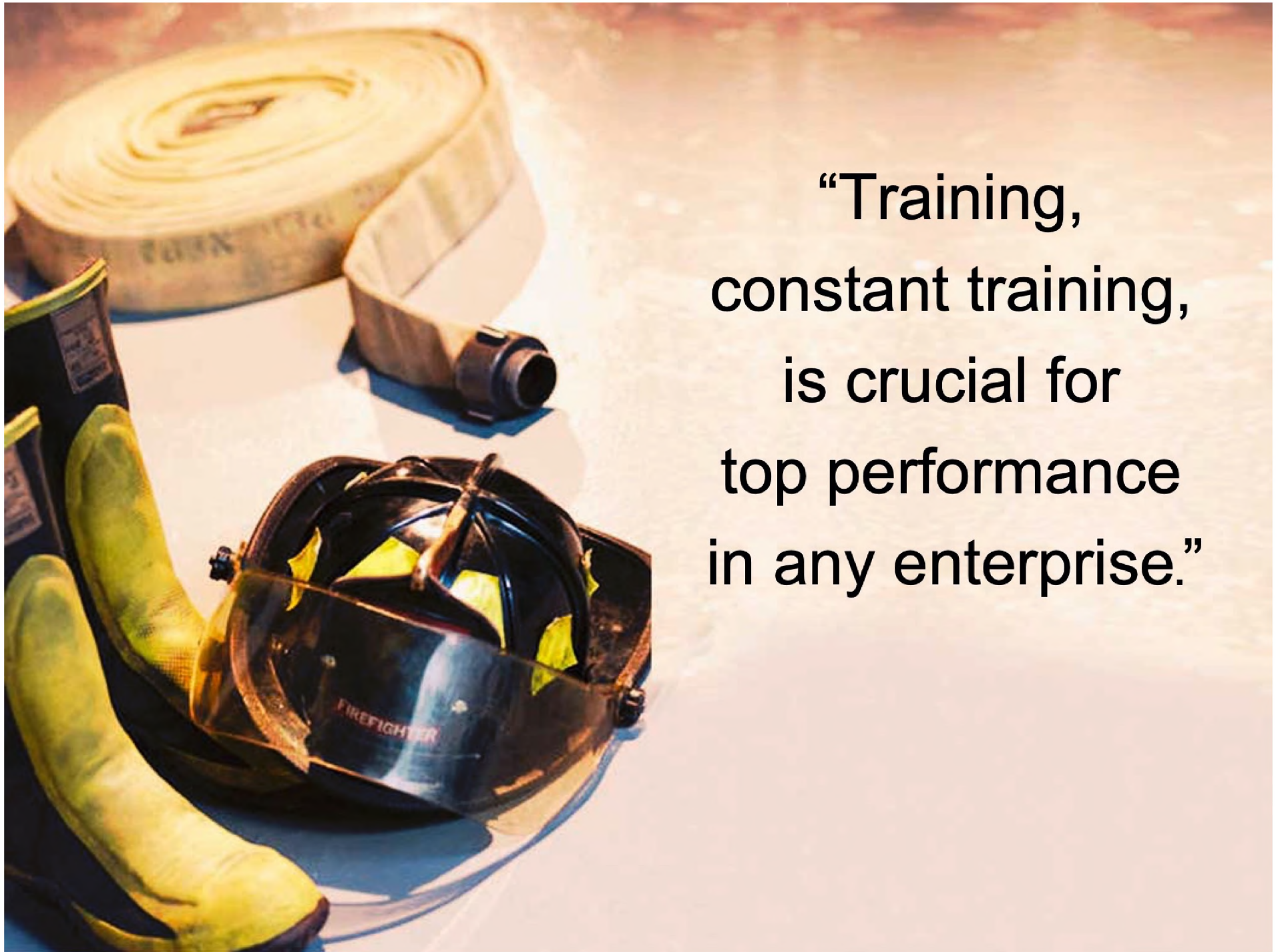
“Professional pride is contagious, and pretty soon the whole crew will be infected.”




“See the ship through the eyes of the crew.”

A photograph of firefighting equipment on a light-colored surface. In the foreground, a black firefighter's helmet with a yellow interior and a clear face shield is visible. The word "FIREFIGHTER" is printed in red on the front of the helmet. To the left of the helmet are two yellow and black firefighting boots. Behind the helmet is a coiled yellow fire hose with a black nozzle. The background is a plain, light-colored wall.

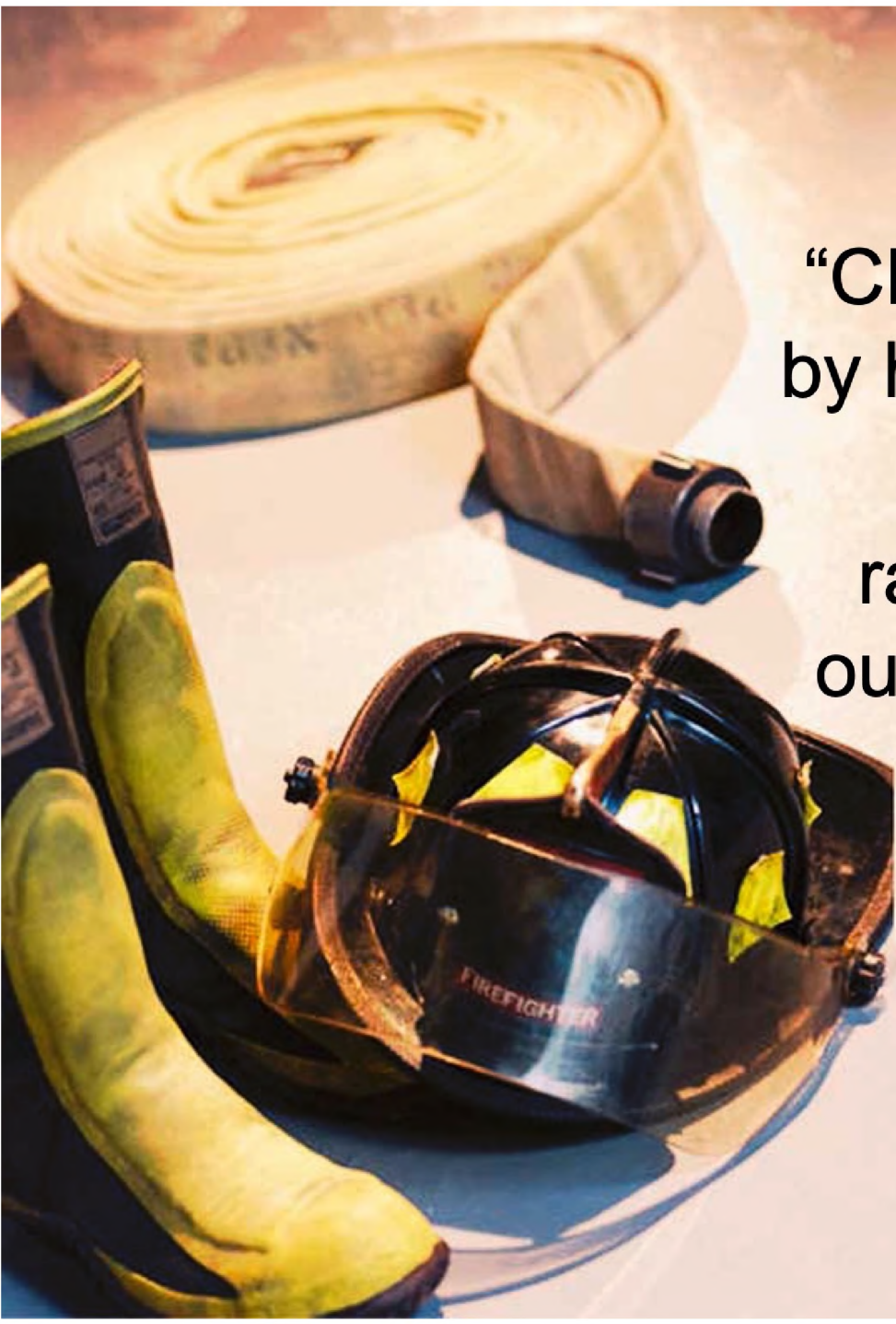
“Leadership is mostly
the art of doing simple
things well.”



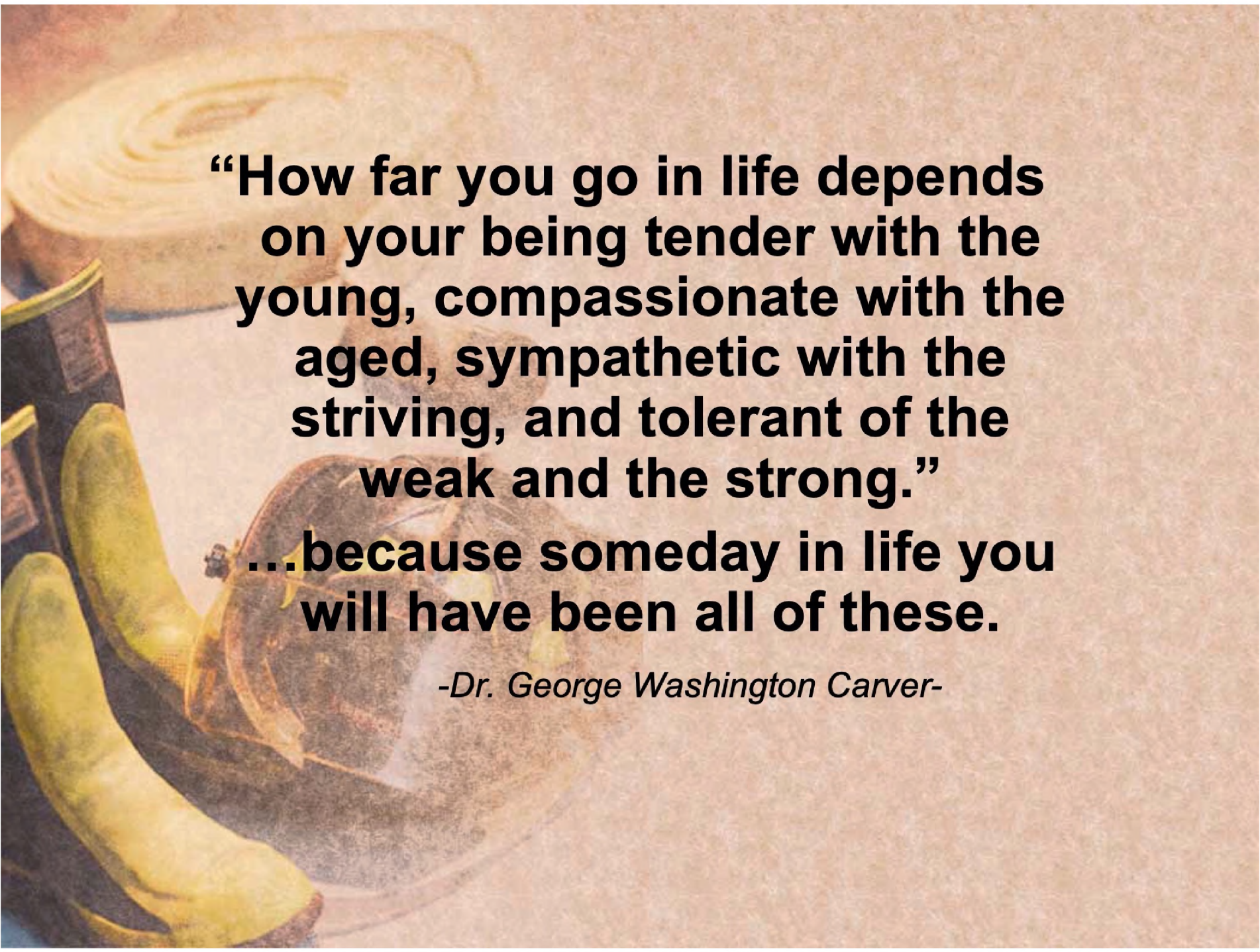
“Training,
constant training,
is crucial for
top performance
in any enterprise.”

A photograph of firefighting equipment on a light-colored surface. In the foreground, a black firefighter's helmet with a yellow face shield and the word "FIREFIGHTER" in red is visible. To its left are two yellow and black firefighting boots. In the background, a coiled yellow fire hose with a black nozzle is partially visible.

**“Communicate,
communicate, communicate;
Communicate the plan,
the better the performance.”**

A collection of firefighting equipment is arranged on a light-colored, textured surface. In the foreground, a black firefighter's helmet with a clear face shield is positioned. To its left are two yellow and black firefighting boots. Behind the helmet, a coiled yellow fire hose is visible, with a black nozzle attached to its end. The word "FIREFIGHTER" is printed in red on the side of the helmet. The scene is lit with warm, directional light, creating soft shadows.

“Character is not defined
by how we perform on our
best days,
rather how we handle
ourselves on our worst.”



**“How far you go in life depends
on your being tender with the
young, compassionate with the
aged, sympathetic with the
striving, and tolerant of the
weak and the strong.”**

**...because someday in life you
will have been all of these.**

-Dr. George Washington Carver-